

# CONTENTS

Foreword .....	4
Basic Information on Latvia and its Mental Health Care .....	5
Methods Used in Preparing the Report .....	5
1. Mental Health Promotion .....	6
2. Demonstrating the Centrality of Mental Health.....	11
3. Addressing Stigma and Discrimination .....	22
4. Promoting Activities in Support of Vulnerable Groups.....	30
5. Prevention of Mental Health Problems and Suicide .....	34
6. Ensuring Access to Good Primary Care to Address Mental Health Problems.....	38
7. Provision of Effective Community-based Care Services for Persons with Serious Mental Disorders.....	46
8. Development of Inter-sectoral Cooperation .....	53
9. Creation of a Sufficient and Competent Workforce .....	55
10. Access to Information and Data on Mental Health .....	61
11. Provision of Appropriate Funding.....	63
12. Evaluation of the Efficiency and the Creation of New Evidence .....	66
Final Conclusions of the Report .....	67
Appendix I – WHO European Mental Health Declaration.....	69
Appendix II – WHO Mental Health Action Plan for Europe .....	75