

WORLD FEDERATION FOR MENTAL HEALTH

World Mental Health Day Report 2003

**Emotional & Behavioural Disorders
of Children & Adolescents**

**Desórdenes emocionales y de
comportamiento en niños y adolescentes**

**Troubles Affectifs et Comportementaux
des Enfants et des Adolescents**



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World Mental Health Day

10 OCTOBER 2003

The World Mental Health Day theme for 2003 was *“Emotional and Behavioural Disorders of Children and Adolescents,”* a subject given little attention in many countries. It was the second half of a two-year WFMH campaign on youth issues, following *“The Effects of Trauma and Violence on Children and Adolescents”* in 2002.

Campaign material was produced by WFMH in English, Spanish, and French, and was made available in these languages on the campaign web site (www.wmhday.net). Approximately 4,000 organizations and individuals in 190 countries received the campaign packet by mail, and numerous other organizations accessed it via the website. The information package included fact sheets on fifteen disorders of childhood and adolescence, and a section on the importance of developing national public health policies to cover the mental health of children and adolescents.

World Mental Health Day was established by the World Federation for Mental Health in 1992. The Federation is grateful to Mrs. Rosalynn Carter for serving as its Honorary Chair. The Day is observed in many countries on 10 October, although some countries have selected a different date for local reasons. For WFMH it is the central event of a yearlong campaign on the selected topic. Organizers around the world increasingly observe it as the leading activity in a weeklong series of events, a Mental Health Month, or a full-year campaign.

WFMH and PAHO's Launch Event

In October, WFMH and the *Pan-American Health Organization*, which serves as the World Health Organization's regional office for the Americas, jointly sponsored a seminar at PAHO's Washington, D.C. headquarters on children's mental health issues in South and North America. Speakers at



School children at a World Mental Health Day event in Zimbabwe

this campaign launch event included Dr. Kenneth Moritsugu, Deputy Surgeon General of the United States; WFMH President Patt Franciosi; Dr. Ephraim Bleiberg, The Menninger Clinic; Dr. Thomas Bornemann, Director Carter Center Mental Health Program; Dr. Claudio Miranda, PAHO Regional Adviser in Mental Health;

and Dr. Jose Miguel Caldas de Almeida, Chief of the PAHO Mental Health and Special Services Unit.

PAHO produced a colorful World Mental Health Day brochure with information in English and Spanish about the need to develop sound child and adolescent mental health policies in Latin America and the Caribbean.

Message from UN Secretary-General Kofi Annan

“This year’s Mental Health Day focuses on the special needs of some of the world’s most vulnerable individuals—children and adolescents with mental, emotional and behavioural disorders.

The burdens associated with these disorders are increasingly understood as a threat to the health development and well-being of children and adolescents worldwide. These young people—who are already so deeply vulnerable—may be subjected to stigma and discrimination; they may receive inadequate care; they may not have adequate opportunities for education; they may never get the chance to build the future which they, like all young people, deserve.

Developing and developed countries alike have a duty to do all they can to ease these burdens, by improving diagnosis, treatment, public awareness and education. Governments must live up to their obligation under the United Nations Convention on the Rights of the Child—the most widely ratified international legal instrument in history—to ensure “the development of the child’s personality, talents and mental and physical abilities to their fullest potential.”

On this World Mental Health Day, let us rededicate ourselves to translating into reality the rights of children as enshrined in the Convention. Let us vow to give the mental health of young people all the attention it deserves.”

COUNTRY REPORTS

ARGENTINA

WFMH President Patt Franciosi gave a keynote address on children's mental health at the 2003 Congress of the *Argentine Federation of Psychiatric Chambers and Associations* (FACAP) held in Buenos Aires on 6-7 October. Secretary-General/CEO Preston J. Garrison also spoke at the Congress on international issues of service delivery. FACAP is a network of 189 institutions, and is a voting member of WFMH.

AUSTRALIA

The *Mental Health Council of Australia* received funding from the *Commonwealth Department of Health and Ageing* to develop a national campaign for World Mental Health Day on the theme of "Protecting and Promoting the Mental Health of all Children and Young People." The Council engaged *beyondblue*—the national depression initiative—as a partner in the campaign, and a wide variety of promotional materials was developed (including the logo above). The campaign was launched on 10 October with a central event in Melbourne, the National Forum, attended by the Minister for Health and Ageing, the Hon. Tony Abbott, MP. Fourteen community forums were held around the country.

WFMH Board member Tony Fowke attended the community forum in Western Australia, using the opportunity to protest against the withdrawal of state funding from the West Australia Community Advocacy Group, which represents consumers and carers.

AUSTRIA

Pro Mente Vienna held a conference organized for and by users of psychiatry, which was opened by the Austrian Health Minister, Maria Rauch-Kallat. Only 250 places were available, but



double that number applied to attend. A speaker traveled from New York to discuss the international user movement. Local people who have experienced mental illness presented much of the program, which focused on stigma and discrimination. At the end of the meeting it was agreed to form a national network of users' organizations as soon as possible, and to hold another conference in 2004.

Pro Mente Steiermark, in the Austrian state of Styria, arranged events in various locations involving people with psychiatric illnesses. Balloons with hand-written messages were released in five cities, and programs to educate school children about discrimination were held.

BELGIUM

The *Flemish Federation for Mental Health* held several events, including a showing of an international film at the Gent International Film Festival; the launch of an illustrated business diary with artwork by people experiencing psychiatric problems (selected from about 800 applications); award ceremonies for the Lilly Reintegration Award, and for other projects; and a Forum with panels and information stands covering a wide range of mental health topics, and representation from many organizations.

BRUNEI DARUSSALAM

The *Psychiatry Department of Suri Seri Begawan Hospital* arranged a 2-day program on psychiatric nursing with 53 participants, to improve general nursing standards throughout the country. It was the first time that such an educational activity was offered to nurses. Also on World Mental Health Day, the country's first community day care center and sheltered workshop for mentally ill people was officially inaugurated. The Director General of Health Services was the chief guest at both events, which received good press coverage.

CHILE

The health education organization *HUMANICEMos* had a major campaign lasting the entire month, with central activities on 10 October.

CZECH REPUBLIC

The *Czech Association for Mental Health* held a benefit auction at the Clam-Gallasuv Palace of paintings by artists who have had mental illness. A foundation agreed to double the proceeds. The Association also arranged a debate on psychiatry in Prague.

EGYPT

The *World Health Organization's Regional Office for the Eastern Mediterranean* held a meeting on children's mental health addressed by Dr. Hussein A. Gezairy, head of the office, and Dr. Ahmad Mohit, the regional mental health advisor. Prof. Ahmed Okasha, president of the *World Psychiatric Association*, spoke about the WPA's new initiative on children's mental health. The *WFMH Eastern Mediterranean Regional Council* headed by former Federation president Dr. Ahmed El Azayem participated, and also took part in another meeting arranged in Port Said by the *Ministry of Health* to discuss ways of disseminating mental health information. The Port Said meeting involved health directors from all of Egypt's governorates and officials from the *Department of Health Education*.

FINLAND

The *Finnish Association for Mental Health* prepared a variety of public information materials on children's mental health and organized a media campaign on the subject. A national education day was arranged on the topic of how children express grief. Around the country local mental health associations organized fifteen events. This year's national Mental Health Prize was awarded to a policeman honored for his work with young people.

FRANCE

Advocacy France arranged a two-day conference attended by 400 people, half of them users of mental health services. The main themes were discrimination and exclusion, good practices, influencing the media, and required services. Workshops included topics such as differences in European legislation on mental health.

GEORGIA

The *Georgian Association for Mental Health* and the *GeoPeer Foundation* developed a broad-based media campaign to change misconceptions about persons with mental illness. Representatives of the Ministries of Health and of Education, other NGOs, journalists, students and people currently receiving treatment for mental health problems participated. Mental health experts held a training session for journalists, including a visit to a psychiatric clinic. A training session was also held for students, who participated in a march through the center of Tbilisi with patients and family members (the slogan used was "Don't Discard Us"). Patients held an art exhibition at a central museum, and took part in a concert with popular Georgian singers on 10 October.

GIBRALTAR

The *Psychological Support Group* set up an information desk in the main shopping center. A donation of quilts and quilt covers was given to the Psychiatric Hospital, together with cakes for patients and staff to share on 10 October.

INDIA

SEVAC, the National Network of Human Rights and Mental Health (also known as Sane and Enthusiast Volunteers Association of Calcutta), partnered with other organizations to raise awareness around the country about the common mental health problems of children. The initiative, under the auspices of the *Operation Dignity Project* funded by *Ireland Aid*, arranged twenty programs in various parts of India. A central event was held in Mumbai (Bombay) in collaboration with the Maharashtra State

Human Rights Commission. This seminar on children's mental health was opened by Mr. Justice Ranganath Misra, Former Chief Justice of India and First Chairperson of the National Human Rights Commission.

The Indian Psychiatric Society organized a week of programs in various parts of the country on emotional and behavioral disorders of children and adolescents. The IPS central event was held in Chennai on 10 October and was opened the Minister for Law in the state of Tamil Nadu. Many organizations had other events. For example, the *Agrawal Neuropsychiatry Center* in Kota (Rajasthan) had a series of activities for scouts and guides, and schools. The local Rotary Club was involved in the campaign. The Center also organized a public information display on mental health at a 25-day long fair in Kota, an important local event. Twenty-five volunteers including medical professionals took turns staffing the display during the fair and distributing literature on topics such as mental health, epilepsy and substance abuse to visitors.

In Madhya Pradesh, the *Gwalior Mental Hospital* held a series of events from 6 to 9 October for patient education, to educate general physicians, and to encourage public awareness. Outreach included seminars for

the community arranged by various clubs and associations, and talks in schools. Special social activities were arranged for the hospital's inpatients.

At the *College of Nursing, MAHE, Manipal*, a two-day program included educational sessions for patients and families, lectures for staff, and social events for the patients. Outreach included an awareness program for teachers at a local school for mentally handicapped students, and a social program for the children.

The *College of Nursing, Christian Medical College & Hospital, Ludhiana*, prepared a display with 150 posters and charts related to the mental health of children. About 600 people visited the exhibition and heard explanations of the material from guides. The Vice Principal of the College spoke about the promotion of mental health among young people.

The *Kasturba Nursing College of Mahatma Gandhi Institute of Medical Sciences, Sevagram*, arranged social programs for patients in the psychiatry ward and their family members. A panel discussion on children's mental health problems was held for staff, students and the general public, and a poster competition was organized for nursing students. A series of articles on mental health appeared in the local newspaper "Navbharat."



Visitors at the College of Nursing, Christian Medical College & Hospital, Ludhiana, review a display with 150 posters and charts related to the mental health of children.

IRAN

Dr. Saed Momtazi at the Congress

Dr. Saed Momtazi, head of the Department of Psychiatry, Zanjan University of Medical Sciences, forwarded to WFMH a copy of the bilingual English/Persian abstract book from the 5th Iranian Congress on Children's and Adolescents' Mental Health, held on 8-10 October 2003. He also enclosed copies of a special poster published for World Mental Health Day, a book on families and drug abuse, which was released on 10 October, and samples of other public education materials.

IRELAND

The theme for World Mental Health Day in Ireland was "Mental Health is Everyone's Business." The Minister of State with responsibility for mental health, Tim O'Malley, issued a statement on 10 October highlighting recent developments in mental health care. *Mental Health Ireland* released the results of its national survey on attitudes towards people with mental illness and the provision of services. Many local events were arranged by the vibrant network of mental health associations across the country. The report of these activities was 15 pages long.

ITALY

The *Italian Mental Health Association* helped to organize the Local Health Systems Seminar in Prato on the topics of self-help experiences, and relationships between society and health. Special attention was given to the need to include users of services in the development of various mental health system projects.

KUWAIT

The *Social Development Office* organized a two-day conference on various aspects of children's mental health (12-13 October), attended by more than 350 people. It was opened by the chairman of the SDO, former Minister for Social Affairs and Labor Abdul Wahab al-Wazzan. Parallel to this meeting, the SDO also co-sponsored Iraq Mental Wellbeing Workshops with the Mara'afie Foundation, through the US Freedom and Peace Trust (11-13 October). The Iraqi delegation and the lecturers were invited to attend the first day of the SDO conference, together with Nathaniel Howell, former US Ambassador to Kuwait and chairman of the Marafie Foundation, and Waseem Kabbara, Managing Director of the Freedom and Peace Trust. On 13 October the SDO held a recreational evening for 200 autistic children, with a magic show, music, dancing, games, and a gift for each child.

LEBANON

St. George's University Medical Center celebrated the 125th anniversary of its founding with a World Mental Health Day event on adolescent mental health, children's rights and services, in association with its annual medical congress. The First Lady of Lebanon, Mrs. Andree Emile Lahoud, gave a nationally broadcast speech at the opening ceremony.

LUXEMBURG

The Center for Information and Prevention held a conference about problems of adolescence, and also arranged a showing of a film in which seven young people spoke about the difficulties in their lives.

MALAYSIA

The *Sabah Mental Health Association* celebrated the Day jointly with the state's health department, and urged citizens to work throughout the year with the Association to support improved services for children and adolescents.

Sarawak had a state-level public education program on children's behavioral problems.

The *Perak Society for the Promotion of Mental Health* held two public forums, and organized a charity dinner attended by the Regent of Perak.

MEXICO

In the *State of Colima* the Governor signed the Mental Health Day Proclamation, together with representatives of 21 public and private institutions. The Mental Health Council of the State formed an organizing committee for World Mental Health Day, which brought together government officials, public agencies, the military, police, professional association and NGOs in order to maximize outreach. The main focus of the state's program was suicide prevention.

In Mexico City the *Ramon de la Fuente National Institute of Psychiatry* held a seminar for professionals on problems of children and adolescents.

MONGOLIA

The Day was marked by radio and television broadcasts throughout the country, thanks to a press releases sent out by the *Mongolian Mental Health Society*, and its collaboration with the *National Mental Health Center* to hold a press conference in the capital city, Ulaanbaatar. The Society's newsletter was devoted to the Day.



World Mental Health Day poster in Ulaanbaatar, Mongolia

NAMIBIA

The *Mariental Community-based Rehabilitation Committee* arranged an event attended by the Regional Governor, at which school children presented plays with information about alcohol and drug abuse, and suicide prevention.

NETHERLANDS

This year the *National Foundation for Mental Health* and the *Trimbos Institute* organized their World Mental Health Day campaign under the slogan "Schizophrenia: not so mad. . . ." The objective was to raise public awareness throughout the country about the illness, and to dispel myths.

NIGERIA

The *Pro-Humanitarians*, a non-profit organization, organized activities in Kaduna State (Northern Nigeria). A seminar on children's issues for 60 health professionals and social workers was held from 8 am to 3.30 pm at Kaduna Polytechnic, followed by public lectures from 4.30 pm to 8 pm.

NORWAY

On 10 October the organization *Adults for Children* published its annual report, "Children in Norway," focusing on social and emotional difficulties in childhood, and problems encountered in the educational system. The report was presented to the Minister for Children and Family Affairs at a seminar in Oslo, and the message "Inclusion and not Exclusion" was spread in a national media campaign.

PERU

The *Peruvian Bioethics Association* held a meeting for professionals in various fields about children's emotional disorders.

PHILIPPINES

The *Philippine Mental Health Association* held a two-day conference on "Children and Adolescents at the Turn of the 21st century" at its Manila headquarters, while the 9 local chapters simultaneously held their own conferences on the same theme. PMHA headquarters also launched a search for the best "Mental Health

Practice in the Workplace" among elementary and secondary schools in the capital region, and held an exhibition of craftwork by clients of its rehabilitation services.

POLAND

Events were arranged around the country in a well-organized campaign coordinated by Maciej Palyska and Joanna Raduj. Four scientific conferences were held, in Warsaw, Bialystok, Lublin and Koscierzyna. A network of psychiatric hospitals arranged educational programs about children's mental health problems for various audiences (young people, parents, teachers, the police, social welfare staff, probation officers, and others). A large number of the hospitals also arranged social programs for patients. Local media carried information about events and the campaign theme, and educational material was circulated in outpatient clinics and in schools.

PORTUGAL

The *Portuguese Association of Mental Health* marked World Mental Health Day with a public ceremony organized in collaboration with the *De-*

partment of Mental Health Services.

The event was attended by the wife of the President of Portugal, Mrs. Maria Jose Rita, and the Minister of Health. There was considerable press coverage. Similar events took place in other Portuguese cities.

ROMANIA

The *Estuar Foundation* had "street campaigns" in five cities during which brochures on mental health topics were distributed. In two cities, Ploiesti and Constanta, local hospitals for people with severe mental illness were visited. In two others, information sessions for adolescents were held in high schools. There was special media coverage in Bucharest, and various exhibitions of work by users of mental health services were held.

SLOVAK REPUBLIC

Integra celebrated the opening of new facilities with an open house at its network of community services—the case management office, the rehabilitation center, two sheltered workshops and sheltered housing. These activities are part of a model program for regional integrated care.

RWANDA

The mental health of children and adolescents had poignant significance in Rwanda, where many children and adolescents have been orphaned because of the genocide ten years ago and the ongoing AIDS epidemic. The report on World Mental Health Day activities from the *Ministry of Health* included hitherto unpublished statistics:

- 79% of young people have lost one or more family members
- 69% have seen a person wounded or being killed
- 61% have been threatened with being killed
- 57% have seen dead people or the remains of the dead.

"Tout ceci suppose une souffrance psychique terrible pour ces enfants et adolescents." The objectives of the Ministry's campaign were to make the public aware of the devastating effects of these experiences, and to enable families, teachers and professionals to recognize serious problems. The main event of the Day, celebrated on 4 December under the auspices of the Ministry of Health and the *WHO Rwanda office*, was held at a children's shelter in Gikongoro to emphasize outreach to rural communities. On the same day the Minister of Health gave addresses on television and radio. The Ministry also arranged a weeklong public information campaign in the press and on radio. A later evaluation of the campaign noted that many non-profit organizations and other associations were involved in it.

SPAIN

FEMASAM (Federación Madrileña de Asociaciones pro Salud Mental, consisting of 22 associations in the Madrid area) joined with other organizations to hold a demonstration attended by more than 2,000 people in central Madrid to campaign for better care and to protest the lack of adequate programs. This was accompanied by a media campaign, and the distribution of mental health information in large shopping areas and in general hospitals.

FEAFES (Confederación Española de Agrupaciones de Familiares y Enfermos Mentales) organized an extensive campaign involving its branches around the country, with a wide variety of events focused on general education about mental illness, and about the mental health problems of children and young people. Activities (too many to list here) were reported from the following provinces: Andalucía, Aragón, Canarias, Cantabria, Castilla-La Mancha, Castilla y León, Cataluña, Extremadura, Galicia, Madrid, Murcia and País Vasco.

SWITZERLAND

Pro Mente Sana focused its World Mental Health Day program on adolescent suicide. A press conference on the subject received excellent coverage. Concerts, movies, public discussions and "open house" events were arranged in collaboration with a number of other organizations.

TAIWAN

The government designated October as Mental Health Month. Events included an athletic meeting for consumers, to encourage a healthy image. An Asian-Pacific conference on community-based care and consumer empowerment was held on 14 October. Prof. Chueh Chang invited two prominent consumers on the WFMH Board, Janet Meagher (Australia) and Janet Paleo (USA), to be among the speakers. Later in the month WFMH President Patt Franciosi addressed the conference of the Asian Society for Child and Adolescent Psychiatry and Allied Professions.

TANZANIA

Mbeya Region held a media campaign and a week of events with a focus on public education about emotional and behavioral disorders in children and adolescents. On the peak day, 10 October, a large meeting was held at Mbeya Consultant Hospital on children's issues and also on home-based care for HIV/AIDS.

Zanzibar held a central event on 10 October in Mkwajuni, Northern Region, with the District Commissioner in attendance. *Help the Mentally Ill in Zanzibar* (SWAZA) focused on Kidongo Chekundu Mental Hospital, arranging a "cleaning of the environment" there in collaboration with the Ministries of Health and of Education, and the Teachers Union. It also organized a day trip for mentally ill patients to a nature reserve to see rare animals—"a wonderful therapeutic trip . . . immense interaction and socialization among patients who were in an extreme degree of isolation and withdrawal at the hospital."

UNITED KINGDOM

World Mental Health Day is widely observed in the United Kingdom. The *British Broadcasting Corporation* featured this year's campaign on the Health page of its popular web site (www.bbc.co.uk).

In England the *Department of Education and Skills* took advantage of the theme to send out information to schoolteachers on its Internet "teacher-ernet" about the "pastoral element" of their jobs in supporting pupils' emotional and mental welfare. In addition it had a special section on its web site featuring the WFMH campaign, its own initiatives, and links to other mental health organizations. Various university student associations held events, as did local health centers.

Nottingham held a mental health awareness week with fourteen events, reaching out to the public through debates, information workshops, poetry readings, a showing of films by young film makers, a disco, and even "Punk Night."

Events organized by the *South West London and St. George's National*

Health Service Trust led to the creation of a Mental Health Promotion Forum to continue the work year round.

Ludlow and South Shropshire Mental Health Day Services held a display of clients' art and craftwork, and also worked to educate young children about people with mental health problems.

Herefordshire Mental Health Service organized a "mental health information market place" and a multimedia presentation.

MIND, the national mental health charity, launched a book by Dorothy Rowe, *How to improve your mental wellbeing*, on promoting good long-term mental health. Among the most original local activities, the *Exeter and East Devon branch of MIND* held a comedy festival, "Off the Wall," from 10 to 19 October to remind people of the therapeutic value of laughter.

YoungMinds, a national charity dedicated to improving the mental health of babies, children and young people, launched a new website on 10 October (www.youngminds.org.uk). *St. Mungo's Charity* also arranged activities.

In Northern Ireland the *Health Promotion Agency* teamed with the *Northern Ireland Students Organization* to raise awareness of stresses faced by university students.

Praxis Mental Health held a gala dinner and awards ceremony for its volunteer befrienders who had worked with the organization for 5 to 15 years.

In Wales the *Powys Agency for Mental Health* held an "Awareness Week" with many events, including a full-day program of arts and music at *Bronllys Hospital* and a *Carers' Day* attended by many organizations offering help and advice.

UNITED STATES

In New York the *UN NGO Committee on Mental Health* held a special program on 9 October chaired by WFMH's Main UN Representative, Nancy Wallace. The featured speakers were Drs. Pamela Cantor and Owen Lewis, who described their 8-year project in Eastern Europe to establish

training programs and NGOs to combat child abuse. They also spoke about lessons learned from that experience and carried over into current work in New York to help children affected by the attack on 11 September 2001.

The Caribbean Federation for Mental Health organized discussion groups for clients and staff in four inpatient wards and the outpatient clinic at Kings County Hospital Center, Brooklyn, New York.

The Religion Action Center of Reform Judaism in Washington, D.C., issued a statement on 10 October calling for mental health parity legislation. *Florida mental health centers* offered free screenings, and similar screenings were available in *Arkansas*.

URUGUAY

Following a visit to Argentina, WFMH President Patt Franciosi and Secretary-General/CEO Preston Garrison traveled to Uruguay to participate in three days of World Mental Health Day activities from 9 to 11 October. Their program was arranged by WFMH Board member Dr. Paulo Alterwain, and included a meeting with a large group of consumers to talk about their interests and needs. Consumers of mental health services organized a major parade led by three groups, *Praxis*, *Monami* and *Amanecer*. Dr. Franciosi and Mr. Garrison visited the Uruguay Red Cross and many national disabilities organizations, and had interviews with educators and media representatives. They met with the Minister of Health, Dr. Conrado Bonilla, who chairs the Com-

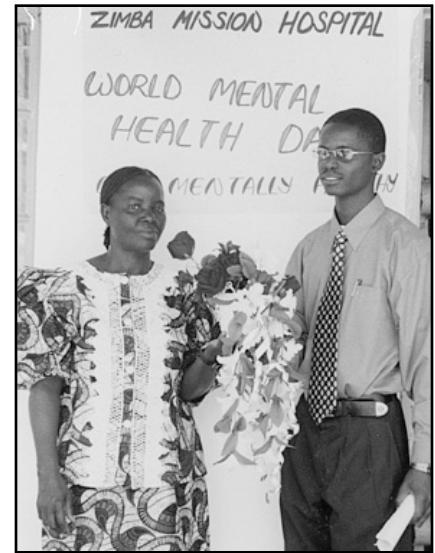
WFMH thanks the following companies for educational grants to produce the 2003 WMHDay campaign material:

**Janssen Cilag
AstraZeneca, CNS
Eli Lilly and Company
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Otsuka America Pharmaceutical, Inc.
Pfizer Pharmaceuticals**

mittee on Health of MERCOSUR, the Common Market of South America. On 11 October they addressed a special session of the Legislature of the Department of Maldonado, in the coastal region, and attended a special World Mental Health Day symposium arranged by the *Maldonado Regional Department of Health*.

YEMEN

The *Yemeni Mental Health Association* headed by WFMH Board member Maan Barry translated sections of the World Mental Health day campaign kit into Arabic. It also printed a colorful eight-page brochure in Arabic with information about problems of childhood and adolescence. World Mental Health Day was celebrated in conjunction with the Association's five-year anniversary. A broad program of activities included a conference on child and adolescents' mental health at *Aden University's Faculty of Medicine* (8-10 October), public education events, publicity in the media, and outreach from an important mosque.



Joyce Haakalaki, Nurse and Erystas Miyanda, Clinical Officer at a Mental Health Day event in Zambia

ZAMBIA

The *Zimba Mission Hospital's* program targeted its own inpatients and outpatients, the local elementary and high schools. A march of young people passed through the city market place to the hospital, where a program addressed the mental health needs of children and adolescents, partly through a drama presentation. The subjects included divorce, and starvation.

ZIMBABWE

The *Zimbabwe National Association for Mental Health* (ZIMNAMH) encouraged the participation of children in events around the country, which included drama presentations, singing, dancing, art shows and open-air workshops. In one event alone, ten schools took part. In the towns of Masvingo and Chegutu children marched in parades (in Masvingo an army band provided music for the drum majorettes). Banners, hats, T-shirts, stickers and canvas bags carried slogans about children's mental health. Workshops educated young people about issues such as substance abuse, teen pregnancy, adolescent suicide, and the burden of HIV/AIDS. ZIMNAMH is continuing children's mental health programs throughout the country in 2004-05 with funding from *Save the Children Norway*.



WFMH leaders in Uruguay on World Mental Health Day.