

## Mental Health Resources

The following resources were useful in our exploration of mental health support for NGO and CBO staff in Southeast Asia. We have organised them by country, followed by regional and global resources.

*These resources were last checked for updates on April 9, 2026.*

## CAMBODIA

Resource Title	Year Published	Brief Description	Link / URL
Mental Health Atlas 2024 Country Profile - Cambodia	2026	Standardized, country specific data factsheet that describes mental health systems (policy, funding, workforce, and services) in Cambodia, and is used to monitor progress and identify gaps globally. Note: Produced every 4 years.	<a href="https://cdn.who.int/media/docs/default-source/mental-health/mental-health-atlas-2024-country-profiles/cambodia.pdf?sfvrsn=b462ed4d_3">https://cdn.who.int/media/docs/default-source/mental-health/mental-health-atlas-2024-country-profiles/cambodia.pdf?sfvrsn=b462ed4d_3</a>
Kingdom of Cambodia Mental Health Strategic Plan (2023-2032)	2023	This document outlines the government's Strategic Plan in relation to mental health for the country from 2023 to 2032. Their plan is aiming to ensure a resilient system and governance for mental health, enrich the mental health workforce, improve the quality and safety of care and treatment, and advance universal health coverage for mental health to enable all Cambodian people to have better mental health and psychological wellbeing contributing to the quality of life.	<a href="https://www.firetreephilanthropy.org/files/ugd/b8b02f_68841922ba1e4928bb0e90438636eafb.pdf">https://www.firetreephilanthropy.org/files/ugd/b8b02f_68841922ba1e4928bb0e90438636eafb.pdf</a>

## MALAYSIA

Resource Title	Year Published	Brief Description	Link / URL
----------------	----------------	-------------------	------------

Mental Health Atlas 2020 Country Profile - Malaysia	2022	Standardized, country specific data factsheet that describes mental health systems (policy, funding, workforce, and services) in Malaysia, and is used to monitor progress and identify gaps globally. Note: Produced every 4 years - country participation is optional. Malaysia did not participate in the 2024 survey so the latest data available is from the 2020 report.	<a href="https://www.firetreephilanthropy.org/files/ugd/b8b02f_620b0a8dae5c4a6cb0c711d35ac3ecbc.pdf">https://www.firetreephilanthropy.org/files/ugd/b8b02f_620b0a8dae5c4a6cb0c711d35ac3ecbc.pdf</a>
Strengthening Mental Health And Psychosocial Support Systems and Services for children and adolescents in East Asia and Pacific Region MALAYSIA Country Report 2022	2022	A comprehensive country-level assessment of mental health support systems for young people in Malaysia, intended to guide planning and policy improvements.	<a href="https://www.firetreephilanthropy.org/files/ugd/b8b02f_7f75032b19004a08b9ba3aea386dfb88.pdf">https://www.firetreephilanthropy.org/files/ugd/b8b02f_7f75032b19004a08b9ba3aea386dfb88.pdf</a>

**PHILIPPINES**

Resource Title	Year Published	Brief Description	Link / URL
Mental Health Atlas 2024 Country Profile - Philippines	2026	Standardized, country specific data factsheet that describes mental health systems (policy, funding, workforce, and services) in The Philippines, and is used to monitor progress and identify gaps globally. Note: Produced every 4 years.	<a href="https://cdn.who.int/media/docs/default-source/mental-health/mental-health-atlas-2024-country-profiles/philippines.pdf?sfvrsn=68bad589_3">https://cdn.who.int/media/docs/default-source/mental-health/mental-health-atlas-2024-country-profiles/philippines.pdf?sfvrsn=68bad589_3</a>
2024 GSHS Fact Sheet Philippines	2024	The 2024 Philippines Global School-based Health Survey (GSHS) was a school-based survey of students in Grade 7 - Grade 10 (typically attended by students aged 13 – 17 years). A two-stage cluster sample	<a href="https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-">https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-</a>

		<p>design was used to produce data representative of all students in Grade 7 - Grade 10 in the Philippines.</p> <p>The Philippines GSHS measured Alcohol Use; Dietary Behaviours; Drug Use; Hygiene; Mental Health; Physical Activity; Protective Factors; Sexual Behaviours; &amp; Violence and Unintentional Injury. Students self-reported their responses to each question on a computer scannable answer sheet.</p>	<a href="https://reporting/philippines/2024-gshs-philippines-fact-sheet.pdf?sfvrsn=227cabae_1&amp;download=true">reporting/philippines/2024-gshs-philippines-fact-sheet.pdf?sfvrsn=227cabae_1&amp;download=true</a>
<p>Strengthening Mental Health And Psychosocial Support Systems and Services for children and adolescents in East Asia and Pacific Region PHILIPPINES Country Report 2022</p>	2022	<p>A comprehensive country-level assessment of mental health support systems for young people in The Philippines, intended to guide planning and policy improvements.</p>	<a href="https://www.unicef.org/eap/media/13026/file/Philippines%20Country%20report.pdf">https://www.unicef.org/eap/media/13026/file/Philippines%20Country%20report.pdf</a>

**THAILAND**

Resource Title	Year Published	Brief Description	Link / URL
<p>Mental Health Atlas 2024 Country Profile - Thailand</p>	2026	<p>Standardized, country specific data factsheet that describes mental health systems (policy, funding, workforce, and services) in Thailand, and is used to monitor progress and identify gaps globally. Note: Produced every 4 years.</p>	<a href="https://cdn.who.int/media/docs/default-source/mental-health/mental-health-atlas-2024-country-profiles/thailand.pdf?sfvrsn=f8453dbe_3">https://cdn.who.int/media/docs/default-source/mental-health/mental-health-atlas-2024-country-profiles/thailand.pdf?sfvrsn=f8453dbe_3</a>
<p>Strengthening Mental Health</p>	2022	<p>A comprehensive country-level assessment of mental health support</p>	<a href="https://www.firetreephila">https://www.firetreephila</a>

<p>And Psychosocial Support Systems and Services for children and adolescents in East Asia and Pacific Region THAILAND Country Report 2022</p>		<p>systems for young people in Thailand, intended to guide planning and policy improvements.</p>	<p><a href="https://nthrop.org/files/ugd/b8b02f_2c60bc626d6740a6bf7711295e141946.pdf">nthropy.org/files/ugd/b8b02f_2c60bc626d6740a6bf7711295e141946.pdf</a></p>
--	--	--	---

**SOUTHEAST ASIA / GLOBAL RESOURCES**

Resource Title	Year Published	Brief Description	Link / URL
<p>Mental Health Innovation Network (MHIN) - website</p>	<p>2026</p>	<p>The Mental Health Innovation Network (MHIN) is an online community for mental health practitioners, policy-makers, service users, researchers, donors and other mental health stakeholders to share information and resources to improve the quality and coverage of mental health care worldwide.</p>	<p><a href="https://www.mhinnovation.net/">https://www.mhinnovation.net/</a></p>
<p>Compendium of WHO HQ mental health documents 2001-2025 - document</p>	<p>March 11, 2026</p>	<p>This document is a compilation of links to a variety of WHO HQ produced resources on mental health topics.</p> <p>This document includes some duplicates (across categories). The document does not include</p> <ul style="list-style-type: none"> <li>• documents from Regional and Country Offices.</li> <li>• documents that are mainly on neurology and brain health or on alcohol, drugs and behavioural addictions.</li> <li>• documents that are on numerous health topics including mental health</li> <li>• journal articles by WHO staff</li> <li>• brochures</li> </ul>	<p><a href="https://www.mhinnovation.net/sites/default/files/content/document/Compendium%20of%20WHO%20HQ%20mental%20health%20documents%202001-2025.pdf">https://www.mhinnovation.net/sites/default/files/content/document/Compendium%20of%20WHO%20HQ%20mental%20health%20documents%202001-2025.pdf</a></p>

<p>MiNDbank - website</p>	<p>2026</p>	<p>MiNDbank is a central platform for key national and international policies, strategies, laws, service standards, evaluations, and other resources related to mental health, substance use, and suicide prevention. It aims to support advocacy and research and promote reform in these areas in line with international human rights and standards. MiNDbank is open access and free for all users.</p> <p>Formerly managed by the World Health Organization (WHO), MiNDbank is now hosted by the Centre for Mental Health Law &amp; Policy (CMHLP), Indian Law Society (ILS).</p>	<p><a href="https://mindbank.cmhlp.org/resources">https://mindbank.cmhlp.org/resources</a></p>
<p>Our World in Data - Mental Health (website)</p>	<p>Website is up to date, the information quoted is based on the latest available statistics for the topic</p>	<p>Shows data (globally, regionally and country specific - where available) on the prevalence of mental illnesses and their burden, and people's attitudes toward mental health.</p>	<p><a href="https://ourworldindata.org/mental-health">https://ourworldindata.org/mental-health</a></p>
<p>World Health Organisation Country Data (website)</p>	<p>Website is up to date, the information quoted is based on the latest available statistics for the topic</p>	<p>This website shows the most up to date data on deaths by suicide by country.</p>	<p><a href="https://data.who.int/countries/">https://data.who.int/countries/</a></p>
<p>Mental Health Atlas 2024</p>	<p>2025</p>	<p>WHO's Mental Health Atlas is a periodic survey and report of countries' mental health policies and programmes, laws, information systems, financing, workforce and services. The 2024 edition, the seventh in a series that started in 2001, draws on data from 144 countries and includes several new indicators on service delivery</p>	<p><a href="https://www.firetreephilanthropy.org/files/ugd/b8b02f_9cec310a3bc641bab339840acd6dab83.pdf">https://www.firetreephilanthropy.org/files/ugd/b8b02f_9cec310a3bc641bab339840acd6dab83.pdf</a></p>

		including telehealth and physical health, community-based care, and data monitoring. This latest report provides an overview of global mental health systems and services, tracks progress towards the targets of WHO’s Comprehensive Mental Health Action Plan 2013–2030, and identifies key gaps in mental health service development across the world. Produced every 4 years.	
Mental health action plan for the WHO South-East Asia Region 2023–2030	2023	Member States of the Region have initiated processes to strengthen leadership and governance for mental health. Several countries have developed and implemented mental health plans, strategies and legislations. Direct spending on mental health needs to be increased throughout the Region through the health sector as well as other relevant sectors.	<a href="https://www.who.int/publications/item/9789290210689">https://www.who.int/publications/item/9789290210689</a>