



Mental Health in Estonia

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Mental Health Organizations & programs in Estonia (year 2008)

Mental and behavior disorders cases	116536
Mental and behavior disorders new cases	28543
Special needs in mental field cases	7672
Special needs in mental new cases	625
Mental and behavioral disorders, per 100 000	2124,5
Mental and behavioral disorders, new cases, per 100 000	8673,8

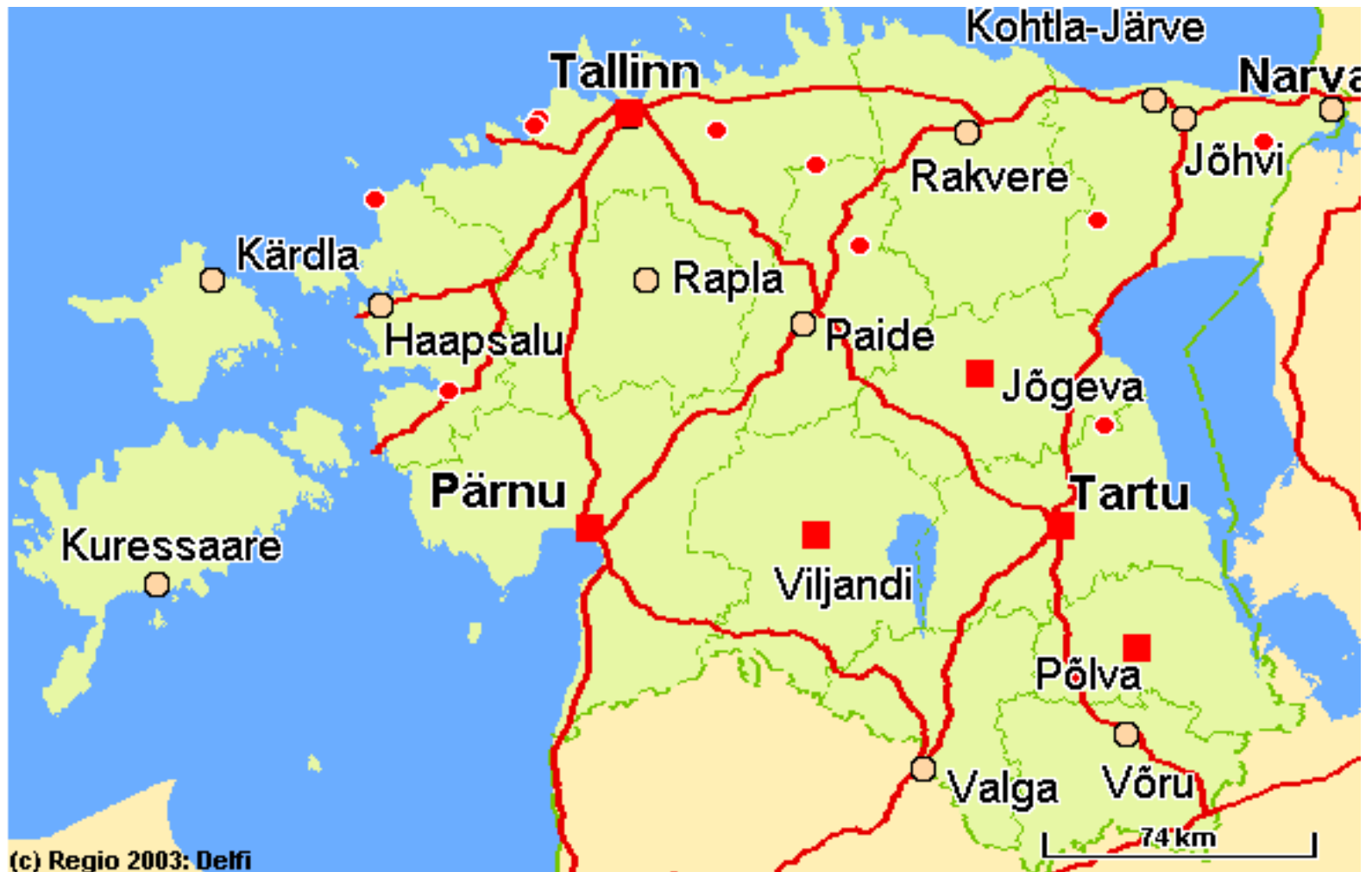
Estonian Union of Mental Health

- Founded on October 22, 1997 in Tallinn.
- Aims:
 - To incorporate people seeking improved mental health, to help them to find good health;
 - To give methodological and practical help, purveyance of material resources and distribution of information among the members;
 - The organization of consultation, seminars, courses and other events;
 - Etc.

Mental Health Self-help Groups

- Web page, composed to resound and develop the activities of mental health self-help groups and connected organizations in Estonia (14 organizations)
- <http://www.hot.ee/vaimsetervisetugigrupid/english.html>.
- Supported by Ministry of Social Affairs
- Last updated in November 2002

Estonian Union of Mental Health members and self – help groups



Psychiatry clinics

- North-Estonian Regional Hospital Psychiatry Clinic (Tallinn). 8 divisions, more than 300 stationary places.
- Tartu University psychiatry clinic. 3 divisions, 140 stationary places.
- Pärnu, Viljandi and Narva psychiatry clinics

National Institute for Health Development

- Established on 1st of May 2003 as a governmental organization under the Ministry of Social Affairs of Estonia.
- The main activities are the research, development and implementation of activities in the health and social sectors, including mental health, alcohol and drug abuse prevention, and children rights protection.

Estonian-Swedish Mental Health and Suicidology Institute

- ERSI's statutory objective is research and development in the field of mental health, suicidology and external causes of poisoning and harm.
- 26 research and public mental health care projects in years 1991 – 2010
- More than 100 publications in international and local levels, dissertations, theses.

Tallinn Study and Counseling Centre

- Project of Ministry of science and education, 2008/2011
- Psychological, pedagogical, speech and language pathological counseling
- Target group - children and teenagers with special needs in education and/or with mental and behavioral problems

Crisis counseling

- **Mahena Crisis Counseling Centre NGO** – psychological and crisis counseling, educational programs, social care programs
- **Tallinn Crisis Help Centre «LifeLine»** – psychological counseling
- **Tartu Counseling and Crisis Help Centre NGO**

Rehabilitation

- Sillamäe Care Centre (54 places)
- Imastu School House (12 p)
- Pärnu Hospital rehabilitation centre (211 p)
- Tallinn Mental Health Centre (198 p)
- Tartu Mental Health Centre (229 p)
- Valga Hospital Ltd. (20 p)
- Virumaa Singel NGO (112)
- Viljandi Hospital (43 p)
- South-Estonian Special Care Centre (83 p)

Estonian Mental Health Society

- Was founded in 1996 as an organization uniting different specialists in mental health field: psychologists, doctors, teachers, social workers, students, who were interested in mental well-being of Estonian population.

- Main objectives:
 - Prevention of mental health disorders
 - Promotion of mental health issues
 - Improvement of psycho-social adaptation of Estonian population

- Main target groups:
 - Children and youngsters
 - Adults in need of psychological support
 - Families

- Today 2 fulltime workers, 6 part-time workers and 30 volunteers.
- Estonian Mental Health Society is the full member of Mental Health Europe and Child Helpline International.

Since the foundation we have implemented the following programs and activities:

- The psycho-social rehabilitation program for the children and families that have lost their near to kin (including therapeutic summercamps for children and youngsters, support groups);
- The program “Big Brothers, Bis Sisters”- The program unites voluntary support persons and children at the age 7-17;
- Support-groups for children and parents from risk families;
- Web- and telephone based psychologycal counselling for children and youngsters www.lapsezure.ee; (“child s worry”)
- International youth exchange projects;
- Psychological trainings and seminars for children and youth-work specialists;
- Psychological trainings and seminars in the field of crisis psychology;
- Supervision for social workers and teachers;
- Family therapy and counselling;
- Individual psychological counselling, crisis counselling and posttraumatic therapy.
- Psychological support to people who have lost their job and are in difficulties due to deterioration of socio-economic situation (2009-2010)
- Promoting the issues of mental health field and lobbying with decision-makers

Priorities of work 2009-2010

- Psychological well-being of different target groups of integration, increasing level of ethnic tolerance (social inclusion of national minorities, etc.)
- Preventive work with risk-families
 - Child-parent relationships
 - Depression of children
 - Family scenarios and psychological disorders handed down from generation to generation.
 - Problems of co-addictions
 - Multicultural families needs (incl.differences in education and upbringing of children)
- Psychological condition and mental health of unemployed people in the period of economic crisis
- Preparation for MHE 2011 annual conference on volunteering, possibly taking place in Tallinn (btw. Tallinn will be a capital of culture in 2011)
- Representing MHE in Estonia, bringing forward and promoting mental health issues in society on local and national level, lobbying with Estonian MEPs.
- Building capacity and networking within Estonian mental health organisations to improve advocacy of members and information exchange.

Activities as NFP in 2010


- **On the local and national levels**


- Rising subjects of poverty, social inclusion, mental health of children.
- Participation in number of commissions and round tables held on these subjects in Tallinn City Government. Regular participation in “Risk-child” roundtables on the need for creating Mental Health Center for Children.
- Meetings with head of Ministry of Social Affairs and head of Department of Social and Health department of Tallinn City Government



- **On the local and national levels**

- Participating in seminar held in Ministry of Social Affairs for drafting new law of children's rights and the conception for rehabilitation children and youth with problems of addiction.
- Carring out seminars for educating and empowering target groups on social inclusion, promoting mental health (seminar for women in Narva)
- A project for creating a network of mental health NGOs in Estonia (unfortunatelly not funded so far by Open Estonian Foundation). The aim of the project is to empower and cooperate).
- 3 grants for carring out projects for unemployed (150 pers. participated). Funnded by European Social Fund.

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- In national media
 - 2 articles in national daily papers on subjects of mental health being not valued enough.
 - participation in 3 TV programs on mental distress and prevention.
 - With MEPs
 - active informing and feedback from Siiri Oviir as Estonian MEP responsible for social issues field.

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- International contacts, networking within MHE member-organisations
 - replies and comments on surveys, documents sent in by the members and MHE
 - project partner for UK project
“Wellbeing programs for mental health service users”.
 - preparation for NFP seminar in Tallinn