

Primary Mental Health Care Services in Ethiopia: Experiences Opportunities and Challenges from East African Country

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Abstract

It is estimated that about 25 million Ethiopians some form of mental disturbance , while but 10 per cent receive any sort of treatment, and fewer than 1 per cent receive specialist care. Psychiatrists are a particularly scarce resource in Ethiopia; in population of over 101 million, there are only 63 psychiatrists, yielding a ratio of 0.65 psychiatrists to 1 million people. Most of the psychiatrists are concentrated within the large cities and consequently treatment gap exists as a high proportion of Ethiopians sleep in rural areas (more than 80 percent of the populations of the country sleep in rural areas) and thus haven't any access to psychological

state services. As far back because the 1970s, the planet Health Organization (WHO) recommended that psychiatry be rooted in medical care in order to reduce the treatment gap for psychological state disorders. Community model of psychological state care in Ethiopia impediments to psychological state care services in our communities include the uneven distribution of psychological state resources, problems of accessing services in remote locations, and social acceptability in reference to ignorance and belief systems. Families have to make out-of-pocket payments for these services thanks to the nonavailability of social support systems. on the NationalHealth Insurance Scheme (NHIS), there's limited coverage for mentalhealth care.

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