

## P-614 - MENTAL HEALTH TEAMS IN PORTUGAL: A WEAK LINK IN THE MENTAL HEALTH REFORM?

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**Introduction:** Regarding mental health problems in Portugal the most vulnerable groups seem to exhibit a higher risk than in the rest of Europe. The organisational model remains excessively centred on doctors and on intra-hospital interventions. Investment in human resources has a central role in the new Portuguese Mental Health Plan.

**Objectives:** To evaluate the profile of the MH teams and its adequacy to the MH needs of the population.

**Methods:** National survey covering every public MH service.

**Results:** Portugal (10 million inhabitants) has 2500 MH professionals in the public MH services, concentrated in Lisbon, Oporto and Coimbra. For less than half the population, these 3 cities have 72% of total psychiatrists, 74% of the child psychiatrists, 70% of psychologists, 71% of MH Nurses, 68% of all OT's and 75% of SW's.

The rural regions (10% of total population) have about 4% of total psychiatrists and child psychiatrists, undermining access to care.

Hospitals assisting the same number of population can have ratio asymmetries of number of psychiatrists/population between 1.3/100 000 and 12.6/100 000.□

**Conclusions:** The scarcity of resources is a factor that hampered the improvement of MH services in Portugal. MH teams continue to rely on a small number of psychologists, nurses, social workers, occupational therapists and other non-medical professionals, with most teams maintaining the traditional model of delivery of care.

The management and financing model of the services represents a restraint to the development of MH services.