


MENTAL HEALTH IN PRIMARY CARE: A SOCIAL APPROACH

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ABSTRACT

Introduction: Mental health, according to the World Health Organization (WHO), is a state of well-being that integrates psychological, physical, and social aspects, allowing individuals to develop skills and face challenges. In Brazil, Primary Health Care (PHC) and the National Mental Health Policy (PNSM) play fundamental roles in expanded care, in which it recognizes that the well-being of the individual also includes emotional and social support. **Objective:** That said, this study aims to discuss, through an Integrative Literature Review (RIL), the approach to mental health in the context of PHC, with emphasis on the consideration of the social aspects that influence the lives of users. **Methodology:** This is a RIL, with a descriptive and qualitative character, in which the theoretical framework was given through the selection of studies in the scientific literature, through databases such as the National Library of Medicine (PubMed), Medical Literature Analysis and Retrieval System Online (MEDLINE) and Latin American and Caribbean Literature on Health Sciences (LILACS). via Virtual Health Library (VHL). The search used specific descriptors and considered free original articles, in Portuguese or English, published between 2018 and 2023, including up to June 2024. Inclusion and exclusion criteria were applied, disregarding theses and experience reports, and duplicate articles were counted only once. The collected data were analyzed descriptively, and the process was detailed in a PRISMA flowchart. **Results and Discussion:** About 324 articles were found, and of these, 33 were used. These selected studies highlight the importance of mental health in PHC, which acts as a gateway to care, promoting well-being and referring complex cases to specialized services, such as Early Intervention in Psychosis (IPE). Therefore, collaboration between PHC and specialized care is essential, although there are challenges, such as the training of professionals and the need to strengthen communication. In child care, the articulation between PHC and CAPSi is fundamental for preventive interventions, also involving family members and institutions. In addition, mental health care in Primary Care (PHC), when welcoming and empathetic, reduces psychiatric hospitalizations and helps prevent severe cases, such as suicide, influenced by socioeconomic factors. Other studies have shown that strategies such as Integrative Community Therapy (ICT), the Singular Therapeutic Project (PTS) and matrix support strengthen bonds, promote multiprofessional work and expand comprehensive care, and the territorial proximity of the Health Units facilitates the creation of bonds and welcoming, essential for personalized care. **Final considerations:** In this sense, it was noted that mental health in PHC requires reinforcement in its approach, considering the social aspects that influence the lives of users and their particularities. Therefore, it is essential to create a reliable bond between professionals and patients,

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making the environment welcoming. In addition, it is crucial to integrate the patient's external demands into care, promoting a holistic view of the patient, since discussing mental health in PHC strengthens integral well-being and social inclusion in care.

Keywords: Embracement. Welfare. Individual.

INTRODUCTION

According to the World Health Organization (WHO), mental health is defined as a state of well-being that empowers the individual to develop their personal skills and effectively cope with the challenges of everyday life. In this sense, the promotion of mental health goes beyond a mere state of absence of disease, it involves the construction of favorable conditions that encompass not only the psychological aspect, but also the physical and social aspect (WHO, 2022).

In this context, the general well-being of the individual is influenced by a complex interaction of factors, including their physical, social, and mental conditions. These dimensions, in turn, are often shaped by experiences lived in economic and environmental contexts, which can significantly impact the quality of life and mental health of the population (WHO, 2022).

In this context, Primary Health Care (PHC) is evidenced as a complex network that welcomes the individual in collective areas, problematizing biological paradigms with the social determination of health and disease phenomena. Becoming a large reference center in health that encompasses several aspects, as evidenced in the Covid-19 pandemic, for example, in which the matrix support of mental health in PHC went through several challenges, changing its care model, previously centered on a clinical sphere, bringing a more emergency vision, carrying out expanded and shared health care. In addition, free psychological support is offered to all, aiming at an integral resolution of the process in which the patient finds himself (Cunha; Meadow; Resende, 2022).

In this context, and in accordance with the guidelines of the Psychiatric Reform, the National Mental Health Policy (PNSM) was instituted, published in 2001 by the Brazilian Ministry of Health. The PNSM recognizes that individuals in psychological distress must be cared for in their own territory. Thus, Primary Care (PHC) services, such as Psychosocial Care Centers (CAPS), play a crucial role in the provision of mental care, connecting users and their demands to the Psychosocial Care Network (RAPS). Thus, the need for a collaborative effort becomes evident, with AB assuming the responsibility of maintaining preferential contact with users. This positions it as the gateway to the system, responsible for organizing the care network and welcoming and guiding individuals whenever necessary (Nunes *et al.*, 2023).

With this scenario, it is understood that PHC is a direct support network with users, in which, through the Health Units, they are able to have a closer and more effective

contact. The population served are generally middle and low-income people and people with some Chronic Non-Communicable Disease (NCD) who are monitored with consultations and screenings. As this visit is frequent, these consultations are usually quick and mechanical, as the professional is already used to attending to that patient, knowing his demands and priorities (Santos; Bosi, 2021).

However, it is essential to adopt a more comprehensive perspective when dealing with individuals in psychological distress, as their needs can go beyond clinical treatment. Often, these individuals are simply looking for an opportunity for dialogue or companionship, which highlights the importance of interventions that consider emotional and social support as an integral part of the care process. This holistic approach not only favors the reduction of suffering, but also promotes the construction of meaningful bonds, essential for strengthening mental health and general well-being (Santos; Bosi, 2021).

Still from this perspective, it is crucial to recognize that social factors, such as housing, culture, and economic conditions, have a significant impact on an individual's mental and physical well-being. When seeking care in Health Units, it is often necessary to transcend the traditional approach centered on the "disease" and adopt a comprehensive view that considers the patient in his or her totality, taking into account their particularities and the context in which they are inserted. This understanding is essential to identify the motivations that led you to seek help. In the context of Mental Health, PHC professionals must welcome users with empathy, respecting and understanding these social aspects, in order to offer an approach that is unique and personalized, focusing on how to support the individual and help them cope with any difficulties (Neves; Dantas, 2019).

Thus, this study aims to discuss, through an Integrative Literature Review (RIL), the approach to mental health in the context of PHC, with emphasis on the consideration of the social aspects that influence the lives of users.

METHODOLOGY

It is a RIL, with a descriptive and qualitative character, in which the theoretical framework was given through the selection of studies in the scientific literature. The search was carried out through online databases, such as: National Library of Medicine (PubMed), Medical Literature Analysis and Retrieval System Online (MEDLINE) and Latin American and Caribbean Literature on Health Sciences (LILACS), via the Virtual Health Library (VHL). In addition, for a more precise and detailed search, descriptors such as "mental

health", "health care", "mental health services", "community mental health services" and "primary health care" were used. The strategy is described in Chart 1.

Chart 1 – Search strategies in each database. Itabuna – BA, Brazil, 2024.

SEARCH STRATEGY APPLIED IN THE DATABASE	
Medical Literature Analysis and Retrieval System Online (MEDLINE) and Latin American and Caribbean Literature on Health Sciences (LILACS), via Virtual Health Library (VHL).	(Mental Health AND Primary Health Care AND SUS)
National Library of Medicine (PubMed)	

Source: authorship (2024).

During the analysis process for the selection of papers, the articles went through exclusion and inclusion criteria. The inclusion criteria were original articles, found free of charge in full, with an approach related to the theme, Portuguese and English language, time frame of the last 5 years, that is, 2018 to 2023, also including some works published until June 2024. As an exclusion, the authors did not consider theses and experience reports.

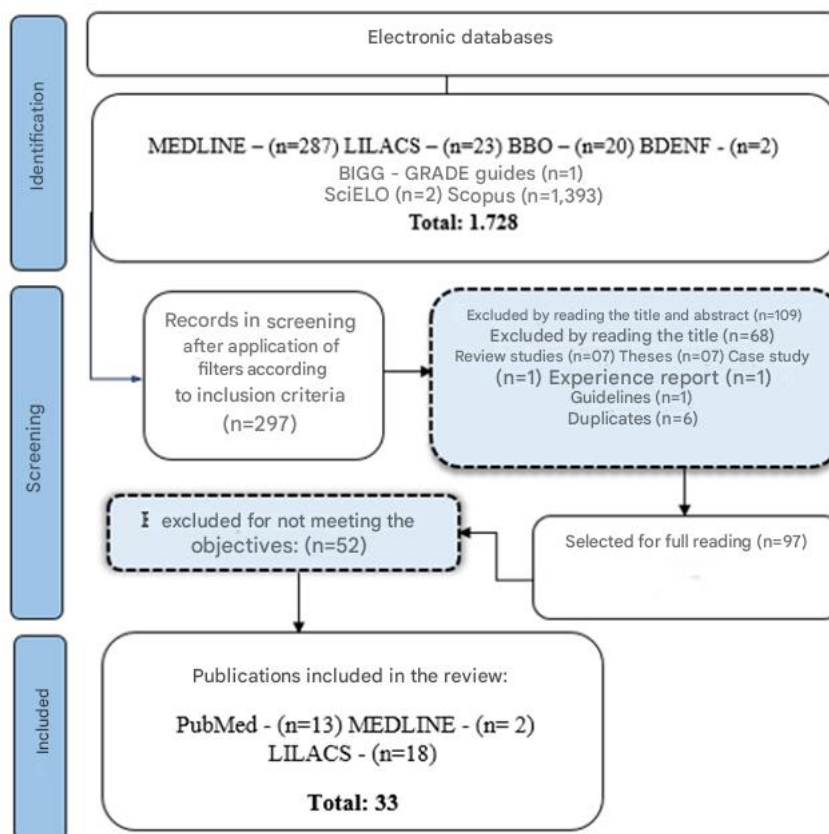
Regarding duplicate articles, they were identified and counted only once. Soon after, the complete content of the selected studies was analyzed, and the data were submitted to a descriptive content analysis, with the objective of describing the purposes of the review. With these data, a PRISMA flowchart was created, transparently reporting the flows of the review (Tiguman; Galvão, 2022).

RESULTS AND DISCUSSION

In the search, potentially relevant articles were identified among the following databases: Medical Literature Analysis and Retrieval System Online - MEDLINE n=16 and Latin American and Caribbean Literature on Health Sciences - LILACS n= 241 via Virtual Health Library - VHL and National Library of Medicine - PubMed n= 67. After inclusion criteria, 179 remained for analysis and reading of the articles, where 31 were excluded according to the established criteria. Of these, 148 were chosen for reading in full, of which 115 did not meet the proposed objectives, thus making up a sample of 33 articles eligible for this review, as shown in figure 1.

Flowchart - Scientific evidence on oral health educational tools used in primary care

Figure 1 - Flowchart (adapted) of study selection according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses - PRISMA. Teresina-PI, Brazil, 2024.



Source: Flowchart (adapted) of study selection according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses - PRISMA

Information about the articles included in this review is presented in Table 1.

Synoptic table – Database, article identification, title, authors, journal, year, objective, methodological approach and main results. Itabuna, Bahia, Brazil, 2024.

PubMed					
ID	Title	Author(s) / year	Objective	Methodological approach	Main results
1	Supporting people in Early Intervention in Psychosis services: the role of primary care	Chew-Graham <i>et al.</i> , 2024	Explore the role of primary care in supporting users of Early Intervention in Psychosis (IPE) services, and understand how to improve collaboration between primary and specialized care.	This is a qualitative study with semi-structured interviews.	The interviewees reported difficulties in referring people to interprofessional education services and little contact with SUS while in interprofessional education services, even regarding physical health.
2	Improving Patient-Centered Mental Health Promotion in Primary Care in Vulnerable Communities Through Mindfulness Training in Rio de Janeiro, Brazil	Teixeira <i>et al.</i> , 2024	To discuss the effects of mindfulness-based group psychosocial interventions for health promotion in primary care facilities in Rio de Janeiro, Brazil.	Qualitative analytical study.	Mindfulness-based intervention has been shown to be a viable, well-accepted, and effective method for providing psychosocial support and promoting well-being for low-income patients in primary care.
3	Primary health professionals' knowledge of mental health: diagnosis by mhGAP	Mendonça <i>et al.</i> , 2023	To analyze the knowledge on priority themes in mental health care of strategic actors who work in regions where the Health Care Planning (PAS) methodology is used.	This is a quantitative, descriptive, cross-sectional and observational study.	It was observed that some characteristics of the interviewees were associated with the percentage of correct answers to the questions, demonstrating that "Depression" is a priority theme in relation to the number of correct answers. However, content such as "Essential care and practices" did not have as much prominence.
4	Community mental health care network: an evaluative	Coelho <i>et al.</i> , 2023	To evaluate the implementation of the dimensions structure and	This was a cross-sectional study.	The results showed a differentiated implementation of this mental health care

	approach in a Brazilian state		process of the mental health care network in Minas Gerais, aiming to enhance the strategic management of the public health system in strengthening psychosocial care in the state.		network in Minas Gerais, but for comprehensive care, the regional sharing of existing services is not yet fully adequate.
5	Mental health stigma at primary health care centres in Lebanon: qualitative study	Hana <i>et al.</i> , 2022	To explore the stigma associated with mental illness in Primary Health Care (PHC) centers in Lebanon.	This is a qualitative study with semi-structured interviews.	Most of the health users interviewed say they feel accepted and included in access to PHC. However, regarding professionals, some reported that some episodes are violent and difficult to deal with, which reveals internalized negative opinions about mental health.
6	From therapeutic consultations to joint consultation: Winnicott's contributions to the practice of matrix support	Scallop; Brown, 2022	Revisit the Therapeutic Consultations of psychoanalyst Donald Winnicott, seeking to identify technical and ethical contributions that can strengthen "matrix support" and joint consultations in the Unified Health System (SUS).	Narrative review of the literature.	The importance of openness to other knowledge of the team is highlighted, especially in relation to professionals in the territory who can "translate" in a special way the world of the patient and their families. In addition, it should be essential to consider the patient as a subject (and not as an object), allowing him to be active in the "design" of his own diagnosis and therapeutic project.
7	Factors associated with the risk of death by suicide after psychiatric hospitalization by the Unified Health System	Guimarães <i>et al.</i> , 2022	To investigate general and sex-related characteristics associated with the risk of death by suicide within 365 days of	Prospective cohort study.	Patients admitted to a psychiatric hospital should have access to mental health services immediately after discharge and in the long term. The findings of this study

	in Brazil (2002-2015)		discharge in patients admitted to psychiatric hospitals of the Unified Health System (SUS).		may support suicide prevention policies and have implications for clinical decisions related to patient discharge and follow-up.
8	The PRISMA 2020 statement: updated guideline for reporting systematic reviews.	Tiguman; Galvão, 2022.	To help systematic reviewers report transparently why the review was done, the methods employed, and what the authors found.	Systematic review of the literature.	Report and summarize all PRISMA 2020 items to facilitate replication and updates of reviews, as well as the inclusion of systematic reviews in overviews and guidelines, so that teams can improve the work that has already been done and decrease research waste.
9	Actions for children's mental health on Unified Health System (SUS) Primary Health Care: an integrative review of Brazilian literature	Esswein <i>et al.</i> , 2021	To know the Brazilian scientific publications on Child Mental Health (SMI), exploring the actions implemented, in order to contribute to a reflection on the current panorama.	Integrative literature review.	There has been an increase in the number of publications on the subject in recent years, which can be explained by the implementation of the National Primary Care Policy (PNAB). In addition, it reveals a standardization in actions to discover SMI problems, and subsequent referral of care to a specialist.
10	Mental Health in Primary Care: perspectives of professionals of the Family Health Strategy in the Northeast of Brazil	Santos; Bosi, 2021	OBJECTIVE: To analyze the perceptions of professionals from the Family Health Strategy (FHS) about mental health and the care provided in a health center in a Basic Health Unit in the Brazilian Northeast.	This is a qualitative study with semi-structured interviews.	The analysis of the study reveals conceptions of mental health limited to a vision aligned with a project of institutionalization and medicalization, in which there are signs of gaps in relation to the experiences shared in mental health between professionals from the FHS and the Family Health

					Support Center (NSF).
11	Impact of Jointly Using an e-Mental Health Resource (Self-Management And Recovery Technology) on Interactions Between Service Users Experiencing Severe Mental Illness and Community Mental Health Workers: Grounded Theory Study	Williams <i>et al.</i> , 2021	To identify how the joint use of an interactive website called Self-Management And Recovery Technology (SMART) in a community mental health context influenced therapeutic processes and interactions between service users (SUs) and community mental health workers (MHWs) from their perspective.	This is a qualitative study with semi-structured interviews.	The joint use of an e-mental health resource sparked recovery-oriented interactions and processes between SUs and MHWs that strengthened their therapeutic relationship in real-world community mental health services.
12	Psychiatric hospitalizations by the Unified Health System in Brazil between 2000 and 2014	Rocha, <i>et al.</i> , 2021	To characterize the profile of patients hospitalized for mental and behavioral disorders by the Unified Health System (SUS) in Brazil between 2000 and 2014 and to verify how aspects of the new mental health policy influenced the rate of hospitalized patients in this period.	Prospective cohort study.	Even in the face of adversity, the National Mental Health Policy advanced in its goal of progressively reducing hospital beds and increasing the supply of substitute services, so that both strategies were associated with a reduction in hospitalization rates. But the changes were felt most keenly in the early years of the policy's implementation, becoming less pronounced in recent years.
13	Association between psychiatric hospitalizations, coverage of psychosocial care centers (CAPS) and	Miliauskas <i>et al.</i> , 2019	To analyze the association between the coverage of psychosocial care centers (CAPS) and Primary Health Care	Ecological study.	The results confirmed the hypothesis of an association between an increase in the supply of CAPS and PHC with a decrease in psychiatric hospitalization rates,

	primary health care (PHC) in the metropolitan regions of Rio de Janeiro (RJ) and São Paulo (SP), Brazil		(PHC) and the number of psychiatric hospitalizations in the metropolitan regions of the state capitals of Rio de Janeiro (RJ) and São Paulo (SP).		in the period and regions of the study, which reinforces the importance of continuous and improved policies related to health reform and psychiatry.
LILACS via BVS					
14	The role of CAPS I in the lives of its users: a study based on therapeutic itineraries	Franco <i>et al.</i> , 2023	To understand, based on the therapeutic itinerary of people in psychic suffering and discharged from psychiatric hospitalization, the insertion of the psychosocial care center as a care equipment in their trajectories.	This is a qualitative study with semi-structured interviews.	Psychiatric hospitalization was a resource used after insertion in CAPS, which is highlighted more as a place of conviviality than as a place for the production of autonomy and deinstitutionalization.
15	Self-expression: effects of listening on mental health care in primary health care	Etcheverry <i>et al.</i> , 2023	To understand the relationship between expressing oneself and the mental health care of users of a Basic Health Unit (BHU) in a municipality in Rio Grande do Sul	This is a qualitative study with semi-structured interviews.	Psychological monitoring as a space for listening associated with free expression, providing meanings to users, such as perception of changes in their feelings, thoughts and behavior, in addition to difficulties and improvements during the process
16	Mental health in primary care: a rhizomatic network for childhood and adolescence	Nunes <i>et al.</i> , 2023	To map mental health care for children and adolescents, their flows, lines and connections from the articulation of the Center for Psychosocial Care for Children and Adolescents (CAPSi) and Primary Care (PHC).	Qualitative and cartographic study.	The experience with the rhizome network allowed us to follow the articulation of CAPSi with PHC services; the planning and sharing of care according to the collective action of the workers, and also the "knots" and challenges of the child and adolescent mental health network. The insecurity to deal with

					the demand, the lack of knowledge and the need for training as a form of support are challenges mentioned by the PHC professionals for networked care.
17	Therapeutic and matrix outreach: a mental health group experience in primary care	Cangussu; Guedes, 2022.	To reflect on the challenges and potentialities of Primary Care (PHC) in the face of the demands of Mental Health (MH) and matrix support among health professionals, through the report of the experience of a MH care group, from the point of view of a psychologist from the Multiprofessional Family Health Residency (FESF-Fiocruz)	Experience report, of a qualitative nature.	PHC is a fundamental service in the structuring of the Psychosocial Care Network, but it is still in the process of reinventing itself in this role. The group demonstrates how it can be a challenge to go beyond biomedical logic, to propose to overcome stigmas, create new possibilities for health care, and allow oneself to be affected by the experience, but also how it can be transformative for mental health and the training of Involved.
18	Integrative community therapy in the approach to common mental disorders in primary health care: a systematic review	Scholze <i>et al.</i> , 2021	To seek evidence that allows the evaluation of the effectiveness of Integrative Community Therapy (ICT) as a way of approaching people with common mental disorders (CMD) in PHC.	Systematic review of the literature.	There is no evidence in the current literature that points to the effectiveness of ICT in the approach to CMDs in PHC. It is suggested that there is a need to develop research with an adequate methodology to answer this question and provide greater theoretical support for the empirical basis of ICT.
19	Handicraft groups in primary care as support in women's mental health: an implementation	Alves <i>et al.</i> , 2020	Analyze the implementation and development of handicraft community groups.	Qualitative study	It was possible to perceive that the strengthening of collaborative care between these teams (ESF and NASF) promoted

	study				intersectoral work, as the devices of the territory were known and integrated actions were developed.
20	Singular Therapeutic Project: a tool for overcoming the therapeutic GAP in mental health	Carvalho <i>et al.</i> , 2020	To report the academic-care experience of nursing students during the joint construction of a unique therapeutic project with the family health care teams in a Basic Health Unit.	This is a descriptive study of the experience report type.	It was possible to identify the organic, psychological and social aspects that trigger health problems and risks and to plan and implement interventions aimed at meeting the demands of patients and families, consequently improving their quality of life.
21	Psychology, health and territory: experiences in Primary Care	Medeiros, 2020	To reflect on the current place of the psychologist at the primary level of care, discussing the experience of more than two decades of work in psychology as a member of the health units of this Service.	Experience report.	The practical contribution of psychology in the health care network is invaluable when it manages to escape the hegemonic discourse that also captures it and, thus, deconstruct practices that promote medicalizations, whether of health or of ways of life in society.
22	Articulations between the Global Mental Health project and the cultural aspects of care in the Psychosocial Care and Primary Health Care Network in Brazil	Coutinho <i>et al.</i> , 2020	To discuss the centrality of the concept of culture and its implications in the Global Mental Health (SMG) project, not only from a macro perspective, but also at the local level, more specifically in the Brazilian Unified Health System, in the relationship between the devices of the Psychosocial	Narrative review of the literature.	It was concluded that culture is fundamental for conducting good practice in mental health, so that SMG is necessarily polyphonic, while guaranteeing and universalizing the right to health, being a powerful ally in the struggle for the defense of the SUS.

			Care Network (RAPS) and primary health care (PHC).		
23	The process of facilitating Permanent Health Education for mental health training in Primary Health Care	Rezio; Conciani; Queiroz, 2020	To analyze the facilitation of Permanent Health Education (EPS) for mental health training in Primary Health Care (PHC).	Research study with semi-structured interviews.	It was understood that the collective did not exhaust learning, but rather that an instituting movement of paradigm change was initiated in the care of people in mental suffering and training through work and for work in the interprofessional, dialogued, reflective, contextualized and collective perspective.
24	Singular therapeutic project in mental health: an integrative review	Baptista <i>et al.</i> , 2020	To analyze the characteristics of the Singular Therapeutic Projects in mental health care used to assist the subject in psychic suffering.	Integrative literature review.	The low participation and co-responsibility between the team/user in the elaboration of the STP, the excess of referrals to specialized mental health services, the fragmentation of knowledge within the multidisciplinary team, and the difficulty in sharing and discussing information about cases are highlighted.
25	The insertion of mental health in primary care: a qualitative study of the practices of professionals in the city of Manaus/AM	Lemos, 2019	To investigate the integration of Mental Health in Primary Care based on the analysis of the practices of professionals who work at this level of care in the city of Manaus, in order to support the discussion of mental health care.	This was an observational study with semi-structured interviews.	Although they develop the practices provided for in official documents, and in certain situations make a personal investment in their resolution, they are far from representing Mental Health care as described in manuals or evidence-based studies. However, there is a joint and shared effort among health professionals, committed to the defense of the SUS, to develop strategies

					and create the necessary resources to consolidate the integration of Mental Health in Primary Care in the city of Manaus.
26	An analysis of the articulation of mental health with primary care	Neves; Dantas, 2019.	To analyze the importance of articulating primary care with mental health, encompassing its limitations and strategic possibilities.	Bibliographic review, exploratory, qualitative and non-systematic.	The process of collective construction, using the care devices of the Health Care Network, as well as community and intersectoral resources, should always be considered for the consolidation and transformation of mental health care articulated with primary care.
27	Compilation of screening specific mental disorders can detect general mental disorders	Bolsoni, <i>et al.</i> , 2018.	To assess whether a brief compilation of screening instruments for specific mental disorders can detect mental and emotional disorders in the general population.	Analytical study with interviews.	It showed that a brief compilation of screening instruments for specific mental disorders (Mini-RTM) can detect mental and emotional disorders in the general population.
28	Mental health care in primary care: a cartography	The 2016- The 2018-2018 world nodes.	To map the daily care of patients with mental disorders, having as subjects the professionals of a family health unit, as well as those of a family health support center.	This was an observational study with semi-structured interviews.	There were obstacles to the effectiveness of the bond, accountability and commitment of these professionals to envision advances in the daily life of mental health practices, which hinders psychosocial rehabilitation.
29	Mental health intervention research: shaking the health networks	Sivinski; Schenkel, 2018.	Discuss the circulation of SUS users in the Psychosocial Care Network.	Qualitative study.	It is concluded that the constitution of an articulated and integrated Psychosocial Care Network, with Primary Care as a point of reference, requires the renewal of

					contracts and bonds for the affective and effective production of comprehensive care. (AU)
30	Matrix support in mental health in the SUS of Belo Horizonte: workers' perspective	Dantas; Passos, 2018.	To analyze the practice of matrix support in mental health based on the case study of the experience of the city of Belo Horizonte, Minas Gerais, which occurred between the years 2013-2014.	This is a qualitative study with semi-structured interviews.	It was noticed that matrix support has transformed the work relationship in the basic health units in the sense of co-responsibility and integrated work among the teams. However, it is still necessary to advance in terms of the construction of the therapeutic project, expanding the scope of interventions beyond clinical-individual care, including the perspective of working with groups and in the territory.
31	Mental health education strategy for primary care physicians	Pereira; Andrade, 2018.	To provide practical elements, which can serve as a model for the implementation of educational strategies in mental health, for physicians who work in primary care, in the context of the Brazilian reality.	This is a qualitative study with semi-structured interviews.	The tools used in this study to identify health learning needs proved to be useful in the development of continuing education programs with professionals in the primary care system. It is recommended, for further validation of the proposal, that it be applied and evaluated in other Brazilian municipalities.
MEDLINE via BVS					
32	Actions for children's mental health on Unified Health System (SUS) Primary Health Care: an integrative review of Brazilian	Esswein <i>et al.</i> , 2021	To characterize actions aimed at child mental health (SMI) in the context of Primary Care (PHC), based on an integrative review of the Brazilian literature	Integrative literature review.	The study demonstrated the identification of PHC as an important field of action in SMI, but which, however, requires greater investments in terms of professional training and work

	literature.		(2006-2017).		organization.
33	Mental health and organizational quality of primary healthcare services in Brazil	Sanine; Silva, 2021	To evaluate the quality of care practices for people with mental health-related suffering in primary health care services in Brazil and its association with organizational structure variables	This is a cross-sectional qualitative study.	The association of the structure variables with the best quality groups demonstrated the need for greater awareness of the teams and managers, seeking to make them aware of the impacts on the care of users with suffering related to mental health, promoting reflections and (re)organization of their work processes with this theme, especially in relation to the maintenance of matrix support teams that, contrary to the current guidelines, proved to be important to qualify the care provided by the

Source: Authors (2024).

DISCUSSION

Different studies address the issue of mental health within PHC as something essential to be discussed and reinforced, since it is responsible for all health actions for a community-based population, including health promotion and mental health care. Therefore, the role of PHC as the first gateway to mental care is of paramount importance to ensure the well-being of the individual, however, sometimes it is necessary to refer the patient to Early Intervention in Psychosis (IPE) services for more specialized and accurate care. Thus, having a collaboration between primary and specialized care is essential to maintain complete patient care (Chew-Graham *et al.*, 2024; Teixeira *et al.*, 2024; Hana *et al.*, 2022; Scallop; Castanho, 2022).

In addition, some authors revealed that, although provided for by the PHC guidelines, there are professionals who still do not have adequate capacity to deal with mental health demands, which is therefore a challenge for them. Among these challenges are the basic principles of communication, which is an essential tool in PHC, as one of the main mental health demands in these places comes from a need to listen, a hug, and

advice, which are obtained only through clarity in communication (Coelho *et al.*, 2023; Mendonça *et al.*, 2023; Saints; Bosi, 2021; Nunes, *et al.*, 2023). According to Etcheverry *et al.* (2023), the results of a study carried out in a municipality in Rio Grande do Sul, point out, through testimonies, that listening is like a "request for help" when suffering is acute and present in the user's life, demonstrating that self-expression contributed to the relief of these sensations after therapies.

In addition, it is important to emphasize that child mental care is also essential in PHC, as difficulties encountered interfere with the development of the child's potential in various areas of life, thus being preventive interventions. Studies report that the articulation between the Child and Adolescent Psychosocial Care Center (CAPSi) and Primary Care favors the formation of connective flows that reinforce the psychosocial care recommended for children and adolescents. However, attention needs to be focused not only on children and/or adolescents, but also on their families and the institutions they attend (Esswein, *et al.*, 2021; Nunes, *et al.*, 2023).

When mental care in PHC is performed in an empathetic and welcoming way, the rates of psychiatric hospitalizations are lower, since the first sign is always reported in the first visit and, if accepted, rarely advances to more severe stages (Miliauskas *et al.*, 2019; Bolsoni, *et al.*, 2018). The main reason that increases the number of psychiatric hospitalizations is suicide, which is a multifactorial result in which social factors interact with each other with various overlaps, in which in addition to socioeconomic elements, financial problems and unemployment act as major risk factors (Guimarães *et al.*, 2022; Rocha, *et al.*, 2021). In the case of the elderly, studies have revealed that the need for the presence of social ties is a major demand among this population, in which they often see the Health Unit as a place of distraction and comfort (Santana; Pereira, 2018; Guimarães *et al.*, 2022; Alves *et al.*, 2020; Franco *et al.*, 2023).

Different studies outline different therapy instruments that can be used in PHC, as a way to help people suffering from a psychotic disorder. According to Williams *et al.* (2021), a website was created with the objective of assisting the therapeutic process of patients and health professionals in a community, resulting in the strengthening of the bond, as well as a more dynamic recovery aimed at a rapid improvement in the mental health of the participants. In addition, other authors have demonstrated that Integrative Community Therapy (ICT) is a very viable way to help and assist PHC patients. It takes place in open groups, guided by one to three therapists with specific training, creating a welcoming

environment that promotes listening to suffering and strengthening the community's potential to face these situations, which ends up reinforcing the principle of care of being the patient's gateway to promoting health as a whole (Scholze *et al.*, 2021; Sanine; Silva, 2021).

Mental health care in PHC should be carried out through a matrix support process, aiming at the promotion of shared work, in which, in addition to the health action in favor of the user, the professionals have the opportunity to qualify, that is, to learn through the exchange of knowledge with each other. The National Primary Care Policy (PNAB) considers matrix support an essential instrument for therapy in the context of PHC, increasing problem-solving, care and reducing referral to specialized care (Cangussu; Guedes, 2022; Pereira; Andrade, 2018). Studies have revealed that psychology is an extremely important area in PHC, since it has the property to deal with mental episodes, and outlines a plan so that multiprofessionals can work together (Medeiros, 2020; Dantas; Passos, 2018).

In view of the above, Carvalho *et al.* (2020), argue that the Singular Therapeutic Project (PTS) is a movement of co-production and co-management in the therapeutic process that promotes integration between health teams. It is defined as an articulated set of proposals for therapeutic interventions for an individual or group, which results from the collective discussion of an interdisciplinary team with matrix support. Thus, it was noted that the STP is a tool with great potential for overcoming the therapeutic distance between the family, professionals, and the patient himself (Baptista *et al.*, 2020).

In addition, the facilitation of Permanent Health Education (PEH) for mental health training in PHC is extremely important to enhance mental health care in care (Rezio; Tanners; Queiroz, 2020). Several people, with different particularities, attend PHC on a daily basis, therefore, knowing the environment in which the community is inserted, life habits and beliefs, is essential for effective mental health work, as these are aspects that influence the patient's emotional state (Coutinho *et al.*, 2020).

Talking about mental health in the context of PHC is to redirect the care model to a matrix of expanded care in which it fully understands the process of mental suffering. The perspective of the territorialization of actions brings a broader view of the social dynamics, enabling the establishment of a constant bond between professionals and the patient, getting to know and welcoming them, thus ensuring comprehensive health care (Sivinski; Thigh 2018).

Studies also reveal that people who suffer from some type of mental disorder prefer to attend the Health Unit in their neighborhood because they are closer to the professionals, which reinforces the importance of a therapy aimed at working close to the territory, mainly aimed at overcoming social needs that will change, in the end, the reality of biopsychosocial determinants (Neves; Dantas, 2019; Lemos, 2019).

Despite the obstacles, which can be present in any scientific work, the relevance of this work is understood, based on the articles found as results. Given this scenario, it is evident that discussing mental health in the context of PHC with an emphasis on a social approach can promote more knowledge and skills for professionals who work in the area.

FINAL CONSIDERATIONS

Through the discussion, it is perceived that although mental health is already inserted in the context of PHC, it is necessary to reinforce its importance by considering the social aspects that influence the lives of users, identifying their particularities and environment. In this sense, it is worth noting that each individual has different demands and concerns, which need to be respected, listened to, and welcomed. Thus, the need for a reliable bond between PHC professionals and the patient is recognized, making the environment considered comfortable for them.

In addition, studies have confirmed that, frequently, people go to the Health Unit looking for medical consultations reporting physical symptoms, often looking for dialogue and company. A large part of the public goes through problems that need to be considered when taking a medical approach, such as professional, economic and social life, which can be interconnected with the reported symptom. Therefore, the relevance of always discussing mental health within the scope of PHC is evident, as it reinforces the need to include social demands as a way of understanding the patient as a whole, considering their physical, social and emotional well-being.

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