



Society for Pre and Post Natal Services

**PVO 12/2015**

***Working in working in collaboration with the Ministry of Health and Child Care  
supporting the National Health Strategy (NHS).***

## ***COVID-19 AND COMMUNITY FAMILY MENTAL HEALTH***

**May 2023 REPORT**



“The more family therapist available to the people the easy accessibility of mental health care services, the cheaper the options of getting professional support. Common mental health problems and disorders need people who are trained provide quality care”.

2023 is the big year for the Society for Pre and Post Natal Services (SPANS) with support from the Global Giving generous donors who are supporting the training of family therapist to provide right mental health care at the right place and right time. Common mental health problems are not only about problems or mental disorders but also the triggers that lead to the mental health distress and disorders which may include family backgrounds, relationships, way of life, eating habits, thought patterns, religious beliefs, etc, we have observed that these triggers have been give very little attention comapring to mental health disorders or Illness that require specialised services. With the support of the Ministry of Health and Child Care (MOHCC), and the Ministry of Higher and Tertiary Education, Innovation, Science & Technology Development consider the registration of SPANS Vocational Training Institute in conformity with the provisions of the Manpower Planning and Development Act [ Chapter 28:02] through the Provisional Authority to confirm our registration. This registration came in at the right time as Sign language is critical in the effective delivery of sound maternal mental health care services in Zimbabwe.

According to the WHO Special Initiative for Mental Health (2020), “Zimbabwe has a severe shortage of human resources for mental health, with an estimated 18 psychiatrists (17 of them in Harare) or approximately 0.1 per 100000 people. There are 917 psychiatric nurses (6.5 per 100000) and 6 clinical psychologists (0.4 per 100000).”

SPANS is investing in the prevention of mental health conditions so that the education system, life expectancy of the population, mentally sound generation, good parenting and all sectors of the economy will benefit.



Currently, 24 family therapists were deployed to different primary health care facility to do early identification and family therapy sessions coupled with subsequent sessions.

SPANS has a strong buy-in from the Zimbabwean Government through a signed Memorandum of Understanding (MOU) with the Republic of Zimbabwe's Ministry of Health and Child Care (MOHCC) on the 9th of February 2021 to support the Zimbabwe National Health Strategy.



