



## PRESS RELEASE

### **“MENTAL HEALTH AND CHRONIC PHYSICAL ILLNESSES: NEED FOR CONTINUED AND INTEGRATED CARE”**

#### **WORLD MENTAL HEALTH DAY**

**10/10/10 Masasi, Mtwara Region**

BasicNeeds calls for all implementing partners, stakeholders, media and public at large to join participate to the commemoration of this year's **WORLD MENTAL HEALTH DAY** which is to take place at **Masasi, in Mtwara region on October 10<sup>th</sup>, 2010**, in presence of Mtwara Regional Commissioner **Colnel (retired) Anatori Tarimo (Guest of Honour)**, and Mr Enrico Strampelli, Head of Cooperation of the European Union in Tanzania.

Since 2004 BasicNeeds has promoted in collaboration with World Mental Health Federation, the World Mental Health Day as to raise awareness and sensitize communities on the challenges and significant problem faced by mentally ill people. Mental Health is still a largely neglected area which lacks the necessary resources and attention.

BasicNeeds is an international development charity working in Tanzania to improve lives of mentally ill people and their carers. BasicNeeds has been operating in Tanzania since 2003 in partnership with the Ministry of Health and Social Welfare and a number of locally based organizations to provide mentally ill people improved access to medical treatment and sustainable livelihood opportunities that enable them to protect their rights and meet their basic needs. The BasicNeeds and its partners have long strived to improve Mental Health policy and service delivery in Tanzania and have contributed to the formulation of the Mental Health Act adopted in 2008.

BasicNeeds is implementing, with the support of the European Union (EU) a three year community-based mental health and development programme to address the needs and rights of 3000 poor mentally ill people and their carers in the Mtwara Region. The programme is implemented in partnership with the Ministry of Health and Social Welfare and the District Councils of Mtwara Urban, Mtwara Rural, Masasi, Tandahimba and Newala, Mental Health Association of Tanzania (MEHATA), Masasi Environmental Commercial and Agriculture Association (MECAA), Newala Farmers Association (NEFA), Tandahimba Farmers Association (TAFAs), Mtwara Small Scale Enterprise & Development Association (MSEDA).

Since its launch in 2008 the programme has reached great achievements. Mental health protocols have been successfully mainstreamed in the health policies, planning and budgeting at district and regional level. Capacity has been strengthened and mental health care services introduced at primary health-care level, enabling over 2,600 people with mental disorders to access the necessary care and treatment. BasicNeeds also provides stabilized patients with livelihood and income generating opportunities that enable them to fight against poverty and discrimination. Sustainable livelihoods create sustainable recoveries and are also a vital part of BasicNeeds approach. Since 2008 more than 1600 patients have stabilized from illness and been able to engage in income generating activities, and successfully recover from stigma and deprivation.

For more information, please contact:

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“The European Union is made up of 27 Member States who have decided to gradually link together their know-how, resources and destinies. Together, during a period of enlargement of 50 years, they have built a zone of stability, democracy and sustainable development whilst maintaining cultural diversity, tolerance and individual freedoms. The European Union is committed to sharing its achievements and its values with countries and peoples beyond its borders”.  
The European Commission is the EU's executive body.