

Tallinn Mental Health Centre

is a Tallinn city social welfare institution that provides and develops mental health services for adults with psychiatric special needs.

We support people in the healing process

We offer our clients comprehensive support that is focused on individual needs.

Our aim is to support the quality of human life and to promote the healing process.

The term 'healing' includes finding new meaning, purpose and a place in life, growing independence, supportive relationships, and opportunities to learn and work. When a person can live a rewarding, promising and involving life within the constraints that come with the illness, this indicates improvement and healing.

We are experienced and competent

Our work is based on psychosocial rehabilitation principles. We have used the best practises and contemporary approaches from different countries in the development of our services.

The roots of our organization go back to 1994, when the day care centre and family consulting groups were established by the Tallinn Psychiatric Hospital, and in 1996, when the Haabersti Clubhouse started operations on the basis of a unique day care centre model. Thus we have long and valuable experience in offering and developing mental health services.



Kontakt

Phone: (+372) 627 6640

Fax: (+372) 627 6641

Address: Kopli 25, 10412 Tallinn

E-mail: tallinn@mhcenter.ee

Webpage: www.mhcenter.ee



*Pole olemas võimatuid unistusi-
on vaid meie piiratud
ettekujutus võimalikkusest*

(Beth Mende Conny)

We are one team

We have a well-trained, committed and competent staff – activity leaders, social workers, nurses and other mental health specialists; in addition, experience advisers, i.e. people who have been diagnosed with psychiatric disorders, and who have the valuable experience of recovery to be shared with others, are members of our team.

We value collaboration and the trust of clients

We work together with clients and the people close to them. We value the client's wishes, trust and satisfaction, so that the services we offer will be beneficial and respond to the individual needs of every client.

We create the values of our organisation together with the team, clients and people close to them. We co-operate intensively with other institutions, provide counselling and share information on mental health and services. We wish to contribute to the appreciation of mental health, disproving myths, and reducing the labelling of people with psychiatric special needs.

We organize training sessions, information days and meetings of the mental health network to offer counselling and support to co-operation partners in their work with people who have psychiatric special needs.

Our services are free of charge for residents of Tallinn. To get the service you need, you should submit a referral letter from a psychiatrist and letter of referral from the Social Insurance Board. For further information or assistance in filling in the documents, please contact the specific service provider or Information Unit.

We offer a wide range of services and programs

Support in everyday life in a day care centre

Lasnamäe Work and Activity Centre

Pae 19, Tallinn 11414
Phone: (+372) 634 5600
lasnamaekeskus@mhcenter.ee

Support in everyday life in a day care centre: clubhouse model

Haabersti Clubhouse

Õismäe rd 105a, Tallinn 13515
Phone: (+372) 657 9458; (+372) 657 9455
klubimaja@mhcenter.ee

Support in everyday life in a day care centre: creative, supportive and therapeutic group activities

Pelguranna Activity and Therapy Centre

Pelguranna 31, Tallinn 10312
Phone (+372) 661 8023
paevakeskus@mhcenter.ee

Support in everyday life in a case management method: individual support in the person's usual environment

Community Care Team

Kopli 25, Tallinn 10412
Phone: (+372) 627 6644; (+372) 627 6643
avahooldus@mhcenter.ee

Supported Living:

development of independent management in a secure living environment

Pelguranna Support Home

Pelguranna 31, Tallinn 10312
Phone: (+372) 661 8157
tugikodu@mhcenter.ee

Employment support:

maintaining an employment relationship or finding a job

Haabersti Clubhouse

Õismäe rd 105a, Tallinn 13515
Phone (+372) 657 9458; (+372) 657 9455
klubimaja@mhcenter.ee

Rehabilitation Service:

rehabilitation plans and services;
conducting rehabilitation programs

Rehabilitation Team

Kopli 25, Tallinn 10412
Phone (+372) 627 6646; (+372) 5818 9832
meeskond@mhcenter.ee

Counselling service in an information unit:

consultation and counselling of social worker
consultation and experience advisers

Information Unit

Õismäe rd 105a, Tallinn 13515
Phone: (+372) 670 0171
info@mhcenter.ee

It is also possible to participate in the early psychosis intervention program TEIS, a family training program for relatives and support groups.

Additional information on our website:
www.mhcenter.ee