



SOTSIAALMINISTEERIUM

A new beginning in mental health policy

Revamping Estonian mental health system

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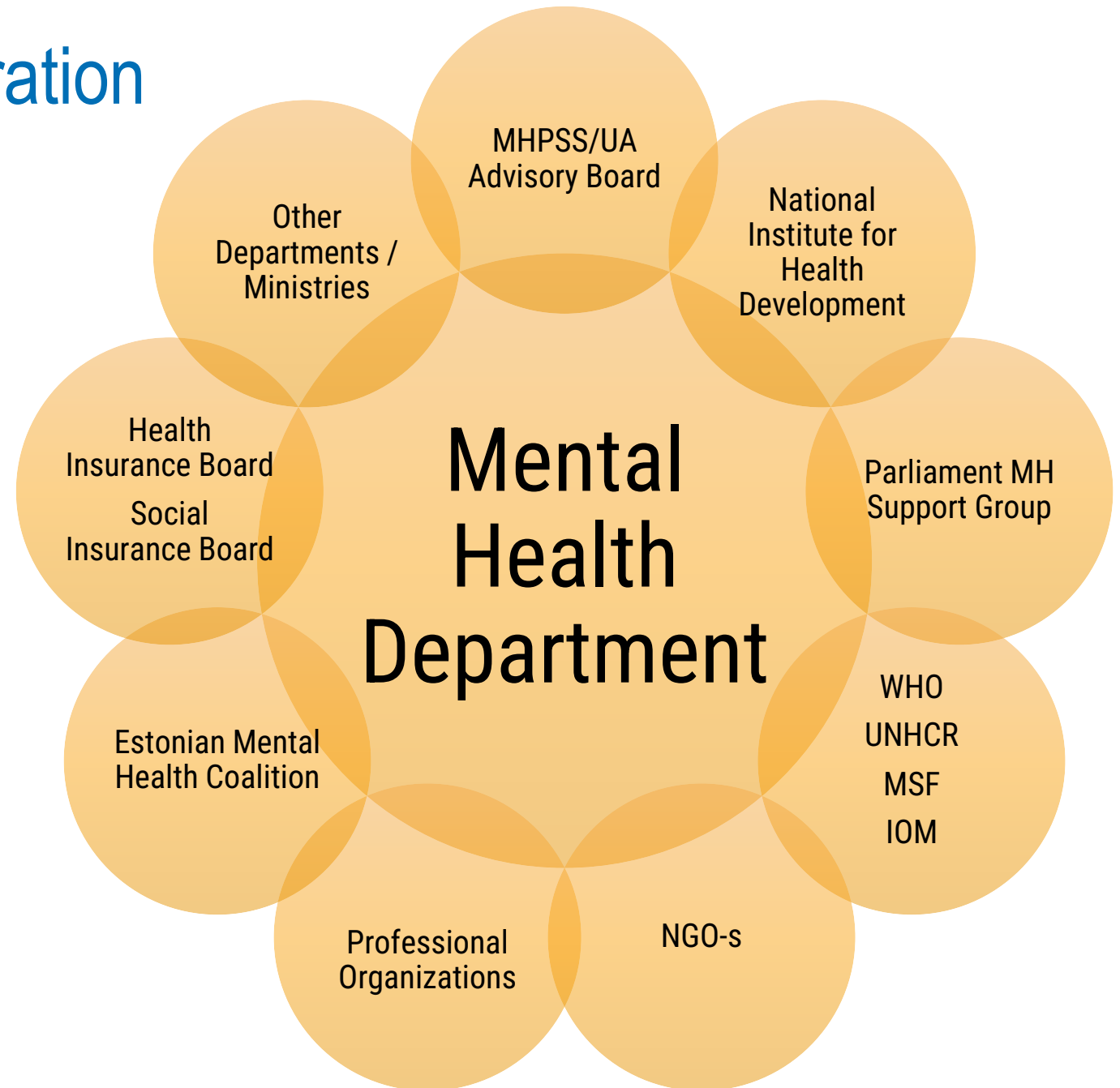
Mental Health Framework

- Mental Health Department (01.01.2022), action plan
- Mental Health Green Paper (2021)
- Expert opinion paper „Dealing with the psychosocial consequences of COVID-19 pandemic“ (2021)
- Previous documents and work
 - Norwegian FM programs „Mental health“ and „Children at Risk“
 - Mental health strategy (2016, VATEK)
 - Concept „Integrated services for supporting the mental health of children: prevention and early intervention“ (2015, SOM),
 - Mental health policy paper (2002)

Inter-institutional collaboration

Strategic partnership with NGO-s:

- Estonian Mental Health and Wellbeing Coalition
 - Advocacy
 - Dissemination of information
 - Trainings
- NGO Peaasjad
 - Mental health promotion
 - Suicide prevention
 - Youth counselling
 - Mental health first aid courses
- Counselling Centre for Gambling Addiction
 - Support Groups
 - Counselling and therapy





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Thank You!

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