

Strengthening efforts to integrate mental health into primary health care in Chile: Lessons from an international collaboration process

Khenti, Akwatu

Sapag, Jaime

Trainor, Ruth

Candia, Ximena

Poblete, Fernando

Valdés, Ana

Thompson, Debbie

Minoletti, Alberto

Diaz, Pablo

Gysling, Katia

Vöhringer, Carlos

Chacón, Sergio

Mental health and addiction care have traditionally been conceived as specialized services. This long-standing perception has been changing globally as recognition grows that sound mental health, which includes being free from substance abuse and concurrent disorders, is a fundamental component of people's overall health and well-being. A more central role for primary health care has also emerged in large part because it provides an opportunity to improve people's mental health by offering comprehensive care from health promotion to early recognition, diagnosis, treatment, and rehabilitation. Integrating mental health into primary health care has many advantages for improving care and reaching better outcomes, such as reduction of stigma and discrimination, better access to integrated and continuing care, and improvement of social integration. Chile has been a country at the forefront of the process of integrating mental health into primary health care. Reciprocal collaboration and know