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 சுவசிரிபாய
SUWASIRIPAYA

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 எனது இல) DMH/WHO/02/2015
 My No.)
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 Your No. :)
 திகதி)
 Date) 23.09.2015

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 சுகாதார, போசணை மற்றும் சுதேச வைத்திய அமைச்சு
Ministry of Health, Nutrition & Indigenous Medicine

General Circular No: 01 - 31/2015

- All:
- Provincial Directors of Health Services,
 - Regional Directors of Health Services,
 - Directors of Teaching Hospitals,
 - Medical Superintendents of Hospitals,
 - Heads of Institutions

World Mental Health Day 2015
“Dignity in Mental Health”

World Mental Health Day which falls on October 10 provides an opportunity to raise awareness in issues related to mental health. It is a good forum to promote an open discussion of issues related to promotion, prevention, treatment, rehabilitation and stigma & discrimination in mental health. This year’s theme is “Dignity in Mental Health”.

Dignity is interpreted as ‘being treated with respect’. Main areas need to be discussed in this year are dignity of the mental health care workers, mental health units, people with mental disorders and their families. People with mental disorders are one of the most socially excluded group in the society and lack of understanding made it difficult for them to work, access health services, participate in their community and enjoy family life. Dignity should be safeguarded by educating officers in governmental and non-governmental organizations and the community about importance of mental health care in the country. Stigma and discrimination have the potential to violate dignity through their effects on individuals as well as on society as a whole. Dignity of the mental health care workers and mental health units need to be improved by proper training of health care workers on professionalism, improving physical facilities and sanitation of the mental health units, developing good relationship between health care workers and patients, providing emotional support to the mental health workers by administrators and by their active participation in planning and implementation of mental health care services.

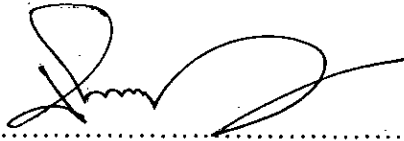
Kindly make arrangements to emphasize the theme with active participation of all relevant stakeholders. A fact sheet is also attached herewith for your information. More details can be

obtained from the Consultant Psychiatrists, MO/MH (Focal Points) in your districts, and Directorate of Mental Health., Ministry of Health, Nutrition and Indigenous Medicine.

You are requested to pay due attention to the following:

- All PDHS/RDHS are requested to supervise the activities in their respective districts in relation to World Mental Health Day
- Consultant Psychiatrists, MOO/MH (Focal Point), MOO/MH and MOOH are expected to work together to create awareness among all health staff about this year's WMHD theme. This includes awareness programs, seminars, developing appropriate health messages, leaflets, flyers etc.
- Organize programmes with relevant target groups: school children, hospital staff, officers in government institutions, community organizations, NGOs and civil societies etc.
- At least one suitable activity should be conducted at the level of Medical Officers of Health to protect the 'Dignity in Mental Health Care'

MOO/Mental Health (Focal Point) are expected to forward a detailed report of the activities conducted in the districts to celebrate WMHD-2015 before 30th November 2015 to the Director Mental Health, Ministry of Health, Nutrition and Indigenous Medicine.



Dr. P.G. Mahipala

Director General of Health Services

Dr. P. G. Mahipala
Director General of Health Services
Ministry of Health, Nutrition & Indigenous Medicine
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