



Finland

GENERAL INFORMATION

Finland is a country with an approximate area of 338 thousand square kilometers (UNO, 2008). The population is 5,345,826 and the sex ratio (men per hundred women) is 96 (UNO, 2009). The proportion of the population under the age of 18 years is 20% and the proportion above age 60 is 17% (UNO, 2009). The life expectancy at birth is 76 years for males and 83 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 70 years for males and 83 years for females (UNPD, 2010). The country is in the High income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 9.69% and the per capita government expenditure on health (PPP int. \$) is \$2018.0 (WHO, 2006). The suicide rate for males is 28.9 per 100, 000 population and for females is 9. per 100, 000 population. In Finland, neuropsychiatric disorders are estimated to contribute to 32.6% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2009. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2009. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- Shift of services and resources from mental hospitals to community mental health facilities.
- Integration of mental health services into primary care.

Dedicated mental health legislation exists and it was initiated or most recently revised in 2000. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

FINANCING

Mental health expenditures by the government health department/ministry are 3.86% of the total health budget. Mental hospital expenditures are not available.

Note: There are budget allocations for mental health. Details about expenditure on mental health are not available. The primary sources of mental health financing in descending order are tax based, social insurance, out of pocket expenditure by the patient or family.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. The department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Official policy enables primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

Data collected in 2011

UN = information unavailable, NA = item not applicable

It is unknown whether the majority of primary health care doctors and nurses have received official in-service training on mental health within the last five years. Officially approved manuals on the management and treatment of mental disorders are available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist, as do referral procedures from tertiary/secondary care to primary care.

Mental Health Services

Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities	140	2.62	UN	UN
Day treatment facilities	UN	UN	UN	UN
Psychiatric beds in general hospitals	3600	67.34	250	4.68
Community residential facilities	482	9.02	UN	UN
Beds/places in community residential facilities	7160	133.94	UN	UN
Mental hospitals	2	0.04	UN	UN
Beds in mental hospitals	450	8.42	12	0.22

Note: Almost all psychiatric beds belong to general hospitals in Finland. About half of these hospitals are located in general hospitals and half in separate hospitals, which are part of the general hospitals, but all are organizationally part of the general hospital.

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	873.58	49%	9%
Persons staying in community residential facilities at the end of the year	133.94	UN	UN
Admissions to mental hospitals	2.81	UN	UN

Long term care in mental hospitals (% of persons staying):

Data collected in 2011

UN = information unavailable, NA = item not applicable

Less than 1 year	82%
More than 1 and less than 5 years	11%
More than 5 years	7%

HUMAN RESOURCES

Workforce and training

	Health professionals working in the mental health sector Rate per 100,000	Training of health professions in educational institutions Rate per 100,000
Psychiatrists	28.06	UN
Medical doctors, not specialized in psychiatry	UN	9.54
Nurses	UN	UN
Psychologists	UN	5.01
Social workers	UN	UN
Occupational therapists	UN	UN
Other health workers	UN	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	21000	5153
Participation in the formulation/implementation of policy/plan/legislation?	Frequently	Not routinely

MEDICINES

Expenditures for medicines for mental and behavioral disorders at country level

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines ¹	3,587,735
Medicines used for bipolar disorders ²	132,717
Medicines for psychotic disorders ³	2,022,457

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

Data collected in 2011

UN = information unavailable, NA = item not applicable

Medicines used for general anxiety ⁴	467,017
Medicines used for mood disorders ⁵	965,516

INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	No	No	No
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	Yes	No	No
Persons treated in mental health outpatient facilities	No	No	No
Contacts in mental health outpatient facilities	Yes	Yes	No
Persons treated in mental health day treatment facilities*	No	No	No
Admissions in general hospitals with psychiatric beds	No	No	No
Admissions in mental hospitals*	No	No	No
Days spent in mental hospitals*	Yes	Yes	Yes
Admissions in community residential facilities	No	No	No

* Admissions are not collected/reported but discharges are collected/reported.

OTHER INFORMATION

The Finnish governance system is decentralised. The municipalities have the responsibility of organising all the health services including mental health services.

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable