### Bhutan

| Total population (UN Population Division estimate) | 765,554 |
| WHO Region: | SEAR |
| World Bank income group: | Lower middle-income |
| Total health expenditure per person (US$, 2013) | $90 |
| Mental health data compiled only for general health statistics |

#### Burden of mental disorders (WHO Global estimates)
- Disability-adjusted life years (per 100,000 population): 2,350
- Suicide rate (per 100,000 population): 16.0

#### MENTAL HEALTH SYSTEM GOVERNANCE

<table>
<thead>
<tr>
<th>Mental health policy</th>
<th>Mental health legislation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stand-alone policy or plan for mental health:</td>
<td>No</td>
</tr>
<tr>
<td>Implementation status:</td>
<td>Available and fully implemented</td>
</tr>
<tr>
<td>(Year of policy / plan):</td>
<td>Not applicable</td>
</tr>
<tr>
<td>(Year of law):</td>
<td></td>
</tr>
<tr>
<td>Policy / plan is in line with human rights covenants</td>
<td>4</td>
</tr>
<tr>
<td>(self-rated 5-point checklist score; 5 = fully in line)</td>
<td>Not developed / not available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Involvement of service users and families (as reported by MoH focal point)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. INFORMATION gathered / disseminated by MoH</td>
</tr>
<tr>
<td>b. POLICY on participation developed / published by MoH</td>
</tr>
<tr>
<td>c. EARLY INVOLVEMENT in mental health policy and law</td>
</tr>
</tbody>
</table>

#### RESOURCES FOR MENTAL HEALTH

<table>
<thead>
<tr>
<th>Mental health financing</th>
<th>Mental health workforce (rate per 100,000 population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main source of funds for care of severe mental disorders</td>
<td>Government</td>
</tr>
<tr>
<td>Inpatient / outpatient budget breakdown reported</td>
<td>Psychiatrists</td>
</tr>
<tr>
<td>Estimated mental health spending per capita (US$) (based on reported data)</td>
<td>No</td>
</tr>
<tr>
<td>Other medical doctors</td>
<td>Not reported</td>
</tr>
<tr>
<td>Law is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)</td>
<td>1</td>
</tr>
<tr>
<td>Policy / plan is in line with human rights covenants</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Human resources for mental health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total reported staff (mental health inpatient care)</td>
</tr>
<tr>
<td>Total reported staff (mental health outpatient care)</td>
</tr>
<tr>
<td>Total mental health workers per 100,000 population</td>
</tr>
</tbody>
</table>

#### MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

<table>
<thead>
<tr>
<th>Outpatient care (total facilities)</th>
<th>Outpatient care (per 100,000 population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health outpatient facility</td>
<td>32</td>
</tr>
<tr>
<td>Mental health day treatment facility</td>
<td>Not reported</td>
</tr>
<tr>
<td>Mental health outpatient visits</td>
<td>320</td>
</tr>
<tr>
<td>Mental health day treatment sessions</td>
<td>Not reported</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Inpatient care (total facilities)</th>
<th>Inpatient care (per 100,000 population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental hospitals</td>
<td>0</td>
</tr>
<tr>
<td>Psychiatric units in general hospitals</td>
<td>32</td>
</tr>
<tr>
<td>General hospital psychiatric unit beds / annual admissions</td>
<td>20.9</td>
</tr>
<tr>
<td>Residential care facilities</td>
<td>Not reported</td>
</tr>
<tr>
<td>Residential care beds / annual admissions</td>
<td>87.5</td>
</tr>
<tr>
<td>Mental hospitals (length of stay)</td>
<td>Mental hospitals</td>
</tr>
<tr>
<td>Total number of inpatients</td>
<td>Not reported</td>
</tr>
<tr>
<td>Inpatients staying less than 1 year</td>
<td>Not reported</td>
</tr>
<tr>
<td>Admissions that are involuntary</td>
<td>Not reported</td>
</tr>
<tr>
<td>Inpatients staying 1-5 years</td>
<td>Not reported</td>
</tr>
<tr>
<td>Discharged inpatients followed up within one month</td>
<td>Not reported</td>
</tr>
<tr>
<td>Inpatients staying more than 5 years</td>
<td>Not reported</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Treated prevalence (total cases)</th>
<th>Treated prevalence (per 100,000 population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treated cases of severe mental disorder</td>
<td>670</td>
</tr>
<tr>
<td>Treated cases of severe mental disorder</td>
<td>88</td>
</tr>
</tbody>
</table>

#### MENTAL HEALTH PROMOTION AND PREVENTION

<table>
<thead>
<tr>
<th>Programme examples</th>
<th>Category of programme</th>
<th>Target group</th>
<th>Scope</th>
</tr>
</thead>
<tbody>
<tr>
<td>National level advocacy and awareness</td>
<td>Mental health awareness/advocacy/anti-stigma</td>
<td>Not reported</td>
<td>Universal</td>
</tr>
<tr>
<td>Advocacy and awareness at district level</td>
<td>Mental health awareness/advocacy/anti-stigma</td>
<td>Not reported</td>
<td>Universal</td>
</tr>
<tr>
<td>Existence of a suicide prevention strategy</td>
<td>No</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Notes:**
  - Bhutan’s mental health data compiled only for general health statistics.
  - Mental health awareness/advocacy/anti-stigma programmes are not specifically targeted at these populations.