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Nota di contenuto	Intro -- Table of contents -- Preface -- Executive summary -- Aims and target audience -- 1. Introduction -- 2. Developing a mental health policy: essential steps -- Step 1. Assess the population's needs -- Step 2. Gather evidence for effective policy -- Step 3. Consultation and negotiation -- Step 4. Exchange with other countries -- Step 5. Set out the vision, values, principles and objectives of the policy -- Step 6. Determine areas for action -- Step 7. Identify the major roles and responsibilities of different sectors -- Step 8. Conduct pilot projects -- Examples of policies -- 3. Developing a mental health plan -- Step 1. Set priorities for the major strategies -- Step 2. Establish the time frame and resources -- Examples of plans -- 4. Developing a mental health programme -- Step 1. Identify the issue or problem to be addressed -- Step 2. Set out programme objectives -- Step 3. Choose appropriate programme interventions -- Step 4. Describe the programme activities -- Step 5. Identify responsible agents -- Step 6. Set out a timeframe -- Step 7. Draw up a budget -- Step 8. Evaluate the programme -- Examples of programmes -- 5. Implementation issues for policy, plans and programmes -- Step 1. Disseminate the

policy -- Step 2. Generate political support and funding -- Step 3. Develop supportive organization -- Step 4. Set up a demonstration area -- Step 5. Empower mental health providers -- Step 6. Reinforce intersectoral coordination -- Step 7. Promote interactions among stakeholders -- Examples of implementation of policy -- 6. Case examples of mental health policy, plans and programmes -- 7. Barriers and solutions -- 8. Recommendations and conclusions -- Annex 1. Examples of effective mental health interventions -- Annex 2. Principles for the development of mental health guidelines. Annex 3. Supporting the development of mental health policy, plans and programmes: functions of some key stakeholders -- Definitions -- Further reading -- References.

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## Sommario/riassunto

An explicit mental health policy is an essential and powerful tool for a mental health section in a ministry of health. When properly formulated and implemented through plans and programmes, policy can have a significant impact on the mental health of populations. This module sets out practical steps for the development of policies, plans and programmes and for their implementation. Specific examples from countries are used to illustrate the process of developing policy, plans and programmes throughout the module.

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