

Mental Health ATLAS 2017 Member State Profile

Tanzania, United Republic of

Total population (UN official estimate): ^a	53,879,957	<u>Burden of mental disorders (WHO official estimates)</u>	
WHO Region:	AFR	Disability-adjusted life years (per 100,000 population) ^c	2,727.86
Income group: ^b	Low income	Suicide mortality rate (per 100,000 population) ^d	5.4
Total mental health expenditure per person (reported currency)	43.1 TZS		
Availability / status of mental health reporting	No mental health data have been compiled in a report for policy, planning or management purposes 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 2016	Stand-alone law for mental health: (Year of law):	Yes 2008
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 assess 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)	5	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):	No Not reported		
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	No	Psychiatrists	0.06
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	None or not reported
The government's total expenditure on mental health as % of total government health expenditure	4.00%	Other specialist doctors	None or not reported
Human resources for mental health		Mental health nurses	0.36
Total number of mental health professionals (gov. and non-gov.)	278	Psychologists	0.01
Total mental health workers per 100,000 population	0.52	Social workers	0.06
Total number of child psychiatrist (gov. and non-gov.)	None or not reported	Occupational therapists	0.02
		Speech therapists	0.00
		Other paid mental health workers	None or not reported

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	35	Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital	129.9
"Community-based / non-hospital" mental health outpatient facility	None or not reported	Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility	None or not reported
Other outpatient facility (e.g. Mental health day care or treatment facility)	None or not reported	Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility)	None or not reported
Outpatient facility specifically for children and adolescents (including services for developmental disorders)	1	Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents (including services for developmental disorders)	0.56
Other outpatient services for children and adolescents (e.g. day care)	None or not reported	Number of visits made by service users in the last year in other outpatient services specifically for children and adolescents (e.g. day care)	None or not reported
Inpatient care (total facilities)		Inpatient care (per 100,000 population)	
Mental hospitals	2	Mental hospital beds / annual admissions	1.58 / 5.20
Psychiatric units in general hospitals	5	General hospital psychiatric unit beds / annual admissions	0.41 / 6.50
Forensic inpatient units	1	Forensic inpatient unit beds / annual admissions	0.46 / 0.43
Residential care facilities	4	Residential care beds / annual admissions	0.12 / 0.56
Inpatient facility specifically for children and adolescents	None or not reported	Child and adolescent specific inpatient beds / annual admissions	None or not reported / None or not reported
Mental hospitals		Mental hospitals (length of stay)	
Total number of inpatients	3,750	Inpatients staying less than 1 year	93%
Admissions that are involuntary	250	Inpatients staying 1-5 years	6.7%
Follow-up of people with mental disorder discharged from hospital in the last year	More than 75% of discharged inpatients received a follow-up outpatient visit within one month	Inpatients staying more than 5 years	
Treated prevalence (total cases)		Treated prevalence (per 100,000 population)	
Treated cases of severe mental disorder	168,000	Treated cases of severe mental disorder	311.80

MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes	No (or not reported)	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]	No
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Programme examples	Category of programme	Scope of programme	Programme Management
Awareness Programme	Mental health awareness/prevention/anti-stigma	Community	NGO
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.