



Group Counselling with IDP Children. South West Region Buea



MENTAL HEALTH

CAMEROON



Highlights

- In Cameroon, mental health issues are of utmost priority today.
- In recent years, with WHO's recommendations, mental health was introduced in the minimum package of healthcare services in Cameroon and the first mental health plan as well as policy were published in 2016.
- However, most of the country's psychiatrists are concentrated in the capital cities: Douala and Yaounde, which are located in the Littoral and Central Regions. This leaves relatively remote areas especially the crisis affected areas with fewer resources to receive support for their mental health.
- Hadassah Foundation, focus on providing mental health resources and psychosocial support in areas where the mental health care policy has not reached. By providing support in these areas, discussions surrounding mental health will become more well-known and resources will become easier to access. Hadassah Foundation reaches Internally displaced persons and host populations through psychosocial support and counselling, as well as raise awareness about mental health issues.

Statistics

In 2017, mental health disorders accounted for **2366.29** disability-adjusted life years per **100,000** population in

Across the globe, mental health is becoming a new focus for health care. Communities are now realizing the importance of taking care of mental health and prioritizing treatment for different mental illnesses. Taking care of ourselves physically and emotionally deserves to become a priority both individually and collectively.

During this COVID-19 pandemic, mental health in Cameroon has become more important than ever. People with existing illnesses, such as depression or anxiety, saw their symptoms become much worse during the pandemic, while those that have never dealt with such issues began developing them. Across the world, we've seen depression, anxiety, and suicide rates skyrocket seemingly due to the hardships that the pandemic has brought on. In Cameroon, there has been a recent emphasis on psychosocial support in the community, and these efforts are still growing and developing.

It takes a community to emphasize the importance of mental health, and how taking care of ourselves should be a top priority. We can prioritize our mental health and the mental health of others by being involved in our communities, having open and honest conversations with others, and most importantly putting ourselves and our needs first. By having conversations and showing others that we put our mental health first, we can help make mental health a less taboo subject in our communities.