



PLENARY SESSION FIVE	
Event Code: LEE22-00523 World Mental Health Congress London Mental Health a Global Priority, London, UK 28/06/2022-01/07/2022	
Your details (as you want them listed in the programme)	Miguel Xavier MD PhD NOVA Medical School Portugal
Date and time of your plenary session	Wednesday 29 June 2022 14:30-16:10hrs Overall Session Theme: Sharing global experience and expertise
Duration	20 mins
Proposed title (please complete)	Barriers to reconfiguring mental health services - lessons from Portugal
Learning Objectives (please complete)	<ul style="list-style-type: none">• To have an overview of mental health in Portugal• To understand the main barriers to mental health reform
Abstract (max 500 words)	<p>In Portugal, developments in the area of mental health have been characterized in recent decades by a succession of advances and setbacks, alternating phases of significant transformation (incorporated in mental health laws) with periods of reflux, which for a long time prevented a progressive adjustment to population needs.</p> <p>The implementation of the National Mental Health Plan (PNSM) since 2008 has undoubtedly led to significant advances in several areas: legislative, organizational, closure of psychiatric hospitals, creation of new services in general hospitals, promotion, evaluation and monitoring of the system.</p> <p>However, several obstacles to the management of mental health services, combined with the financial constraints of the recent economic crisis, have hampered the implementation of various reforms, especially in the development of structured programs in the community, hampering the consolidated shift towards a psychosocial care paradigm.</p> <p>In fact, although hospital production indicators show a general growth in clinical activity, this increase occurred mainly in the more conventional dimensions of care (for example, outpatient, day hospitals) - ten years after the PNSM was prepared, it was not yet possible disseminate the implementation of more differentiated delivery models, especially outside large urban centres.</p> <p>In this communication, the various dimensions involved in this theme are addressed, and some challenges for the future are considered.</p>
Key references or resources (maximum five)	1. Manuela Silva, Ana Antunes, Sofia Azeredo-Lopes, Graça Cardoso, Miguel Xavier, Benedetto Saraceno & José Miguel Caldas-de-Almeida (2020) Barriers to mental health services utilisation in Portugal – results from the National Mental Health Survey, Journal of Mental Health, DOI: 10.1080/09638237.2020.1739249