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Mental health in Mozambique (1984 – 2009)

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Several efforts have been made to improve health care for people with mental and behavior disorders in Mozambique. Nevertheless, new steps to a dynamic and innovative era have to be taken in order to guarantee this services quality and expansion with the quality needed.

Starting from the First National Mental Health Seminar in 1984, crossing the creation of National Mental Health Program in 1990, running a long way until 2006 when the Second National Mental Health took place, and concluding with the creation of Mental Health Department at Ministry of Health in 2008, the mental health trajectory in Mozambique can be considered historic.

The need to expand psychiatry and mental health services and training human resources are some of the main spotlights for developing this huge health area in Mozambique.

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