



National Mental Health Strategy and COVID-19 Recovery Activities

**Taru Koivisto, Director
Ministry of Social Affairs and
Health
Finland**

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National Mental Health Strategy and Programme for Suicide Prevention 2020-2030



- Published in February 2020
- Comprehensive approach to mental health in society and its different sectors and levels
- Objective to effectively prevent and manage mental disorders, reduce discrimination and stigmatisation associated with mental disorders, and ensure availability of mental health services
- Guidelines for decision-making and for targeting activities and resources
- Five priority areas:
 1. Mental health as human capital
 2. Developing positive mental health in the daily lives of children and young people
 3. Mental health rights
 4. Broad-based services that meet people's needs
 5. Good mental health management
- Programme for suicide prevention
- Monitoring and indicators

Implementation of the Mental Health Strategy



Measures for the period 2020-2023

Ministry of Social
Affairs and Health

National Institute
for Health and
Welfare THL /
National Institute
for Occupational
Health TTL

Programmes and projects

Legislation
Financing and
supervision of
projects

Centralized
tasks
Support for
projects

Future Health
and Social
Services
Centres
programme

Individual
Placement and
Support (IPS)
model of
supported
employment

Suicide
prevention

Mental health
capacity
building in
municipalities

Mental health
in work places

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Thank you!

taru.koivisto@gov.fi

@taru_koivisto

