

Council of the College of Psychiatrists

The new Council of the College of Psychiatrists for the triennium 2005 - 2008 is:

Robin Emsley (President and representative on Senate), Solly Rataemane (representative on Senate), Dan Mkize, Louw Roos, Jane Saunders, Merryl Vorster, Denise White, Tuviah Zabow, Soraya Seedat (secretary).

World Mental Health Day 2005

World Mental Health Day 2005 (10 October 2005) was marked by a television interview on Morning Live. Attention was drawn to the prevalence of depressive disorder in South Africa. The website address of SASOP was listed, as was contact details of the South African Depression and Anxiety Support Group (SADAG).

Mental health atlas

To mark World Mental Health Day 2005 (10 October 2005), the World Health Organization (WHO) published its *Mental Health Atlas 2005*, which is intended as the most comprehensive collection of data on mental health resources globally.

The *Atlas*, an update of the first *Mental Health Atlas 2001*, shows that there has been no substantial change in global mental health resources since 2001, while there continues to be marked and growing differences in availability between high- and low-income countries.

Approximately half of the countries in Africa, accounting for 69% of the population in the region, now have mental health policies, and three-quarters of the countries, covering 83% of the population, have mental health programmes. In addition half the countries in Africa have substance abuse policies. However, while 94% of Africa's population (in 80% of the

countries) is covered by some form of mental health legislation, in only about one-third of these countries has the legislation been enacted since 1990 and can be regarded as recent.

In terms of mental health facilities Africa lags the rest of the world with a median 0.34 psychiatric beds per 10 000 of population, compared with a global figure of 1.69 per 10 000 population and as many as 8 per 10 000 population in Europe. Similarly in terms of manpower Africa has a median of 0.04 psychiatrists and 0.2 psychiatric nurses per 100 000 population, compared with 1.2 and 2 per 100 000 population respectively globally and 9.8 and 24.8 per 100 000 population in Europe.

The *Atlas* also shows that less than two-thirds of African countries have specified mental health budgets and of those that do in most cases it is less than 1% of the total health budget.

The *Atlas* is available in interactive format at www.who.int/mental_health/evidence/atlas/

SADAG at 10

The South African Depression and Anxiety Support Group (SADAG) turns 10 years old during 2005!

SASOP has maintained a close relationship with SADAG over the last 10 years. Currently SADAG handles phone calls from the public whenever a mental health-related issue reaches the press. Numerous SASOP members have been involved as directors of SADAG.

Psychiatrists on the Board currently are Drs Frans Korb, Catherine Maud, Sebolelo Seape, Ian Westmore, Dora Wynchank, Professors Dan Mkize, Dan Stein, and the founder Zane Wilson.

A letter of congratulation was written to SADAG on the occasion of the anniversary.