

60th DIRECTING COUNCIL

75th SESSION OF THE REGIONAL COMMITTEE OF WHO FOR THE AMERICAS

Washington, D.C., USA, 25–29 September 2023

CD60.R12
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RESOLUTION

CD60.R12

STRATEGY FOR IMPROVING MENTAL HEALTH AND SUICIDE PREVENTION IN THE REGION OF THE AMERICAS

THE 60th DIRECTING COUNCIL,

Having reviewed the *Strategy for Improving Mental Health and Suicide Prevention in the Region of the Americas* (Document CD60/9);

Recognizing the detrimental impact that the COVID-19 pandemic has had on the mental health of the general population, increasing the burden of mental health conditions while disrupting essential mental health services in the Region;

Considering the strategic principles of the Policy for Improving Mental Health (Document CSP30/9) and the final recommendations of the Pan American Health Organization High-Level Commission on Mental Health and COVID-19;

Recognizing the urgent need to prioritize mental health and suicide prevention, using an equity- and human rights-based approach, to accelerate recovery from the COVID-19 pandemic and work toward achieving health, social, and economic development outcomes in the Region,

RESOLVES:

1. To approve the *Strategy for Improving Mental Health and Suicide Prevention in the Region of the Americas* (Document CD60/9).
 2. To urge all Member States, considering their contexts, needs, vulnerabilities, and priorities, to:
 - a) support the right to the enjoyment of the highest attainable standard of physical and mental health by applying an intersectoral, equity- and human rights-based approach to promoting and protecting mental health that includes everyone and
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avoids unfair differences between groups of people due to their race, ethnicity, gender identity, disability, socioeconomic status, sexual orientation, or geographic location, among other factors;

- b) increase financial and human resources for scaling up community-based mental health services to ensure that resources are proportionate to the mental health needs of each country, and, where necessary, use evidence-based remote approaches to improve access;
- c) support the transition from long-stay institutionalization to community-based services to promote dignity and respect for people with mental health conditions and prevent abuses and violations of their rights, in line with the Convention on the Rights of Persons with Disabilities and other core human rights instruments;
- d) take urgent action to prevent suicides through a multisectoral approach that includes all relevant stakeholders, implements evidence-based interventions, and strengthens data collection efforts to inform suicide prevention policies, plans, and services throughout the life course.

3. To request the Director to:

- a) provide technical cooperation to Member States to strengthen capacities that contribute to the implementation of the strategy and the achievement of its strategic lines of action;
- b) continue prioritizing mental health and suicide prevention and facilitating its integration into all COVID-19 recovery efforts by the Pan American Health Organization as well as other initiatives across the Organization;
- c) report periodically to the Governing Bodies on the progress made and challenges faced in the implementation of the strategy through a midterm review in 2027 and a final report in 2031.

(Fifth meeting, 27 September 2023)