



General Circular No: 01-04/2003

My No:- DMH/2001/30,  
Mental Health Unit,  
Ministry of Health, Nutrition & Welfare,  
No: 385,  
Rev. Baddegama Wimalawansa Thero Mw,  
Suwasiripaya,  
Colombo 10.  
08.04.2003

To all Provincial Directors of Health Services,  
Deputy Provincial Directors of Health Services,  
Directors of Teaching & Provincial Hospitals,  
Medical Superintendents of General Hospitals and  
District Medical officers of Base Hospitals and Districts Hospitals.

**MENTAL HEALTH ACTIVITIES IN COMMUNITY FOR PATIENT CARE**

Research done in both developed and developing countries have supported the relevance and appropriateness of community mental health services. Such studies have also demonstrated that community based mental health services make in-patient hospital care more effective. In Sri Lanka over 50% of admissions to in-patient units are readmissions and many of these admissions may be prevented if more comprehensive mental health services are available.

In view of these developments the National Mental Health Services have now started implementing community based Mental Health Activities for patient care. Staff involved in this programme (Medical Officers, Nursing Officers, Occupational Therapists, Psychiatry Social Workers, Clinical Psychologists and Primary Health Care Workers) may be given permission to carry out duties in the community and in hospitals. If a member of staff is required to do above activities away from their usual working places, such activities may be considered as part of routine duties. These duties should be authorized by the Head of the Institution on the recommendation of the Consultant Psychiatrist as and when necessary.

**Dr. H.A.P. Kahandaliyanage**  
**Director General of Health Services**

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Cc:- 1. Director / Mental Health Services

2. Consultant Psychiatrists, MH/ NHSL/ TH / GH / PH