

MENTAL HEALTH DAY

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.



This Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

This year's World Mental Health Day, on 10 October, comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges for health-care workers providing care, employees fearful of bringing COVID-19 home and students adapting to virtual classes with little contact with teachers and friends. Most of us are anxious about the future concerning livelihoods being threatened, people caught in poverty or fragile humanitarian settings with extremely limited protection from COVID-19. An unfortunate situation for people with mental health conditions experiencing even greater social isolation than before. Further, most of us know someone that has taken ill, managing grief of losing so many loved ones and unable to say goodbye.



National Health Insurance Revised PMB



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

National Health Insurance (NHI)

South Africans will be pleased to know that mental health benefits will be included in the primary healthcare, Health Services Benefit, when NHI is implemented.

Prescribed Minimum Benefits (PMB)

A review of PMBs will likely see an alignment to NHI benefits and extended benefits for mental health.

WHAT HAPPENED DURING COVID19

The economic consequences of the pandemic are already being felt. Companies are reducing staff complement to save their businesses, or indeed shut down completely.

Given past experience of emergencies, it is expected that the need for mental health and psychosocial support will substantially increase in the coming months and years. Investment in mental health programmes at the national and international levels, which have already suffered from years of chronic underfunding, is now more important than it has ever been.

This is why the goal of this year's World Mental Health Day campaign is increased investment in mental health.

Mental health is one of the most neglected areas of public health. Close to 1 billion people are living with a mental disorder, 3 million people die every year from the harmful use of alcohol and one person dies every 40 seconds by suicide. And now, billions of people around the world have been affected by the COVID-19 pandemic, which is having a further impact on people's mental health.

Yet, relatively few people around the world have access to quality mental health services. In low- and middle-income countries, more than 75% of people with mental, neurological and substance use disorders receive no treatment for their condition at all. Furthermore, stigma, discrimination, punitive legislation and human rights abuses are still widespread.

The limited access to quality, affordable mental health care in the world before the pandemic, and particularly in humanitarian emergencies and conflict settings, has been further diminished due to COVID-19 as the pandemic has disrupted health services around the world.

Primary causes have been infection and the risk of infection in long-stay facilities such as care homes and psychiatric institutions; barriers to meeting people face-to-face; mental health staff being infected with the virus; and the closing of mental health facilities to convert them into care facilities for people with COVID-19.

Mental disorders comprise a broad range of problems, with different symptoms. However, they are generally characterised by some combination of abnormal thoughts, emotions, behaviour and relationships with others. Examples are schizophrenia, depression, mental retardation and disorders due to drug abuse. Most of these disorders can be successfully treated.

Facts about mental health

- About half of mental disorders begin before the age of 14.
- War and other major disaster such as trauma incidents contribute to the causes of mental health disorders.
- Mental disorders are one of the most well known and treatable causes of suicide.
- Discrimination against families and people with mental disorders prevents people from seeking mental healthcare.
- There is a huge number of reports on violation of human rights to people with mental disabilities across the globe.





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<https://www.gov.za/WorldMentalHealthDay2020>

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