

Mental health seriously affects the lives of people around the world.

- It is important to address as it has been associated with **social disadvantage, poverty, isolation and increased physical health issues.**
- The majority of people seeking care will go to primary care facilities. However, **only a small number of people are able to access appropriate treatment to improve their mental health.**

Since the end of conflict in 2009, Northern Sri Lanka has an increased need for mental health services for those affected by conflict and natural disasters. Sri Lanka has a strong primary care system but health care practitioners require training on how to identify, manage and treat mental health disorders.

What is COMGAP-S?

COMGAP-S is a 5-year project that aims to understand the mental health burden and help build capacity of the health workforce in the area of mental health.

Two main objectives:

1. **Conduct a cross-sectional study** at primary care level to understand the prevalence and predictors of mental health disorders across all 5 districts in the Northern Province
2. **Implement a training programme** for primary care practitioners and public health professionals to improve identification, treatment, and management of mental health disorders

Prevention Works



Treatment is Effective



People Recover

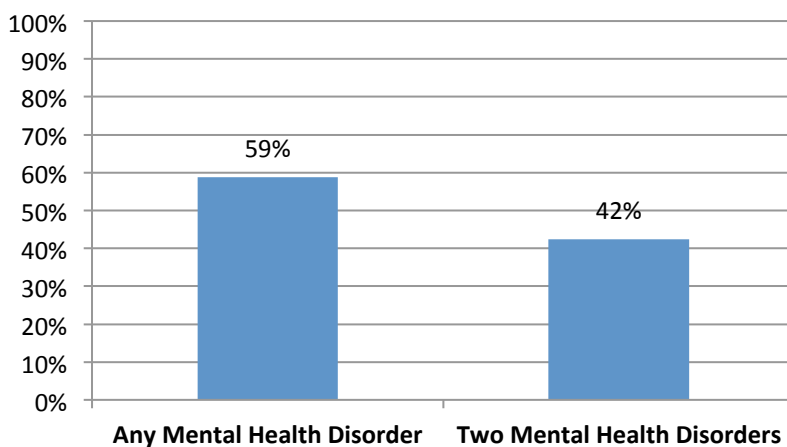
Partners and Funding

This project is a collaboration between **Anglia Ruskin University** (UK), the **THEME Institute** and the **University of Jaffna** (Sri Lanka), with support from **King's College London** and the **London School of Hygiene and Tropical Medicine** (UK).

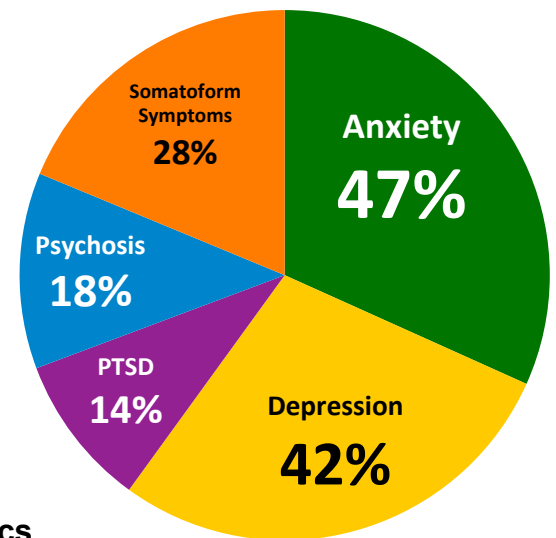
COMGAP-S Phase 1

During Phase 1, a mental health survey was conducted with 1,015 adult participants between June and October 2016 in 25 primary care clinics across Jaffna, Kilinochchi, Mannar, Mullaithivu, and Vavniya districts.

Mental Health in Primary Care



Mental Health Disorders



Participant Characteristics

47.8%	52.1%	90%	77.5%	56.5%	37.8%	92%
male	female	lived in region during conflict	were displaced more than once	family injured during conflict	lost family during conflict	saw a doctor in past 3 months

COMGAP-S Phase 2

- Use a locally-adapted World Health Organization mhGAP 2.0 programme to train **25 primary care practitioners and 75 public health professionals** in primary care facilities to identify, treat, and manage mental health disorders in 25 randomly selected primary care clinics across all 5 districts of Northern Province.
- Train at least 50 community representatives in mental health awareness raising and stigma reduction across all 5 districts of Northern Province.
- Measure the cost-effectiveness of implementing the training programme in primary care compared to use of specialized mental health services.