

## Resolution on the Astana Declaration Regarding Primary Care

*An official statement from the Global Alliance on Behavioral Health and Social Justice (formerly the American Orthopsychiatric Association)*

The Global Alliance is committed to raising awareness about global mental health and promoting wellbeing for everybody. We embed our work in the principles of human rights and social justice. The Global Alliance believes that the current context of the sustainable development goals (SDGs) provides an opportunity to prioritize behavioral health needs within global health solutions and that the *Astana Declaration* is a prominent platform to raise awareness about the inclusion of behavioral health in primary care.

We advocate for ‘health and wellbeing for all, leaving no one behind’ as stated in *the Astana Declaration* however, we believe that greater emphasis must be placed on mental health. **Health, including mental health, is a human right.** Forty years ago, *Alma-Ata* united leaders in the importance of primary health care as a crucial component to delivering better



health for all, inclusive of complete physical, mental and social wellbeing. It incorporated the value of social justice and health equity and the social determinants of health. To date, this aspiration has not been met. Using the SDGs as a guide, stronger efforts must be made to achieve universal health coverage and to improve primary health care. Although the *Astana Declaration*, signed in October 2018, fell short by not bringing greater attention to the importance of mental health, it is nonetheless encouraging, as 1200 global leaders renewed their commitment to Primary Health Care. The Global Alliance supports reframing mental health as discussed in the *Lancet Commission for Global Health and Sustainable Development* and further recommends that mental health should be recognized as a non-communicable disease and an integral part of primary care. Strong leadership and collective action to promote mental health and wellbeing would contribute meaningfully to the effort to achieve universal health coverage for children, families, and communities.

### Additional Resources

Lancet Commission on Global Mental Health and Sustainable Development

<https://globalmentalhealthcommission.org/>

World Health Organization

<https://www.who.int/docs/default-source/primary-health/vision.pdf>

Movement for Global Mental Health.

[www.globalmentalhealth.org](http://www.globalmentalhealth.org)

World Federation for Mental Health

<https://wfmh.global/>

Grand Challenges in Global Mental Health.

[bit.ly/2q2qPco](http://bit.ly/2q2qPco) and [bit.ly/2qIMjam](http://bit.ly/2qIMjam)

Mental Health Innovation Network.

[www.mhinnovation.net](http://www.mhinnovation.net)

### Relevant Articles in the *American Journal of Orthopsychiatry*

Gil-Rivas, V., Handrup, C., Tanner, E., & Walker, D. (2019). Global mental health: A call to action.

<http://dx.doi.org/10.1037/ort0000373>

Oppenheim, J., Stewart, W., Zoubak, E., Donato, I., Huang, L., & Hudock, W. (2016). Launching forward: The integration of behavioral health in primary care as a key strategy for promoting young child wellness.

<http://dx.doi.org/10.1037/ort0000149>

Godoy, L., Carter, A.S. (2013). Identifying and Addressing Mental Health Risks and Problems in Primary Care Pediatric Settings: A Model to Promote Developmental and Cultural Competence.

<http://dx.doi.org/10.1111/ajop.12005>

### How You Can Help

- Join our Global Mental Health Task Force. Learn more at [www.bhjustice.org/global-mental-health](http://www.bhjustice.org/global-mental-health).
- Raise awareness! Show that you are #IntoMentalHealth on social media and help #stopthestigma.
- Donate to an organization that advocates for or provides behavioral health services.
- Join an international coalition focused on mental health, such as the Movement for Global Mental Health.