Partners In Health

FALL 2024 UPDATE



Mental Health Matters:

With Your Support, Mental Health Care Expands Globally

Mental health conditions are the leading cause of disability globally.

Not surprisingly, conditions such as depression and anxiety often go hand-in-hand with other health, economic, and social troubles, making managing daily life impossible for patients in difficult circumstances. PIH's mental health teams around the world have responded to that reality by integrating mental health into existing health systems, prioritizing community-based care, and collaborating to reduce mental health disparities.

PIH's Mental Health Program takes a holistic approach to providing care and support for those who need it most. The program addresses the complexity and context of mental disorders and incorporates clinical and public health approaches into the care provided. To date, 10 PIH sites have established mental health teams and programs, which collaborate through ongoing trainings and workshops.

Our teams implement programs that provide mental health care services by:

- **Raising the standard of quality** for mental health care in settings that may otherwise have limited to no access to such services;
- **Providing training and education** for mental health professionals through partnerships with high-quality clinical, educational, and research institutions, such as Harvard Medical School;
- **Influencing others** working in mental health through targeted research that expresses the impact of our programs and provides proven methods for quality improvement;
- **Expanding the PIH mental health care delivery model** with government partners around the world.

With your support, PIH is designing ways to deliver safe, effective, evidence-based, and culturally sound mental health services everywhere we work, bringing mental health care, awareness, and education to underserved communities. Together, we are helping thousands of patients and proving that high-quality mental health care can, and should, be available to all people, no matter where they live.

ABOVE: Grace Uqizeyimana smiles among the maize the PIH-supported Twigire Icyizere—which means 'have faith' in Kinyarwandan—Self Help Group in Rwanda began growing in 2023. The group uses agriculture, beekeeping, and goat rearing to support their livelihoods. *Photo by Asher Habinshuti/PIH*

An Integrated Approach to Care

Over the past decade, PIH has been transforming mental health care in communities with limited resources.

By investing in innovative, community-based solutions, your support helps integrate mental health care into every aspect of our clinical work—greatly reducing suffering and improving the health, quality of life, and life expectancy of people with mental health conditions. These are just a few examples of how PIH brings mental health care, awareness, and education to communities around the world:

Treating TB & Mental Health

Recognizing the profound impact that tuberculosis (TB) has on mental health, PIH Lesotho integrated mental health care into its multidrug-resistant tuberculosis (MDR-TB) treatment program in 2017 by screening all patients for depression and anxiety. In 2024, substance use disorder screening was added. The team also diagnoses, manages, and provides psychosocial support for patients diagnosed with mental health conditions. This approach improves adherence to treatment, treatment outcomes, and the overall quality of life for patients with MDR-TB.



Juliet Thomas (left) brings her 6-year-old son Hassan (right) to the Child and Adolescent Mental Health unit for support with managing his behavior and emotions. *Photo by Sabrina Charles / PIH*

Caring for Mothers

Socios En Salud (SES), as PIH is known in Peru, implemented the World Health Organization's Healthy Thinking Program in 2018 for pregnant women with depression. The 16 sessions, conducted through home visits or video or phone calls, focus on these essential areas: the mother's health, her relationship with her baby and the people around her, and the resources families may need, like vouchers for transportation, food, and social support.

Access to Pediatric Services

In 2021, PIH Sierra Leone opened the country's first Child and Adolescent Mental Health unit at the PIH-supported Sierra Leone Psychiatric Teaching Hospital. Supported by PIH Sierra Leone and partners like you, the unit aims to create a space for caregivers and young people, from 4 months to 18 years old, to manage their mental health with confidence. Over the past three years, the number of patients seen has grown significantly, seeing over 475 patients since its opening.

FURTHER READING...

Caring for the Caregivers

It takes incredible strength to confront suffering every day. PIH has implemented a global staff wellness program to ensure all colleagues have the resources they need to heal and cope.

Read more: **PIH.org/StaffWellness**

Restoring Life in Liberia

When PIH Liberia's mental health team met Cecelia Green, widow and mother of two, she was severely depressed. Thanks to your generosity, treatment and social support have transformed her life.

Read more: **PIH.org/RestoringLife**

Did you know?

105 PIH-supported facilities deliver mental health care

70,990+ patients received treatment for mental health between 2016-2023

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