



from 100 to 1 million

scaling mental health treatment with boring technology

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the goal

the reality

[what it sometimes feels like]

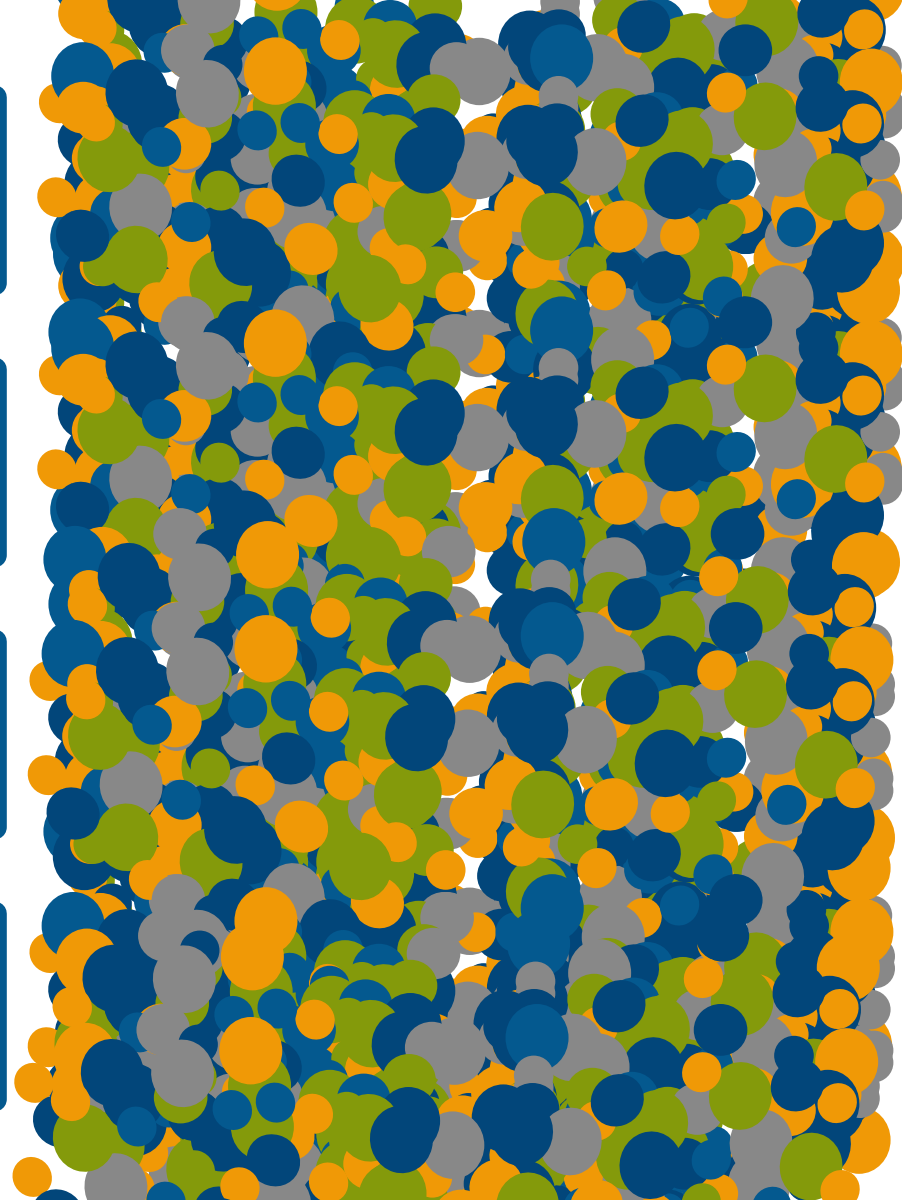


smallpox

malaria control

deworming

PMTCT



the reality

[what it sometimes is]



the reality

[maternal and child mental health]



About **four out of five** people in low- and middle-income countries who need services for mental, neurological and substance use conditions **do not receive them**. Even when available, the interventions often are **neither evidence-based nor of high quality**.

—mhGAP Intervention Guide



the challenges



high need

low resources





often none nearby



depression



vaccine



high touch

time



the solutions?



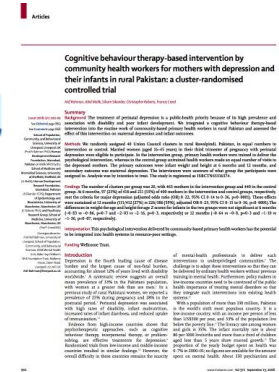
availability, proximity

task shifting

training, skills, cost

Cognitive behaviour therapy-based intervention by community health workers for mothers with depression and their infants in rural Pakistan: a cluster-randomised controlled trial

Atif Rahman, Abid Malik, Siham Sikander, Christopher Roberts, Francis Creed



pakistan

perinatal depression

lady health workers

cbt

>50% reduction in depression



"works"

100s

1,000s

?

100s



millions



training

case finding

supervision

response to Tx

other

millions

boring technology

dumb phones*

+

smart servers

+

— people

* in the medium term to reach the poorest in the most cost-effective way

ingredients

speed

+

user centered

+

teams

* in the medium term to reach the poorest in the most cost-effective way



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