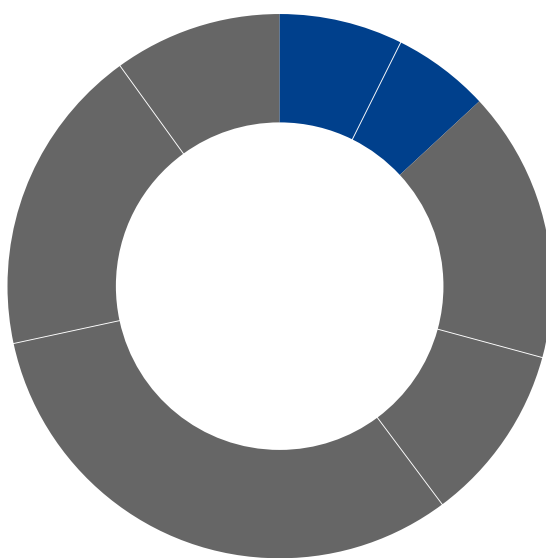


Child and Young People’s Mental Health (CYPMH) in Bangladesh

Situation, Priorities, and Way Forward (National Strategy & Coordination 2020–2030)

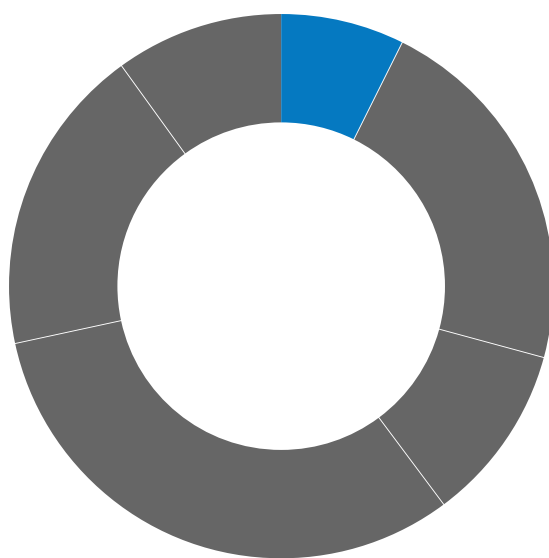
Bangladesh is transitioning to a community-based CYPMH system guided by a 10-year strategic plan, facing significant treatment gaps despite strong policy commitments and mhGAP integration into primary healthcare.

CURRENT SITUATION & BACKGROUND STATISTICS



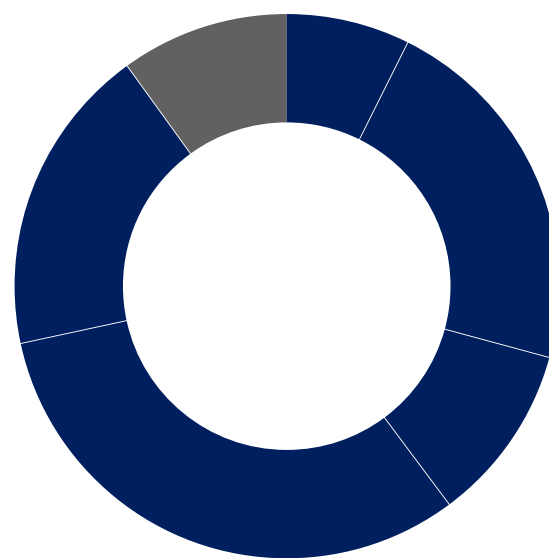
12.6%
Total Prevalence

Approximately 12.6% of children in Bangladesh are estimated to have mental disorders.



4.7%
Suicidal Ideation

4.7% of adolescents and youth in the country have reported experiencing suicidal thoughts.



94%
Treatment Gap

Over 94% of children with mental health needs do not currently receive any formal services.

NATIONAL STRATEGY & COORDINATION

Strategic Framework



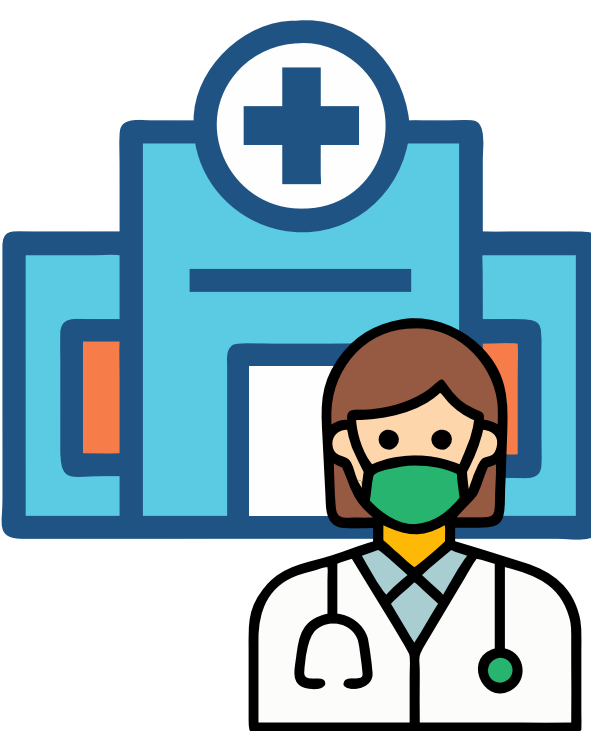
- Strategic Plan 2020–2030 provides a 10-year roadmap for a rights-enabled, community-based approach.
- High-Level Accountability: National Multi-sectoral High-level Committee/ District Mental Health Coordination Committee (DMHCC) oversight ensures progress and transparency.

Multisectoral Commitment



- 35-Ministry/Multisectoral Coordination. Joint Declaration signed by 35 ministries to integrate mental health into all relevant national policies.

TOP PRIORITIES (NEXT 1–3 YEARS)



Integration into Primary Healthcare

Scaling up the WHO mhGAP approach to allow non-specialist providers to deliver basic care at the community level.



Promotion and Stigma Reduction

Implementing school-based interventions, including integrating mental health into the national curriculum and social-emotional learning.



Strengthening Workforce Capacity

Strengthening Workforce Capacity: Prioritizing the training of frontline workers and improving health information systems to ensure equitable access in rural areas.

SERVICE DELIVERY LEVELS

	Service Type	Typical Providers
Tertiary Hospitals	Specialized psychiatric care (National level)	Psychiatrists
Secondary Hospitals	Basic mental health services (District level)	Medical Officers
Primary Care	Basic screening and management (mhGAP)	General Physicians
Community-Based	Awareness, Psychosocial support, Outreach	NGOs, Community Health workers

WAY FORWARD & KEY CHALLENGES & ACHIEVEMENTS

KEY CHALLENGES & ACHIEVEMENTS



ACHIEVEMENTS

- **mhGAP Integration:** Successful integration of mental health into primary healthcare via the WHO mhGAP approach has improved community-level identification.



CHALLENGES

- **Shortage of Professionals:** A critical lack of trained child and adolescent mental health specialists limits service availability nationwide.
- **Weak Referral Systems:** Referral pathways between sectors are often informal and lack structured follow-up mechanisms.

WAY FORWARD

- **National scale-up of mhGAP:** Moving beyond pilot districts to implement mental health training for healthcare providers across the entire country.
- **Sustainable Workforce Training:** Strengthening both pre-service and in-service training to build a resilient pool of mental health professionals.
- **Improved Digital Monitoring:** Investing in digital systems to track service delivery and improve the quality of CYPMH data in the national MIS.

