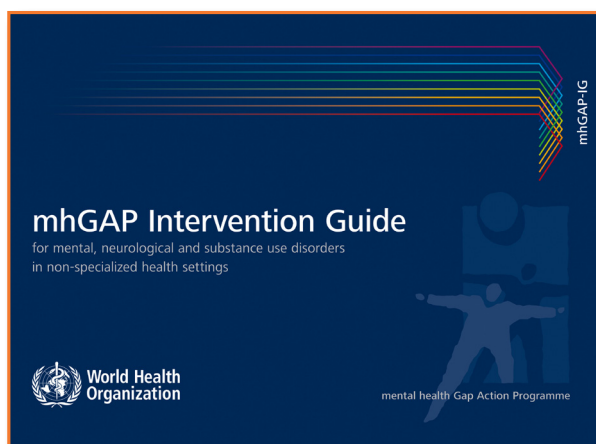

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mhGAP Intervention Guide for Mental, Neurological and Substance use Disorders in non- specialized Health Settings



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There is a widely shared but mistaken belief that mental health interventions are sophisticated and can only be delivered by highly specialized staff. Research in recent years has demonstrated the feasibility of delivery of pharmacological and psychosocial interventions in non-specialized health-care settings. The present model guide is based on a review of all the science available in this area and presents the interventions recommended for use by non-specialized health care providers.

The Intervention Guide includes recommendations on evidence-based interventions to identify and manage a number of priority conditions. These conditions include depression, psychosis, bipolar disorders, epilepsy, developmental and behavioural disorders in children and adolescents, dementia, alcohol-use disorders, drug-use disorders, self-harm/suicide and other significant emotional or medically unexplained complaints.

The Intervention Guide is brief so as to facilitate interventions by busy non-specialists in low- and middle-income countries. The Guide includes a Master Chart which provides information on common presentations of the priority conditions to guide the clinician to the relevant modules. The modules provide information on assessment and management for the priority conditions in form of simple flow charts.

The Intervention Guide is a technical tool developed by WHO to assist in the country implementation of the mental health Gap Action Programme (mhGAP).

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