



GULBENKIAN

**GLOBAL MENTAL HEALTH**

PLATFORM

**INTEGRATING  
MENTAL AND  
PHYSICAL  
HEALTH**

**PROMOTING  
SOCIAL  
INCLUSION**

**HUMANIZING  
MENTAL  
HEALTH CARE**



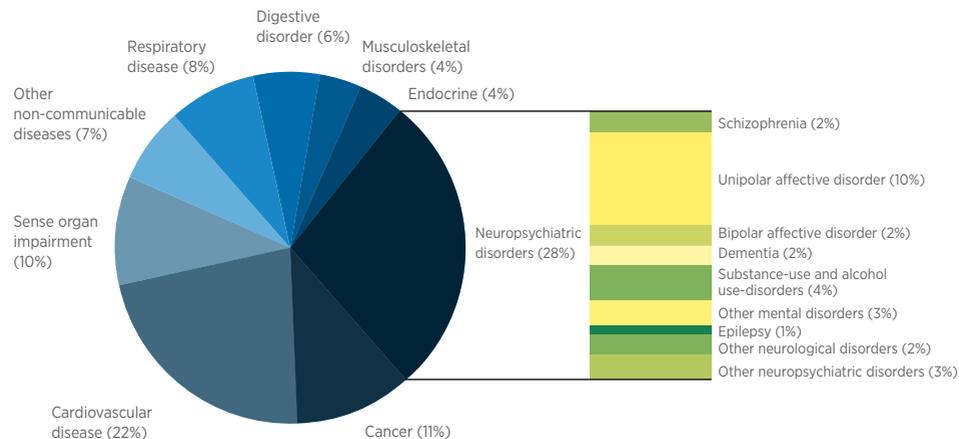
CALOUSTE  
GULBENKIAN  
FOUNDATION



NOVA UNIVERSITY OF LISBON  
FACULTY OF  
MEDICAL SCIENCES

# Mental Health

Despite their substantial contribution to population health and development, mental health issues remain largely overlooked by the international community.



Mental disorders accounted for 28% of the noncommunicable disease burden (disability-adjusted life-years) worldwide in 2005. Yet they were not addressed at the recent United Nations High-Level Meeting on Noncommunicable Diseases.

Figure excerpted from: Prince M. et al. No health without mental health. *The Lancet*, 2007, 370(9590):859-77.

“We have a pressing obligation to scale up care and services for mental disorders, especially among the disadvantaged, while stepping up efforts to protect the human rights of those affected.”

UN Secretary-General - Ban Ki-Moon

# The Goal

## make mental health part of the global health agenda

Until now, mental disorders have been overlooked as part of the global health agenda. **The Gulbenkian Global Mental Health Platform** aims to correct this oversight through tackling four key topics:

- 1 **Social determinants** that can be modified to **promote mental health and prevent mental disorders**;
- 2 The fundamental **connections between physical and mental health**, and the implications for integrating mental health care with general health care;
- 3 The urgency of a radical shift in the way mental disorders are managed, away from long-term hospitalization and **towards community-based mental health care**;
- 4 The importance of **protecting the rights of people with mental disabilities, especially children**, in psychiatric settings.

**There is a growing concern about the absence of mental health from major health and development declarations, including the Millennium Development Goals and the Declaration of the UN High Level Meeting on Noncommunicable Diseases. Many countries believe that the time has come for the global health community to adequately address mental health issues; some stakeholders (e.g. the Carter Center, the Movement for Global Mental Health, and the World Federation for Mental Health) even see the need for an *ad hoc* UN Summit on mental health in the next three to five years.**



# Scope and activities

The Gulbenkian Global Mental Health Platform is collaborating with the World Health Organization to generate and disseminate vital knowledge about mental disorders. As a starting point, WHO and the Gulbenkian Foundation will convene more than 60 international experts from a broad range of countries, cultures, and areas of professional expertise. Based on this collaboration, innovative knowledge will be generated about key topics that urgently need to be addressed to improve global mental health. This knowledge will be synthesized in the form of four technical documents, which will be published for the benefit of everyone seeking to take action in these areas:

- 1 Population-based strategies** that can be implemented through health and non-health sectors to promote mental health and prevent mental disorders;
- 2 Health-system based strategies** for organizing and delivering comprehensive and integrated care for mental disorders and other chronic health conditions;
- 3 Innovative methodologies for shifting from hospital to community-based care**, including operational approaches for establishing community mental health services and promoting social inclusion;
- 4 Strategies to stop human rights violations** of children with mental disabilities in hospital and community settings alike, including alternatives to institutionalizing children with mental disabilities.

**The Platform will promote a global art initiative aimed at drawing attention to mental health and human rights issues. A group of artists convened by the Gulbenkian Foundation will participate in an international contest to create an object that symbolizes the human rights of people with mental disabilities. The Gulbenkian Foundation will use the winning entry as the basis for an award that in turn will be presented annually to an organization that has fought effectively for the rights of people with mental disabilities.**

## **A global web forum will be established.**

This forum will serve as a repository of scientific papers and field reports on the four main themes of the Platform.

## **In 2015, a major international event will be held at the Gulbenkian Foundation's headquarters in Lisbon, Portugal.**

United Nations system representatives, policy makers, public health experts, researchers, mental health professionals, users and family organizations will gather to discuss the way forward.





# Expert advisors

The Platform relies on the expertise of a distinguished group of professionals, who are providing guidance to this global initiative.

## Advisory Committee

- Doctor Paulo Ernani Gadelha Vieira, President, Fiocruz, Brazil
- Professor Marian Jacobs, Emeritus Professor of Paediatrics and Child Health, University of Cape Town, South Africa  
Former Dean of the Faculty of Health Sciences, University of Cape Town, South Africa
- Professor Arthur Kleinman, Esther and Sidney Rabb Professor of Anthropology, Harvard University, USA
- Professor Sir Michael Marmot, Director of the International Institute for Society and Health, Professor of Epidemiology and Public Health, University College, London, UK
- Doctor Mirta Roses Periago, Director Emeritus of Pan American Health Organization, Washington, USA
- Professor P. Satishchandra, Director/Vice Chancellor & Professor of Neurology, National Institute of Mental Health & Neuro Sciences, (NIMHANS), Bangalore, India
- Doctor Tazeen H. Jafar, Professor, Medicine and Community Health Sciences, The Aga Khan University, Karachi, Pakistan
- **Observer to the Advisory Committee:** Doctor Shekhar Saxena, Director, Department of Mental Health and Substance Abuse, World Health Organization, Geneva, Switzerland

## Steering Committee

- Professor Benedetto Saraceno, University of Geneva and Nova University of Lisbon: Scientific Coordinator of the Platform
- Professor José Miguel Caldas de Almeida, Faculty of Medical Sciences of the Nova University of Lisbon
- Professor Sérgio Gulbenkian, Calouste Gulbenkian Foundation
- Professor Jorge Soares, Calouste Gulbenkian Foundation

# Get involded

## The time to act is now!

► Visit the Platform's website:

**[www.gulbenkianmhplatform.com](http://www.gulbenkianmhplatform.com)**

► Subscribe to the Platform's newsletter/email list through the website.

► Send reports of innovative experiences in mental health care (maximum 4000 words) via the Platform's website.

### For more information:

Dr. Manuela Silva

[manuela.silva@gulbenkianmhplatform.com](mailto:manuela.silva@gulbenkianmhplatform.com)

Nova University of Lisbon, Faculty of Medical Sciences

Campo Mártires da Pátria, 130 · 1169-056 Lisboa · Portugal



**The Calouste Gulbenkian Foundation** is a Portuguese private institution of public utility whose statutory aims are in the fields of arts, charity, education and science. The head-office, located in Lisbon, comprises the Calouste Gulbenkian museum, a congress area with auditoriums, a space for temporary exhibitions, the art library and the Modern Art Centre. The Calouste Gulbenkian Foundation also has a research biomedical science institute (Instituto Gulbenkian de Ciência) in the outskirts of Lisbon, and delegations in London and Paris. The Foundation actively pursues its statutory aims in Portugal and abroad through a wide range of direct activities and grants supporting projects and programmes focusing on Global Health issues.

# Did you know?

**More than 300 million people suffer from mental disorders** such as schizophrenia, bipolar disorder, depression, and anxiety.

**More than 800 000 people commit suicide each year,** mostly in low- and middle-income countries.

**Multiple social, psychological, and biological factors** determine a person's level of mental health at any point of time.

Social determinants **such as poverty** are recognized risks to mental health for individuals and communities.

**Social and economic hardships** - such as those caused by the recent global financial crisis - can lead to substance abuse, suicide, and a range of other mental health problems.

People with mental disorders are among **the most marginalized and vulnerable groups**. Their human rights are frequently violated and they are not given the chance to lead healthy and productive lives.

**Most people with mental disorders fail to receive the treatment and care they require.**

Yet...

Treatment for mental disorders **is cost-effective and affordable.**

Addressing mental disorders **improves overall health, quality of life, and development outcomes.**



CALOUSTE  
GULBENKIAN  
FOUNDATION

**Department of Health and Human Development**  
Av. de Berna, 45 A · 1067-001 Lisboa · Portugal  
saude@gulbenkian.pt · [www.gulbenkian.pt](http://www.gulbenkian.pt)



**NOVA UNIVERSITY OF LISBON**  
FACULTY OF  
MEDICAL SCIENCES

Campo Mártires da Pátria, 130 · 1169-056 Lisboa  
Portugal · Tel. +351 21 880 30 30  
geral.dir@fcm.unl.pt · [www.fcm.unl.pt](http://www.fcm.unl.pt)