

# PROGRAMME DAY 1

Thursday 18 November 2021

11:00 – 12:00 Lunch and registration

12:00–14:20 Plenary session

*Room: Bysa 3*

Chair: Sari Aalto-Matturi, MIELI Mental Health Finland



12:00 – 12:15 Welcome

**Eila Mäkipää**, State Secretary, Ministry of Social Affairs and Health, Finland

**Markku Tervahauta**, Director General at Finnish National Institute for Health and Welfare, Finland

12:15 – 13:30 Panel discussion:

**Nordic strategies for psychological crisis resilience**

- Finland: **Taru Koivisto**: Den nationella strategin för psykisk hälsa till 2030 och återuppbyggnadsarbetet
- Sverige: **Jonas Bergström**: Myndighetssamverkan och aktördialog för en ny nationell strategi inom psykisk hälsa
- Norge: **Ellinor F. Major**: Tiltak for psykisk helse i pandemien
- Island: **Ingibjörg Sveinsdóttir**: Icelandic public mental health strategies
- Danmark: **Lars Münter**: Vi løfter i fællesskab
- Moderator: **Kristian Wahlbeck**, MIELI Mental Health Finland

13:30 – 13:35 Short break

13:35 – 14:20 Plenary lecture

**Romina Boarini**, OECD Centre for Well-Being, Inclusion, Sustainability and Equal Opportunity (WISE): COVID-19 and Well-Being: Building back better lives

**Karin Schulz**, MIND Sweden: Recovery plan for mental well-being in the light of COVID-19

14:20 – 14:45 Coffee

14:45 – 16:30 Parallel sessions

1. Economics of mental health  
*Room: Brygga*
2. Aktörskap och delaktighet för psykisk resiliens i Norden  
*Room: Bysa 3 (interpretation into English and Finnish)*
3. Post-COVID suicide prevention  
*Room: Saukko*

19:00 – Social programme: Lapinlahden sairaala, Lapinlahdenpolku 8.

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# PROGRAMME DAY 2

Friday 19 November 2021



09:00–09:45 Plenary session

*Room: Bysa 3*

Chair: Kristian Wahlbeck, MIELI Mental Health Finland

09:00 – 09:45 Plenary key note

Ian Manion, Canada: Co-creating mental wellbeing with young people: Experiences from Canada

10:00 – 11:30 Parallel sessions

4. Arenor för att främja psykisk hälsa och förebygga psykisk ohälsa bland ungdomar i Norden

*Room: Bysa 3 (interpretation into English and Finnish)*

5. Post-pandemic mental health promotion

*Room: Brygga*

6. Reduction of suicide inequalities in the Nordic

*Room: Saukko*

11:30 – 11:45 Break

11:45 – 13:00 Plenary session

*Room: Bysa 3*

Chair: Taru Koivisto, Ministry of Social Affairs and Health, Finland

11:45 – 12:30 International action for mental health

Ledia Lazeri, WHO Europe: What next after the European Action Plan for Mental Health?

Nicoline Tamsma, European Commission: EU action on mental health

Arja Rautio, comments from Arctic Council

12:30 – 13:00 Closing words

Thomas Blomqvist, Minister för nordiskt samarbete, Finland

Ingvild Kjerkol, Helse- og omsorgsminister, Norway

13:00–14:00 Lunch

*Clarion restaurant Kitchen & Table*

14:00 End of summit

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# PARALLEL SESSIONS DAY 1

Thursday 18 November 2021

14:45 – 16:30 Parallel sessions

**NORDIC  
MENTAL  
HEALTH  
SUMMIT**

## 1. Economics of mental health

*Room: Brygga*

Language: English

Chair: Riitta Aejmeleus, Ministry of Finance, Finland

Speakers:

- Ziggi Ivan Santini: Mental well-being is linked to lower health costs
- Dan Chisholm: Cost-effectiveness of mental health interventions
- David McDaid: The role of mental health in the covid exit strategy
- Ossi Aura: Mental health as the foundation for human productivity

## 2. Aktörskap och delaktighet för psykisk resiliens i Norden

Room: Bysa 3

Language: Scandinavian languages, interpretation into English and Finnish

Chair: Johanna Cresswell-Smith, Institutet för hälsa och välfärd THL

Speakers:

- Carsten Obel: Resiliens på populationsnivå i de nordiska länderna post-covid
- Jonna Similä: Undantagstidens dialoger under Covid-19 pandemin
- Ewa Tarvasaho: Rätta redskap för att stödja psykisk hälsa vid Covidavdelningen.

## 3. Post-COVID suicide prevention

Room: Saukko

Language: English

Chair: chair Sami Pirkola, University of Tampere

Speakers:

- Lars Mehlum: An overview on suicide, suicide prevention and national suicide prevention strategies in the Nordic countries post COVID-19
- Margda Waern: Suicide prevention for the old
- Louis Appleby: Is an increase in suicide deaths to be expected post COVID-19?

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## PARALLEL SESSIONS DAY 2

Friday 19 November 2021

10:00 – 11:30 Parallel sessions

**NORDIC  
MENTAL  
HEALTH  
SUMMIT**

### 4. Arenor för att främja psykisk hälsa och förebygga psykisk ohälsa bland ungdomar i Norden

Room: Bysa 3

Language: Scandinavian languages, interpretation into English and Finnish

Chair: Petra Kouvonon, ITLA, Finland

Speakers:

- Curt Hagquist: Utmaningar för hälsopromotion och prevention bland unga i spåren av covid-19-pandemin.
- Cecilia Oksanen: Psykisk ohälsa och mina egna resurser
- Lisa Hellström & Linda Beckman: Insatser i Norden för ungas psykiska hälsa

### 5. Post-pandemic mental health promotion

Room: Brygga

Language: English

Chair: Dóra Guðrún Guðmundsdóttir, Directorate of Health, Iceland

Speakers:

- Fredrik Lindencrona: The role of local authorities in implementing cross-sectoral mental health promotion
- Rosa Meriläinen: The role of culture and arts in rebuilding mental wellbeing and resiliens
- Michael Bang Petersen: The Importance of Trust in a Crisis and How to Build It: Lessons from the COVID-19 Pandemic

### 6. Reduction of suicide inequalities in the Nordic countries

Room: Saukko

Language: English

Chair: Outi Ruishalme, MIELI Mental Health Finland

Speakers:

- Ellenor Mittendorfer-Rutz, Inequalities in suicides
- Outi Ruishalme: Strengthening protective factors to prevent suicides post covid
- Petter Stoor: Suicides in Northern indigenous people