



| PLENARY SESSION TWO | |
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| Event Code: LEE22-00523 World Mental Health Congress London Mental Health a Global Priority, London, UK 28/06/2022-01/07/2022 | |
| Your details (as you want them listed in the programme) | Jukka Kärkkäinen , DMedSci, MSc (Law), Psychiatrist, Regional Vice President Europe (WFMH) |
| Date and time of your plenary session | Tuesday 28 June 2022 14:00-15:40 Theme: The future of mental health |
| Duration | 20 mins |
| Proposed title (please complete) | Redefining mental health in the European Context – the example of the National Mental Health Strategy 2020-30 of Finland. |
| Learning Objectives (please complete) | At this symposium we will learn of each other: How mental health is redefined in European countries? What kind of similarities and differences there are? What explains differences? |
| Abstract (max 500 words) | <p>National Mental Health Strategy of Finland recognises the importance of mental health in a changing world. Mental health is seen as a resource that can be supported. It is possible to prevent and manage mental disorders and reduce discrimination and stigmatisation associated with mental disorders. Mental disorders are a public health challenge, and therefore the availability of mental health services must be brought to the same level of other health and social services.</p> <p>The Finnish mental health strategy provides guidelines for decision-making and for targeting activities and resources. Extensive collaboration is necessary to achieve the objectives. The strategy has five focus areas: <i>Mental health as human capital</i>; Mental health for children and young people; Mental health rights; Broad-based services that meet people's needs; Good mental health management.</p> <p><i>Mental health as human capital</i> is one of the most important things in a person's life, affecting health and wellbeing, interpersonal relationships, studies, work, and the entire life-course. Good mental health strengthens trust, reciprocity and a sense of belonging in society. Productivity is closely tied to the mental health of the workforce. High levels of good mental health in the population will support success in Finland as a whole. Mental health is a form of capital for individuals, families, communities and society as a whole which can be looked after and invested in at all life stages, during studies and at work, in everyday circumstances, communities and recreational activities, in connection with societal and environmental changes. In addition to a public health perspective, specific attention is given to minorities including different language and cultural groups.</p> |
| Key references or resources (maximum five) | National Mental Health Strategy and Programme for Suicide Prevention 2020–2030, Publications of the Ministry of Social Affairs and Health 2020:15, Finland. |