



Lebanese Republic
Ministry of Public Health
National Mental Health Programme

EASY-READ SUMMARY OF THE NATIONAL MENTAL HEALTH STRATEGY FOR LEBANON 2023-2030






Why are we sharing this document with you?

Because your feedback is valuable.

We are in the process of developing the national mental health strategy for Lebanon that will guide the work to be done in the country in the coming 7 years.

The strategy draft is ready,
and **we would like to receive your input**,
as a member of the public.

This **summary** aims to provide you with a **short overview** of what the strategy is about and what it aims to achieve, **to make it easier to provide feedback.**



Why is mental health important?

1. Just like it is important to take care of our physical health, it is **equally important** to take care of our mental health to stay healthy and be able to live our lives the way we would like to.

2. With good mental health, we can **feel well**, and **cope** with normal levels of stress, **enjoy rewarding personal relationships**, perform **activities** with family and friends, and we are **able to study or work**.

3. **Mental health is the result of a complex interplay of various factors.** Factors that can affect negatively mental health can include:

- Financial difficulties
- Stigma and discrimination
- Living in unsafe conditions
- Work-related stress
- Problems at school or university
- Major life changes
- Relationship problems
- Loneliness and lack of social connections
- Family problems
- Exposure to trauma, abuse and neglect
- Physical, verbal and sexual violence
- Physical health issues
- Loss of loved ones

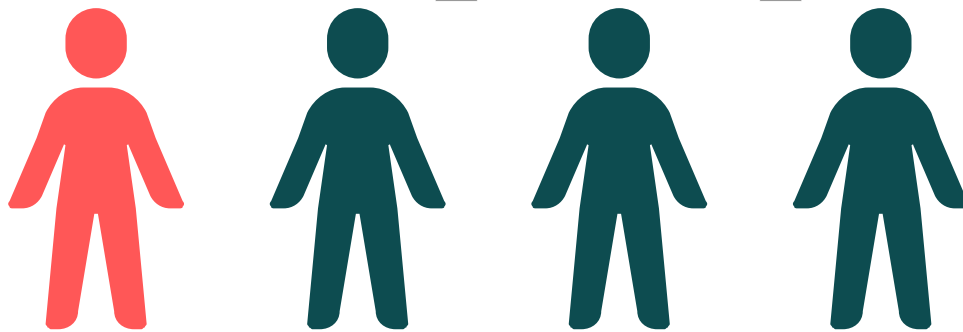
Why is mental health important?

4. Without proper support or resources to cope with such stressors, **everyone is at risk** of having their mental health negatively affected.

5.1 person out of 4 persons will experience a mental health problem in their lifetime that might impact their lives and plans.

6. There is a lot that can be done to promote mental health and a lot that can be done to help people going through difficult times.

1 in 4 people





persons will experience a mental health problem in their lifetime that might impact their lives and plans.



What is the aim of this strategy?

This strategy is a plan for the work that should be done, over a 7-year period, to make things better when it comes to people's mental health in Lebanon.



How was the strategy developed?

By looking at:

What is the **situation in the country**, in terms of needs, prevalence of mental illnesses, available services.

What was **done so far** and **what is lacking** or should be improved.

What are the **recommendations of local experts and stakeholders**.

What is the **evidence** and **recommendations** of international guidelines (like WHO guidelines) about **what works** to address the needs, **in line with studies** and evidence.

What is **relevant** and **adapted** for the **local context and system**.

The **feedback of all stakeholders**, including the **public**, on the draft strategy, which we are **now collecting**.




What does the strategy aim **to change**?

1 The strategy wants **persons to have better mental health** and for **mental disorders to be prevented**.

2 The strategy wants more and **more persons to realize that we all have mental health** just as we have physical health, and it is **important to take care of it**.

3 It wants **persons to be equipped** with the **support system, resources, and knowledge** to **refer to accessible services** to improve their mental health.

4 It wants persons with mental health conditions to get the **good quality help** they need **as soon as they need it** **regardless of their place of residence**.



What does the strategy aim to change?

5

It wants to **support professionals in doing their jobs** by **ensuring quality trainings** and in **protecting their own mental health**.

6

It wants to **put limits to harmful practices** that violate human rights and quality principles.

7

It wants the **perspectives and preferences** from persons with lived experience **to be integrated in the design of services and in related policies and practices**.

What are the main topics tackled by the strategy?

1

Ensuring the **right laws, policies, and funding mechanisms** are in place.

2

Ensuring that **anyone can easily access in time affordable mental health services of good quality.**

3

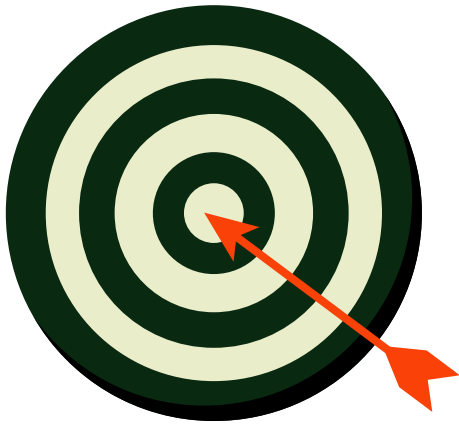
Ensuring there is **more awareness** about mental health and **less misconceptions**, and that **things that are proven to help** in preventing mental ill health **are increasingly implemented.**

4

Ensuring that **more data is available and helpful research is implemented to strengthen actions** taken to improve mental health in the country.

Each of these big topics has **specific actions**.

These are things that are planned to be implemented to make the improvements needed in the country.



You can read these specific actions
in detail in the **full draft version**
of the strategy publicly available
on the link below.

https://www.moph.gov.lb/DynamicPages/download_file/6511

How can you share your opinion on the Strategy draft?

By writing your input on the following online feedback form

bit.ly/3WGN5VH

Deadline: June 25, 2023

We are really looking forward to hearing your thoughts!
Thank you in advance!

