

# Mental Health ATLAS 2017 Member State Profile

## Portugal

Total population ( <i>UN official estimate</i> ): <sup>a</sup> WHO Region: Income group: <sup>b</sup> Total mental health expenditure per person (reported currency) Availability / status of mental health reporting	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td style="background-color: #e0e0e0;">10,418,473</td></tr> <tr><td style="background-color: #e0e0e0;">EUR</td></tr> <tr><td style="background-color: #e0e0e0;">High income</td></tr> <tr><td style="background-color: #ffcccc;">Not reported</td></tr> </table>	10,418,473	EUR	High income	Not reported	Burden of mental disorders ( <i>WHO official estimates</i> ) Disability-adjusted life years (per 100,000 population) <sup>c</sup> Suicide mortality rate (per 100,000 population) <sup>d</sup>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td style="background-color: #e0e0e0;">3,214.53</td></tr> <tr><td style="background-color: #e0e0e0;">14.0</td></tr> </table>	3,214.53	14.0
10,418,473									
EUR									
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Not reported									
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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

<b>Mental health policy / plan</b> Stand-alone policy or plan for mental health: (Year of policy / plan): The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line) Plan or strategy for child and/or adolescent mental health (Year of policy / plan):	<b>Mental health legislation</b> Stand-alone law for mental health: (Year of law): The existence of a dedicated authority or independent body to assess compliance of mental health legislation with international human rights Law is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)										
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #90ee90;">Yes</td></tr> <tr><td style="background-color: #90ee90;">2008</td></tr> <tr><td style="background-color: #90ee90;">Yes</td></tr> <tr><td style="background-color: #90ee90;">5</td></tr> <tr><td style="background-color: #90ee90;">Yes</td></tr> <tr><td style="background-color: #90ee90;">2008</td></tr> </table>	Yes	2008	Yes	5	Yes	2008	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #90ee90;">Yes</td></tr> <tr><td style="background-color: #90ee90;">1998</td></tr> <tr><td style="background-color: #90ee90;">Exists but it is not functioning</td></tr> <tr><td style="background-color: #ffcccc;">4</td></tr> </table>	Yes	1998	Exists but it is not functioning	4
Yes											
2008											
Yes											
5											
Yes											
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Yes											
1998											
Exists but it is not functioning											
4											
<b>Multisectoral Collaboration</b> There is ongoing collaboration in the area of mental health with Service users and family or caregiver advocacy groups		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #90ee90;">Yes</td></tr> </table>	Yes								
Yes											

### RESOURCES FOR MENTAL HEALTH

<b>Mental health financing</b> 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 How the majority of persons with mental disorders pay for mental health services The government's total expenditure on mental health as % of total government health expenditure	<b>Mental health workforce (rate per 100'000 population)</b> Psychiatrists Child psychiatrists Other specialist doctors Mental health nurses Psychologists Social workers Occupational therapists Speech therapists Other paid mental health workers													
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #90ee90;">Yes</td></tr> <tr><td style="background-color: #90ee90;">Persons pay nothing at the point of service use (fully insured)</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> </table>	Yes	Persons pay nothing at the point of service use (fully insured)	None or not reported	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> </table>	None or not reported	None or not reported	None or not reported	None or not reported	None or not reported	None or not reported	None or not reported	None or not reported	None or not reported	None or not reported
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<b>Human resources for mental health</b> Total number of mental health professionals (gov. and non-gov.) Total mental health workers per 100,000 population Total number of child psychiatrist (gov. and non-gov.)		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> </table>	None or not reported	None or not reported	None or not reported									
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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

<b>Outpatient care (total facilities)</b> Mental health outpatient facilities attached to a hospital "Community-based / non-hospital" mental health outpatient facility Other outpatient facility (e.g. Mental health day care or treatment facility) Outpatient facility specifically for children and adolescents (including services for developmental disorders) Other outpatient services for children and adolescents (e.g. day care)	<b>Outpatient care (per 100,000 population)</b> Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility) Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents (including services for developmental disorders) Number of visits made by service users in the last year in other outpatient services specifically for children and adolescents (e.g. day care)																				
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<b>Inpatient care (total facilities)</b> Mental hospitals Psychiatric units in general hospitals Forensic inpatient units Residential care facilities Inpatient facility specifically for children and adolescents	<b>Inpatient care (per 100,000 population)</b> Mental hospital beds / annual admissions General hospital psychiatric unit beds / annual admissions Forensic inpatient unit beds / annual admissions Residential care beds / annual admissions Child and adolescent specific inpatient beds / annual admissions																				
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #90ee90;">3</td></tr> <tr><td style="background-color: #90ee90;">30</td></tr> <tr><td style="background-color: #90ee90;">1</td></tr> <tr><td style="background-color: #90ee90;">28</td></tr> <tr><td style="background-color: #90ee90;">2</td></tr> </table>	3	30	1	28	2	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #90ee90;">5.70</td><td style="background-color: #90ee90;">/</td><td style="background-color: #90ee90;">49.44</td></tr> <tr><td style="background-color: #90ee90;">11.83</td><td style="background-color: #90ee90;">/</td><td style="background-color: #90ee90;">137.36</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td><td style="background-color: #ffcccc;">/</td><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #90ee90;">6.34</td><td style="background-color: #90ee90;">/</td><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #90ee90;">0.33</td><td style="background-color: #90ee90;">/</td><td style="background-color: #90ee90;">2.08</td></tr> </table>	5.70	/	49.44	11.83	/	137.36	None or not reported	/	None or not reported	6.34	/	None or not reported	0.33	/	2.08
3																					
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<b>Mental hospitals</b> Total number of inpatients Admissions that are involuntary Follow-up of people with mental disorder discharged from hospital in the last year	<b>Mental hospitals (length of stay)</b> Inpatients staying less than 1 year Inpatients staying 1-5 years Inpatients staying more than 5 years																				
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #90ee90;">51%-75% of discharged inpatients received a follow-up outpatient visit within one month</td></tr> </table>	None or not reported	None or not reported	51%-75% of discharged inpatients received a follow-up outpatient visit within one month	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> </table>	None or not reported	None or not reported	None or not reported														
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<b>Treated prevalence (total cases)</b> Treated cases of severe mental disorder		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #ffcccc;">None or not reported</td></tr> </table>	None or not reported																		
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### MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes	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]		
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #ffcccc;">No (or not reported)</td></tr> </table>	No (or not reported)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #90ee90;">Yes</td></tr> </table>	Yes
No (or not reported)			
Yes			

Programme examples	Category of programme	Scope of programme	Programme Management
Suicide Prevention	Suicide prevention	Regional	Jointly managed
Not reported	Not reported	Scope not reported	Programme Management not reported

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

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

<sup>c</sup> WHO Global Health Estimates; [http://www.who.int/healthinfo/global\\_burden\\_disease/en/](http://www.who.int/healthinfo/global_burden_disease/en/)

<sup>d</sup> 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.