

Mental Health ATLAS 2017 Member State Profile

Poland

Total population (UN official estimate): ^a	38,265,226	Burden of mental disorders (WHO official estimates)	
WHO Region:	EUR	Disability-adjusted life years (per 100,000 population) ^c	3,730.04
Income group: ^b	High income	Suicide mortality rate (per 100,000 population) ^d	16.2
Total mental health expenditure per person (reported currency)	48.25 PLN		
Availability / status of mental health reporting	A specific report focusing on mental health activities in the public sector only has been published by the Health Department or any other responsible government unit in the last two years		

MENTAL HEALTH SYSTEM GOVERNANCE

Mental health policy / plan		Mental health legislation	
Stand-alone policy or plan for mental health: (Year of policy / plan):	Yes	Stand-alone law for mental health: (Year of law):	Yes 1994
The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored	Yes	The existence of a dedicated authority or independent body to ensure compliance of mental health legislation with international human rights	Exist and provides regular inspections of facilities and reports at least annually
Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)	3	Law is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)	5
Plan or strategy for child and/or adolescent mental health (Year of policy / plan):	Yes 2016		
Multisectoral Collaboration			No
There is ongoing collaboration in the area of mental health with Service users and family or caregiver advocacy groups			

RESOURCES FOR MENTAL HEALTH

Mental health financing		Mental health workforce (rate per 100'000 population)	
The care and treatment of persons with major mental disorders (psychosis, bipolar disorder, depression) included in national health insurance or reimbursement schemes in your country	Yes	Psychiatrists	24.18
How the majority of persons with mental disorders pay for mental health services	Persons pay nothing at the point of service use (fully insured)	Child psychiatrists	1.57
The government's total expenditure on mental health as % of total government health expenditure	2.60%	Other specialist doctors	2.49
Human resources for mental health		Mental health nurses	30.92
Total number of mental health professionals (gov. and non-gov.)	35,798	Psychologists	16.35
Total mental health workers per 100,000 population	93.55	Social workers	None or not reported
Total number of child psychiatrist (gov. and non-gov.)	599	Occupational therapists	3.96
		Speech therapists	0.50
		Other paid mental health workers	13.59

In case a mental health workforce appears as 0.0, it has either not been reported by the Member State or is zero.

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

Outpatient care (total facilities)		Outpatient care (per 100,000 population)	
Mental health outpatient facilities attached to a hospital	132	Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital	3,521.6
"Community-based / non-hospital" mental health outpatient facility	914	Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility	11,918.2
Other outpatient facility (e.g. Mental health day care or treatment facility)	241	Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility)	8,345.53
Outpatient facility specifically for children and adolescents (including services for developmental disorders)	181	Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents (including services for developmental disorders)	2,148.73
Other outpatient services for children and adolescents (e.g. day care)	33	Number of visits made by service users in the last year in other outpatient services specifically for children and adolescents (e.g. day care)	455.69
Inpatient care (total facilities)		Inpatient care (per 100,000 population)	
Mental hospitals	48	Mental hospital beds / annual admissions	30.47 / 288.03
Psychiatric units in general hospitals	100	General hospital psychiatric unit beds / annual admissions	15.58 / 184.26
Forensic inpatient units	41	Forensic inpatient unit beds / annual admissions	5.21 / 8.36
Residential care facilities	None or not reported	Residential care beds / annual admissions	None or not reported / None or not reported
Inpatient facility specifically for children and adolescents	32	Child and adolescent specific inpatient beds / annual admissions	2.32 / 28.73
Mental hospitals		Mental hospitals (length of stay)	
Total number of inpatients	135,769	Inpatients staying less than 1 year	95%
Admissions that are involuntary	9568	Inpatients staying 1-5 years	3.0%
Follow-up of people with mental disorder discharged from hospital in the last year	25% or less of discharged inpatients received a follow-up outpatient visit within one month	Inpatients staying more than 5 years	1.8%
Treated prevalence (total cases)		Treated prevalence (per 100,000 population)	
Treated cases of severe mental disorder	530,859	Treated cases of severe mental disorder	1,387.31

MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes	Yes	Existence of a suicide prevention strategy [i.e. as a stand-alone document or as an integrated element of the national policy/plan adopted by government]	Yes
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Programme examples	Category of programme	Scope of programme	Programme Management
National Health Programme	Mental health awareness/prevention/anti-stigma	National	Government
Not reported	Not reported	Scope not reported	Programme Management not reported

^a UN World Population Prospects, 2015; <http://esa.un.org/unpd/wpp/>

^b World Bank Income Groups, 2016 (<http://databank.worldbank.org/>)

^c WHO Global Health Estimates; http://www.who.int/healthinfo/global_burden_disease/en/

^d WHO, 2018: World Health Statistics data visualisation dashboard; <http://apps.who.int/gho/data/>

Note: Suicide mortality rates - computed using standard categories, definitions and methods - are reported to facilitate comparisons over time and between countries, and may not be the same as official national estimates.