

# Pathways to healing

## Community Informant Detection Tool

Around the world, many people suffering from mental illness don't access available mental healthcare services.

This underutilization prevents us from reducing the burden of disease of mental, neurological and substance-use disorders.



Using the CIDT has increased the utilization of mental health services in a low-income country with few health resources. The tool seems beneficial in rural settings, where communities are close-knit and community informants are familiar with those in need of mental health services.



The Nepalese government has included the tool in national health care packages and the approach has been scaled up to other districts during the emergency response following the 2015 earthquakes.

Implementation of the CIDT could help address the treatment and access gaps for mental health in low and middle-income countries.



### References

Proactive community case-finding to facilitate treatment seeking for mental disorders, Nepal  
*Bulletin of the World Health Organization*  
 Jordans, M.J., Kohrt, B.A., Luitel, N.P., Lund, C. and Komproe, I.H.