

The background features a stylized illustration of a person's head in profile, facing right. The person is wearing glasses and has their hand to their chin in a thinking pose. Inside the head, there is a dark, stormy landscape with jagged lightning bolts, dark clouds, and vertical lines representing rain. The overall color palette is dark, with shades of blue, grey, and black. In the bottom left corner, there is a white rectangular box containing the OAMK logo and university name. The text 'MENTAL HEALTH' is written in large, white, sans-serif capital letters on the right side of the image. Below it, the text 'MENTAL HEALTH OF ADOLESCENTS IN FINLAND' is written in smaller, white, sans-serif capital letters.

# MENTAL HEALTH

MENTAL HEALTH OF ADOLESCENTS IN FINLAND



## MENTAL HEALTH CARE IN FINLAND

- The law about mental health care insists that every county has to arrange mental healthcare services.
- Young people (under 23 years) get treatment faster
- Getting to the treatment is sometimes a slow process
- You can be forced to treatment by the law

## FINNISH FACTS

- About 20-25% of young people and adolescents have problems with mental health
- Usual mentalhealth problems of young people are: **Depression, anxiety, eating disorders, behavioural disorders and intoxicants**
- One can be forced to have treatment for mental illness, if certain conditions are fulfilled. (without treatment someone would be endangered, and there is no other way of treatment)

# MY WORK: JOKILAAKSON PERHEKODIT

Home-like institution for adolescents  
with major challenges

- Behavioral problems
- Depression (cutting and other selfdestructive behavior)
- Eating disorders
- Substance use
- Problems with school



# HOW TO GET TREATMENT

## Public healthcare

Non urgent need for treatment:

- Appointment to local healthcenter (should be arranged in 3 days).
- Appointment with a doctor. If necessary, doctor makes referral to specialist medical care
- Tests must be done within 3 months
- If there is need for treatment, it should be started in 6 months



# HOW TO GET TREATMENT

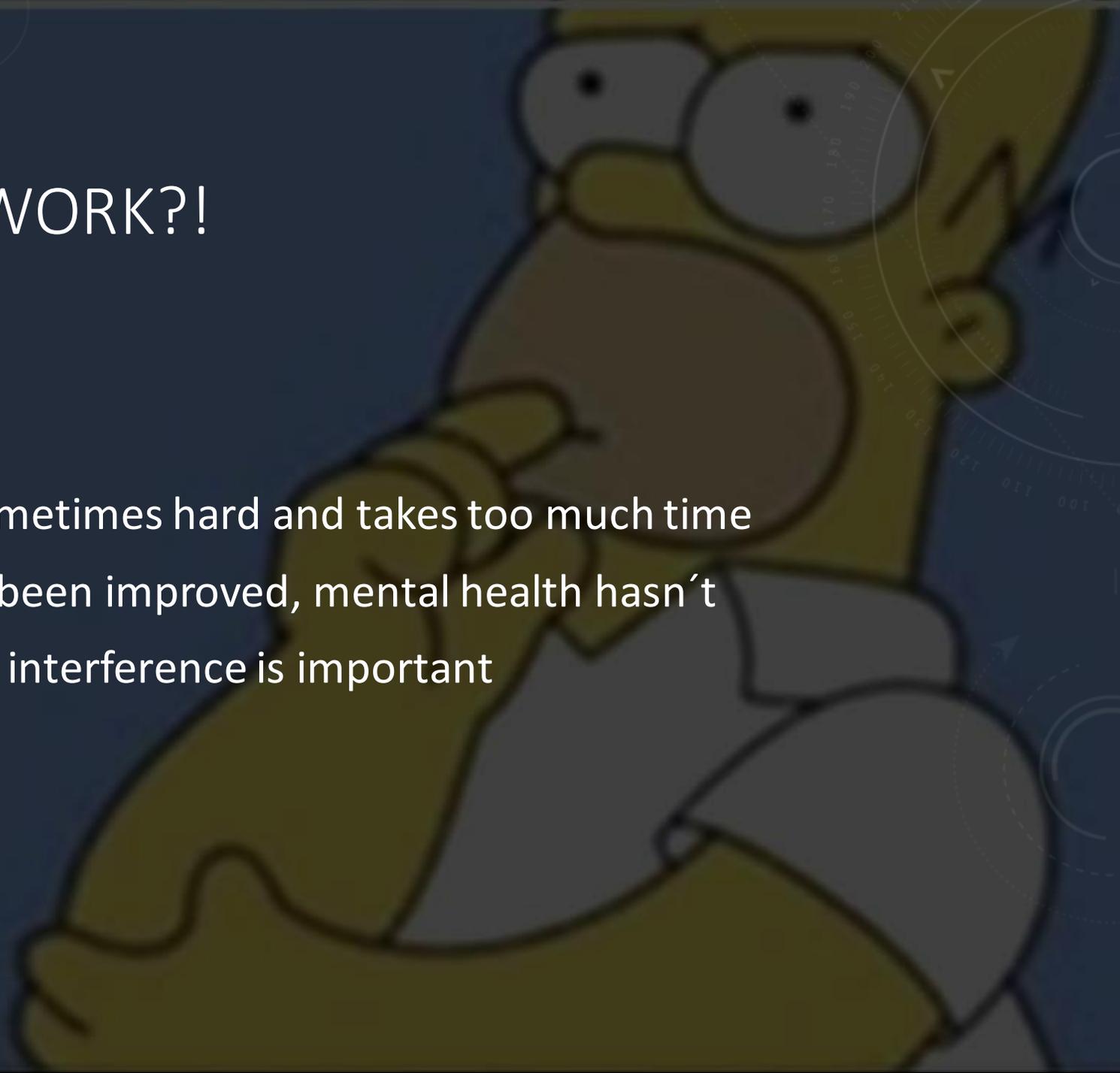
- Exception are young people under 23. They have to get tests and treatment faster (tests in 6 weeks and treatment in 3 months)
- Public healthcare is rather cheap and open for everyone

## Private health care

- Faster, but way more expensive
- Private doctor can make a referral to public health care.

# DOES THE SYSTEM WORK?!

- Getting the treatment is sometimes hard and takes too much time
- Finnish physical health has been improved, mental health hasn't
- According to research Early interference is important



# MENTAL HEALTH CARE NURSING

## Practical care nurse

- Works with patients' daily life and helps in daily routines
- Listens to the patient and is there for him/her
- To be present

## Bachelor of healthcare (Registered nurse)

- The same things than Practical nurse
- Can run their own reception
- In some cases refers to further treatment
- Bigger responsibility (medication etc.)

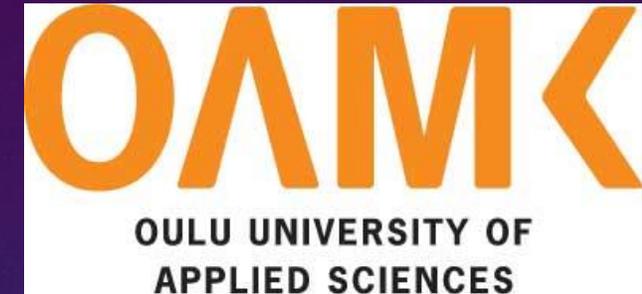
# LINKS AND WEBSITES

There are many websites and helping phones in Finland for children and young people. Here are few of them.

- <https://nuortenlinkki.fi/mista-apua/nettipalvelut> Website where young people (12-18 years) can anonymously ask for help
- <https://www.nuortennetti.fi/apua-ja-tukea/lasten-ja-nuorten-puhelin/> Website for helping chat and phone for young people
- <https://www.mll.fi/vanhemmille/toiminta-lapsiperheille/lasten-ja-nuorten-puhelin/> One of the most well known organisation in Finland that helps children and young people. This website is adressed to all under the age of 21.
- <https://www.mielenterveystalo.fi/nuoret/Pages/default.aspx> Terveyskylä



# REFERENCES



- National institute of health and welfare (THL) <https://thl.fi/fi/web/mielenterveys/mielenterveyshairiot/nuorten-mielenterveyshairiot>
- Mielenterveyslaki (Legislation concerning mental health issues) <https://www.finlex.fi/fi/laki/ajantasa/1990/19901116>
- Finnish Ministry of Health- and Social care (STM) <https://stm.fi/hoitotakuu>
- Finnish Mental Health Organisation (Suomen mielenterveys ry) <https://mieli.fi/fi/yhteiskunta/suomalaisten-mielenterveys-ei-ole-kohentunut-fyysisen-terveyden-tahtiin>