

## Mental Health Briefing Sheets

### Facts and Activities in Member States

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#### PORTUGAL

##### Situation on Mental Health

**Suicide:** Suicide rates in 2005 were 8.5 per 100,000 for Continental Portugal, with 13.2 of 100,000 for male population and 4.1 of 100,000 for females.

**Depression/anxiety:** According to the National Health Survey, 2005/2006, 27.6% of the population (17.6% for male population and 36.8% for females) report to have significant symptoms of anxiety or depression (MHI-5-<53). A national psychiatric survey, integrated in the *World Mental Health Survey*, is currently being developed.

**Children's mental health:** HBSC survey reports that 38% of girls and 49% of boys have experienced bullying at school at least once in the last couple of months.

##### Policy context

In Portugal, mental health is integrated in the context of general health and there is a legislative framework which includes a Mental Health Law. The Mental Health Law, 36/98, dated 1998, includes the principles of mental health policy, organization of services, and protection of human rights of people suffering from mental disorders. The national mental health policy integrates mental health promotion, prevention and treatment of mental disorders, and psychosocial rehabilitation (with the involvement of health, social security, employment and other sectors). A specific legislation defines the principles according to which people with mental health problems can benefit from psychosocial rehabilitation programs.

Under the framework of the Portuguese National Health Plan 2004-2010, mental health (including alcohol related problems) has been appointed as a top priority. A new national mental health plan for 2008-2016 was recently approved by the Government. The Plan has the following objectives: development of community mental health services, creation of a national network of psychosocial rehabilitation facilities and programs, development of child and adolescent mental health services, and development of promotion and prevention programs, especially in the areas of suicide and alcohol, among others.

##### Examples of activities on priority areas:

##### **Prevention of suicide and depression**

Mental health promotion and mental disorders prevention are integrated in the professional vocational training of general practitioners and family doctors, public health physicians and nurses or doctors' assistants working in general practice. A national program on prevention of depression and suicide was initiated in the context of the European Alliance Against Depression.

## **Mental health in youth and education**

There are initiatives being implemented during pregnancy and early childhood, to promote mental health of mothers at risk and their children. The country also has specific programmes for disaster affected populations, and there are separate clinics for child and adolescent psychiatry.

## **Mental health at the workplace**

In workplace settings, there are some local programmes on stress management.

## **Mental health in older people**

For older populations there are outpatient clinics, inpatient services, home visit facilities and old people's homes.

## **Combating stigma and social exclusion**

To combat social exclusion, Fe – Formemprego, targets people with a mental illness having the difficulty of social-professional integration. The programme develops a new flexible orientation, using training and an insertion model among social disfavoured public, basing it on individual abilities and on developing the potential of every subject, taking into account their individual life projects.

<sup>1</sup> Sources of information for the production of this briefing sheet:

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Version revised and updated by Member State

Mental Health in Youth and Education. Consensus paper prepared by Jané-Llopis & Braddick (2008)

Mental Health and the Workplace. Consensus paper prepared by McDaid (2008)

Mental Health in Older People. Consensus paper prepared by Jané-Llopis & Gabilondo (2008)

Prevention of Depression and Suicide. Consensus paper prepared by Wahlbeck & Mäkinen (2008)

Contributions from Member States - 2008, available at: <http://www.ec-mental-health-process.net/>

EMIP Consortium (2006). Country reports: Implementation of Mental Health Promotion and Prevention Policies and Strategies in the EU member states and applicant countries (EMIP)

McCollam et al., (2008). Mental Health in the EU - Key facts, figures and activities. A background paper

Jané-Llopis & Anderson (Eds) (2006). "Mental health promotion and mental disorder prevention across European Member States: a collection of country stories" (2nd edition), Luxembourg: European Communities