

## Mental health has a programme at the Ministry of Public Health

- This programme was launched in May 2014.
- Its vision: "All people living in Lebanon will have the opportunity to enjoy the best possible mental health and wellbeing".
- The programme has developed the first national strategy for mental health 2015-2020 to restructure mental health services and ensure access to them on all Lebanese grounds. This strategy is available on the ministry's website.
- The Ministry of Public Health currently provides some psychotropic medications to primary care centres' beneficiaries.
- The Ministry provides free specialized medications upon prescription by psychiatrists and covers hospitalizations in psychiatric hospitals for those who do not have any financial coverage.

### For more information or in case you have a complaint, you can contact the following:

- Ministry of Public Health – National Mental Health Programme  
email: [mentalhealth@moph.gov.lb](mailto:mentalhealth@moph.gov.lb)  
website: [www.moph.gov.lb](http://www.moph.gov.lb)
- Syndicate of Psychotherapists and Psychoanalysts  
phone number: +961-1-388577 / +961-71-349179  
email: [naqabapsy@yahoo.com](mailto:naqabapsy@yahoo.com)  
website: <http://syndicatpsy.org>  
<http://naqaba.7host.com>;
- Lebanese Psychiatric Society  
website: [www.lpsonline.org](http://www.lpsonline.org)
- Lebanese Psychological Association  
email: [president@lpalebanon.org](mailto:president@lpalebanon.org), [leylaakoury@icloud.com](mailto:leylaakoury@icloud.com)  
website: [www.lpalebanon.org](http://www.lpalebanon.org)



REPUBLIC OF LEBANON  
MINISTRY OF PUBLIC HEALTH

# MY MENTAL HEALTH IS MY RIGHT

The National Mental Health  
Programme Campaign



## Mental health: key facts

- Mental health is a state of wellbeing which enables every person to realize his/her potential, cope with normal stressors, work productively and contribute to his/her community.
- There is no health without mental health.
- Any person is vulnerable to mental disorders, irrespective of age and gender.
- Effective treatments are available\*.

## It is your right

- To have access to quality care and treatment that does not discriminate on the basis of age, gender, nationality, religion, type of illness, and socio-economic status.
- To be treated with dignity and respect.
- To have your privacy protected.
- To keep your information confidential and only released with your permission.
- To have laws that protect your civil and legal rights and ensure your access to available health care services.
- To receive a clear explanation about your mental health condition and plans for treatment and management including medication, lifestyle changes and psychological treatment\*.
- To participate fully in all decisions about your treatment plans.
- To know the name of the medication, why you are taking it, and what the possible side effects are.

\* medication can help in decreasing symptoms and accelerating recovery. Lifestyle changes (such as regular sleep cycle, regular physical activity, resuming previous social activities) can help you fight and cope with the difficulties that mental illness might cause you. Psychological treatment such as psychotherapy can help you talk about your mental health problems to an experienced mental health professional and can help you better understand your situation and build skills to cope with your life stressors.

## Mental health has specialized doctors and psychotherapists

You are entitled to be treated by qualified health workers, and to know their name and qualifications.

- Medical doctor, specialized in the diagnosis and treatment of mental disorders such as depression, schizophrenia, and substance use.
- Prescribes psychotropic medications when needed.
- Admits patients to hospitals for treating psychiatric disorders if necessary.

Psychiatrist

- Medical doctor, specialized in brain and nervous system disorders such as epilepsy, Parkinson, and strokes.
- Prescribes medications for treating such disorders when needed.
- Admits patients to hospitals for treating neurological disorders if necessary.

Neurologist

- Has a BA, MA or PhD in psychology. Trained to perform some forms of clinical assessment and specialized mental tests in preparation for referral for follow-up by a doctor or psychotherapist.

Psychologist

- Does not prescribe medications.

- Psychologist specialized in providing psychological treatments using talk therapy using different modalities (CBT, psychodynamic, psychoanalysis), through meeting with the person(s) on regular intervals ranging from twice a week to twice a month.

- Has a Masters in psychology, social work or nursing.

- Does not prescribe medications.