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กรมสุขภาพจิต
Department of Mental Health

Experiences from Thai Mental Health Program

Secure Webinar 27 Investing in Mental Health

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27 February 2026



Mental Health Service Structure in Thailand in Comparison with the WHO Pyramid Model



The WHO Pyramid Model

Thailand Mental Health Service Structure

An equitable system doesn't give everyone the same care; it gives every child the right care for their specific need.

A Life-Course Approach to Mental Health & Well-being in Thailand



Premarriage

Natal/Antenatal

Preschoolers

School-age/
Adolescence

Adults

Elderly

Key Principles/
Measures

- Marital & Family Psychology

- Perinatal substance use disorder (SUD)
- Postpartum Depression

- **Promoting and Stimulating Development**
- Promoting and Developing Early Childhood Parenting Skills

- **Promoting Life Skills / Socio-Emotional Skills**
- Prevention: Monitoring/Caring for Behavioral, Emotional, and Social Problems
- **Parenting Skills**

- Enhancing Mental Health - Positive Psychology / Resilience Quotient (RQ)
- MH Screening
- MH Care for At-Risk Groups / Specific Occupations / Migrant Workers / Monks
- Suicide Prevention
- Community Resilience

- Promoting elderly well-being
- Preventing Fall, Depression and Dementia

Program

- Pre-marital Counseling
- Family Planning Services

- Home visits for postpartum women in high-risk groups focus on preventing postpartum depression.

- **DSPM/ Khun Look**
- Thai Triple-P

- To-Be-Number 1
- SchoolHealthHERO
- 7-Day Parenting
- SAFE B-Mod
- **Family United (UNODC)**
- **Social-Emotional Development**

- Mental Health in the Workplace/Holistic Health Consultant
- DMind/MH Evaluation
- BA/BI in NCD
- HOPE Task Force
- Military well-being

- 5-dimension Well-being
- MH in elderly nursing home
- Preventing BPSD in Dementia

Good Practices in MH

Childhood

Thai Triple-P

Group training for early childhood caregiving skills to enhance IQ and EQ.

School-Adolescent

School Health HERO

Monitoring, caring for, and referring school-age children and adolescents with behavioral, emotional, and social issues within the educational environment.

Working-age

MH Check-in

Evaluate your mental health and seek telephone consultation regarding mental health from a specialist.

Working-age

D-Mind

AI for evaluating depression and facilitating mental health consultations through telephone communication with experts.

Emergency

HOPE

Collaborative project between Social Media Influencer, MH Professionals & Police for integrating suicidal rescue online & onsite

THAI TRIPLE-P : EARLY CHILDHOOD CARE IN UNDERSERVED REGIONS



Create a prototype

Early childhood care skills training group designed to enhance development and EQ, proving to be 14.25 times more effective than conventional systems without the need for hospitalization. Four times, with 10 to 15 families each occasion.



Expand within the domain of the National Economic and Social Development Board.

7,194 families from 322 schools in 54 provinces 151 districts and 26 districts of Bangkok



Expand in the domains of hospitals and education.

21 districts served by Somdej Phra Yupparat Hospital 9 sub-districts that uphold teachings in honor of His Majesty the King.



Appoint group leader And the coach

Group leaders and 3,675 assistants, extending beyond the scope of the 211 districts of the CPDC/POR/Teaching Center.



policy Gentle Parenting

Cost: 905 baht per family 100,000 families/year



58,343 at-risk families in 411 districts (44.29%) 66 provinces (85.71%) Age-appropriate development +20% EQ meets criteria +10% Parenting skills +20-30%



Expand into remote and underprivileged areas across 411 districts to reach all children, targeting 250 individuals per district annually over a four-year period. Results and Impacts - The average IQ upon entering Grade 1 in 2031 is projected to increase, while behavioral, emotional, and social issues during school age are expected to decrease.

SCHOOL HEALTH HERO: A DIGITAL SYSTEM FOR SCHOOL MENTAL HEALTH

2016-
2017

Create a prototype

Analyze+develop a mental health care program for students.

Behavior Modification

- Offer mental health counseling
- Foster motivation

2018-
2020

Develop a platform.

- SchoolHealthHERO collaborates with DMC OBEC.
- Watch out (9S) - Educate - Nurture - Share it.
- MOU between OBEC and the Department of Mental Health

2021-
2024

Expand for application across all sectors of OBEC

OBEC promotes usage across all domains based on voluntary consent.

2025

Policy of the OBEC + DMH

- OBEC establishes indicators.
- The Department of Mental Health advocates for a platform aimed at addressing the issue of youth suicide.



- Students were monitored, with 1.21 million out of 8.56 million individuals assessed. Among them, 110,277 (9.1%) were identified as at risk, and 55.98% received assistance until they showed improvement.

- 7,346 out of 29,583 schools utilized the service (24.83%), and 53,847 teachers availed themselves of the service.



SchoolHealthHERO designates provinces and districts to implement strategies aimed at preventing youth suicide. The outcomes of addressing suicide-related issues encompass the behavioral, emotional, and societal aspects of youth at the provincial level.

Mental Health Check-in (www.วัดใจ.com) Since 2020

Self-assessment

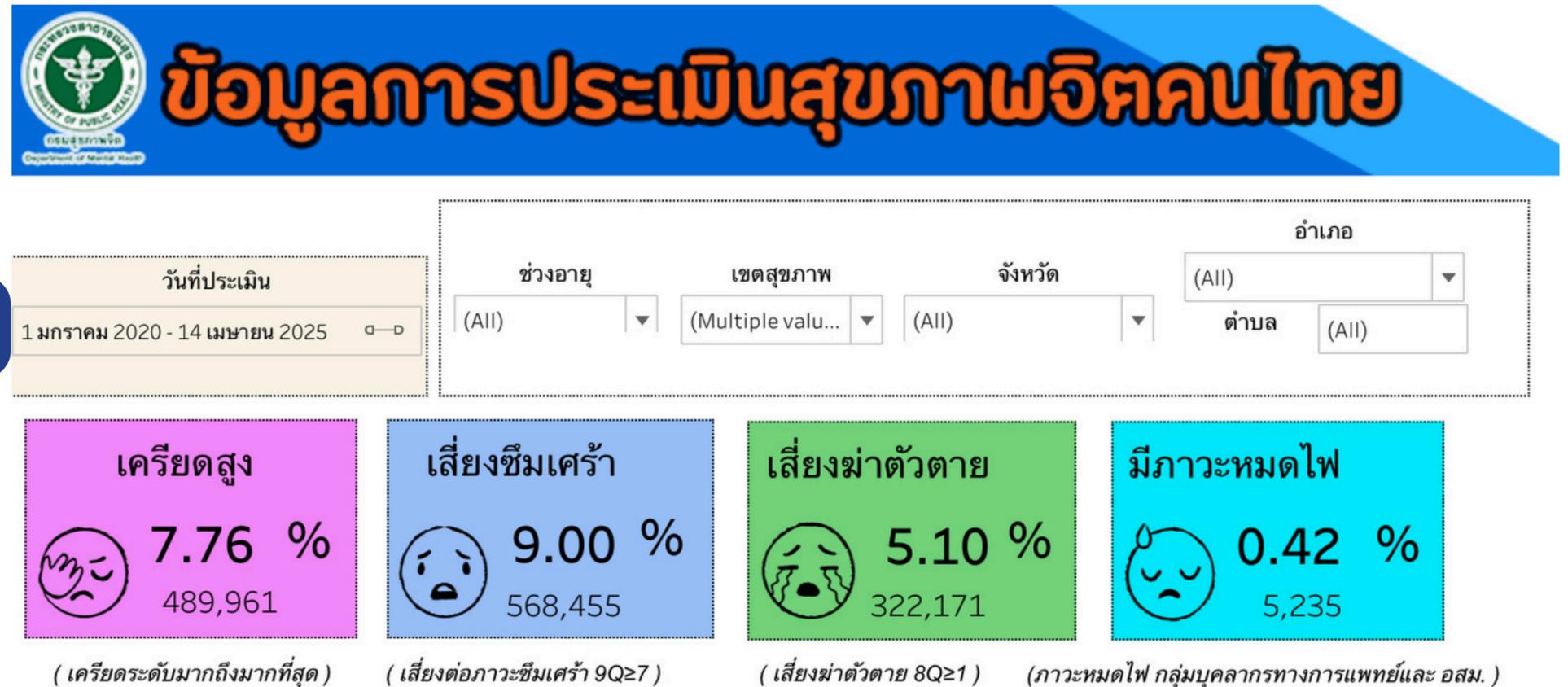
Anxiety, depression, suicidal ideation, burnout

Prioritize your well-being.

Enhance RQ and Mental Health Education

Expert Assistance

Multidisciplinary team offering mental health counseling services.



- MH Check-in users: 6,316,619 (16 April 2025), averaging 1.1 million per year
- At-risk groups received support until their recovery, 82.39%.

DMind: Thailand's inaugural AI for depression screening

develop

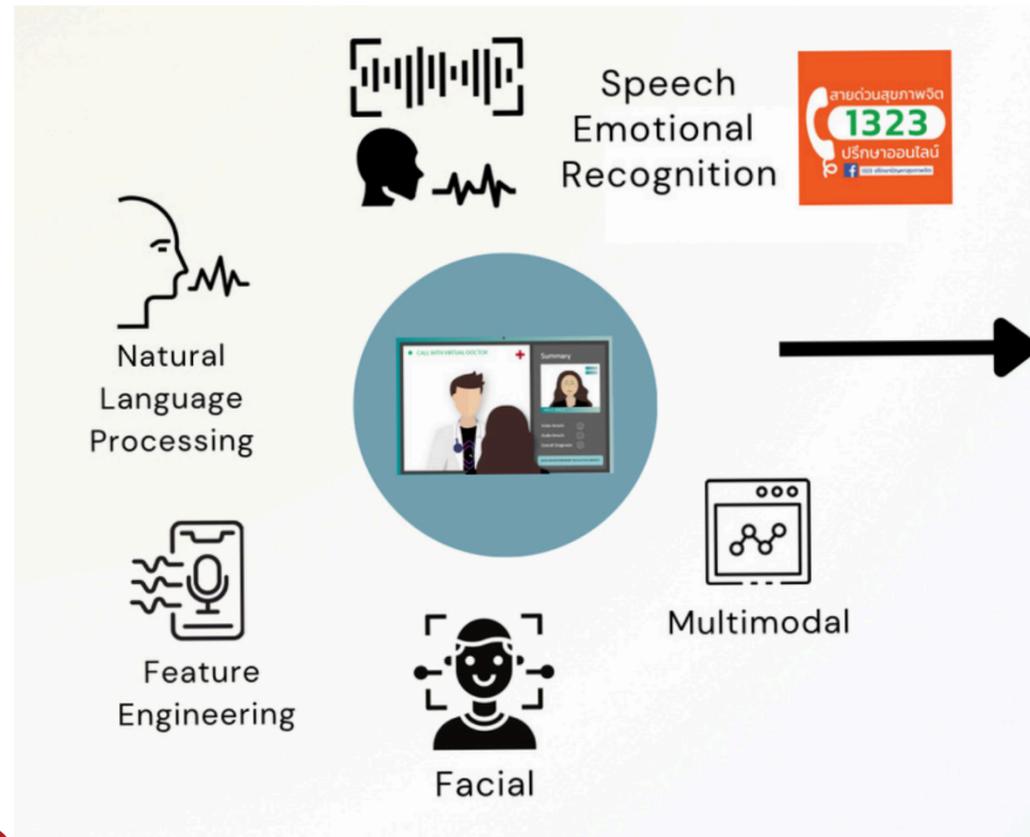
Developed from 1,323 audio data points

help

Immediate mental health care based on severity

Implement

Connect DMind in Mor Prom

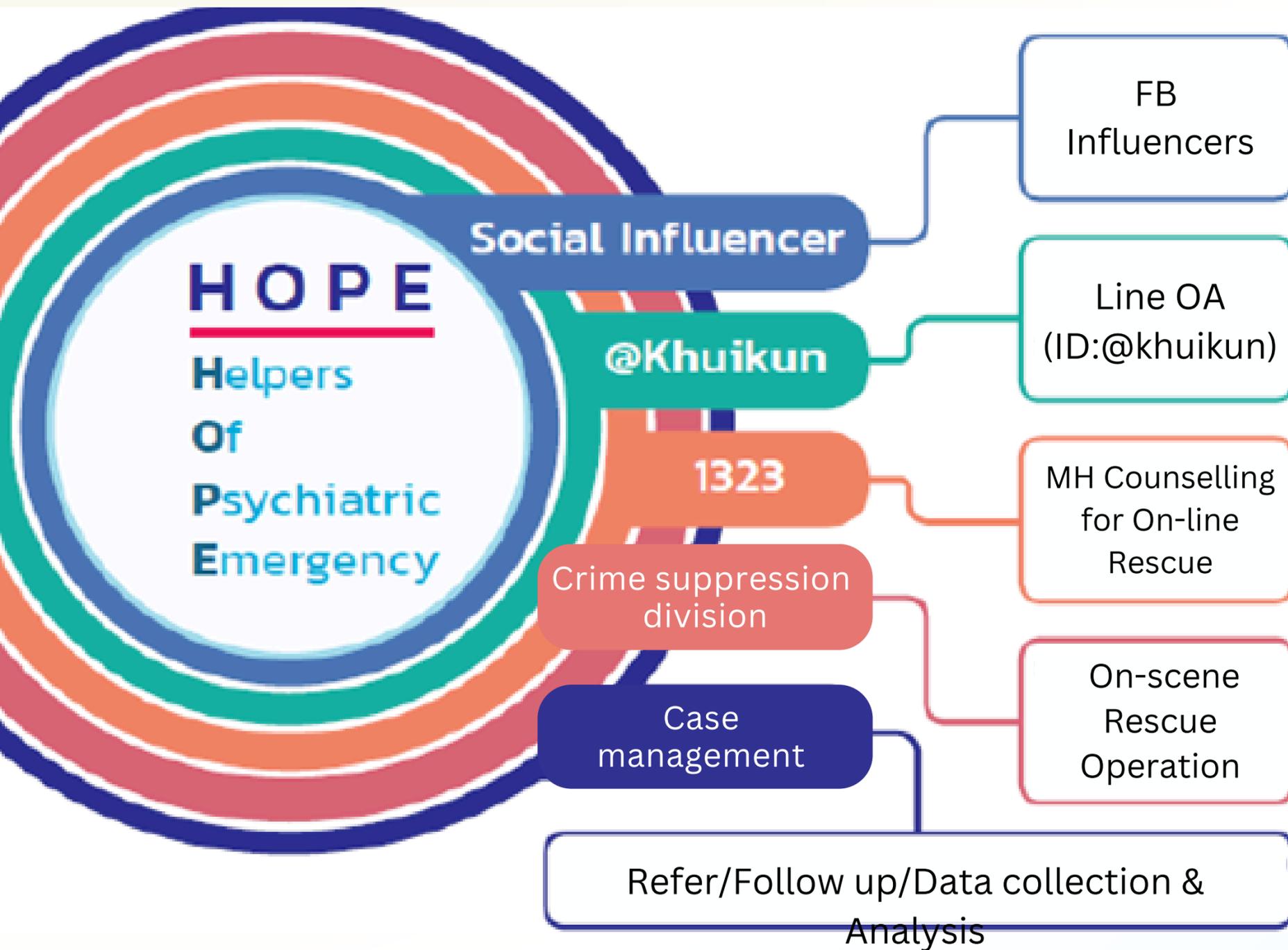


82.78%

The accuracy of depression assessments is comparable to that of medical students.

- DMind users 334,900 (April 2022 - January 2025)
- Mild depression: 161,842 individuals, moderate depression: 71,974 individuals, severe depression: 34,745 individuals.
- The severe group received services: 7,545 out of 8,679 individuals (86.93%)

HOPE Task Fore



Suicidal Rescue (Oct 2020- Oct 2024)



- Collaboration of the DMH (via Hotline 1323), Police and Social Influencer to detect and rescue people with suicidal attempt in-time
- Influencer: Detect & Report
- 1323: Online counselling
- Police: On-scene rescue

3 Key Lessons Learned

Mental Health in All Policies

Integrating MH Initiatives
in Social / Economic /
Security Sectors

01

Effective Implementation

Applying Implementation
Science in all initiatives

02

In-house Digital Initiatives

Feasible in high digital
penetration area/ digital natives

03



กรมสุขภาพจิต
Department of Mental Health

Thank You

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