

Box 1 Recommended priority actions for promotion of mental health and prevention of mental disorders in the Eastern Mediterranean Region

- Promote infant (aged 0–3 years) and maternal mental health through integrating mental health promotion and prevention into routine pre- and postnatal care services and home visiting programmes.
- Promote early child mental health development (aged 3–6 years) through preschool education/enrichment programmes.
- Implement parenting and family strengthening programmes for school-going children (aged 3–16 years).
- Promote young people's (6–18 years) life skills and resilience through whole school-based interventions in primary and post-primary schools.
- Implement selective classroom-based interventions for vulnerable children (orphaned by HIV or living in areas of conflict/war).
- Promote the mental health and social well-being of adolescents and young people (aged 12–18+ years) through out-of-school multicomponent interventions.
- Facilitate community empowerment interventions to promote mental health and reduce the risk of mental disorders for families in poverty and debt.
- Train primary health-care providers in opportunistic mental health promotion and prevention interventions for adults and older people.
- Advocate for workplace policies and programmes that will improve the mental health of working adults.
- Implement suicide prevention programmes, including regulations on restricting access to commonly used lethal means of suicide, decriminalize suicide and establish improved reporting systems.
- Promote mental health literacy and reduction of stigma through multi-component public awareness campaigns and community-based educational training interventions.