



Current Activities of the Finnish Association for Mental Health (FAMH)

Training of National Focal Points
Tallin, 9.-11 June 2010

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THE FINNISH
ASSOCIATION
FOR MENTAL
HEALTH

Mental health survey on seclusion and restraints



- The survey will be sent to various Finnish authorities and organisations at the request of Mental Health Europe

Mental Health Coalition

THE FINNISH
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HEALTH

- **A partnership that is formed by the four key mental health organisations and various trade unions that represent mental health professionals**
- **New chairpersons and secretaries are elected every other year from the mental health organisations**
- **The National Institute for Health and Welfare and the Finnish Institute of Occupational Health are permanent members of the Coalition**

..... **Mental Health Coalition**

- The need for mental health services for the elderly has been highlighted
- Monitors the implementation of the new national policy for mental health and substance abuse services
- Has defined the cornerstones for good mental health patient care, which have not been available previously, now that Finland is moving from hospitalising mental health patients to providing outpatient care
- Emphasises the involvement of experts by experience (clients and relatives) in care planning and assessment
- Emphasises the need to provide support and services for those caring for close relatives
- Next autumn's theme is the ethics of care

Collaboration between four key mental health organisations

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- **Collected 20,000 signatures for a petition for mental health services and submitted it to the Finnish Minister of Health and Social Services on 10 October, the World Mental Health Day.**
- **Made a formal opinion stating that a separate Mental Health Act is still needed in Finland (there are plans to include mental health services in the new general Health Care Act)**
- **Government programme lobbying**
- **Lobbying in next April's general election**

New, five-year strategy period (2011–2015)

Focus areas:

- To influence legislative changes and national policies from the mental health perspective
- To intervene in existing deficiencies and poor practices and anticipate new ones
- To influence public debate and attitudes so that mental health is seen as an essential part of health and wellbeing
- To defend everyone's right to early support in life's crises and difficult situations
- To decrease health-related inequality and promote social and financial equality
- To collect and analyse health-care related information in order to support work for social pressure

FMH

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ASSOCIATION
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- **Is involved in the pan-European “Stop Poverty Now!” programme this year**
- **Participated in the planning and implementation of the national programme in Finland**
- **Draws attention to the link between mental health and poverty in its formal opinions**
- **Ensures that each issue of its magazine includes an article associated with the theme year**

FAMH

- **Is currently planning a major project on the mental health of older adults**
- **Target groups:**
older adults with decreased capacity,
older adults on disability pension due to mental health problems,
older adults at risk of a crisis or in acute crisis,
and marginalised older adults over 65

FAMH

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- **Focuses on the mental health problems of children and young people, especially the depression suffered by young women**
- **Runs projects promoting mental health in basic and secondary education institutes**