



GENERAL INFORMATION

Norway is a country with an approximate area of 324 thousand square kilometers (UNO, 2008). The population is 4,855,315 and the sex ratio (men per hundred women) is 100 (UNO, 2009). The proportion of the population under the age of 18 years is 23% and the proportion above age 60 is 15% (UNO, 2009). The life expectancy at birth is 78 years for males and 83 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 72 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 9.72% and the per capita government expenditure on health (PPP int. \$) is \$3779.0 (WHO, 2006). The suicide rate for males is 16.8 per 100,000 population and for females is 6.0 per 100,000 population. In Norway, neuropsychiatric disorders are estimated to contribute to 34.7% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 2006. Mental health is also specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2011. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- Funding allocation for the implementation of half or more of the items in 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 was initiated, or most recently revised, in 1999. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: The Mental Health Reform (1998-2008) was finalized in 2008, and re-evaluated in 2009.

A mental health plan exists as a part of the National health and care plan. The national plan was approved in 2011. Main components include

- Improving and scaling up the municipal mental health services
- Transforming services and resources within the specialized services from hospitals to district psychiatric centres
- Improving the cooperation between the municipal and the specialized mental health services
- Increasing users' participation in the field of mental health

FINANCING

Mental health and mental hospital expenditures by the government health department/ministry are not available.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines but with some restrictions (as ADHD related medicine). In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Official policy permits primary health care nurses and some other professionals with university/high school education to independently diagnose and treat mental disorders within the primary health care, in addition to physicians and psychologist as long as the services are responsible and in line with competence requirements

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 to primary care.

Note: The primary health and care services Act was enforced 1st of January 2012. The Act explicitly addresses the responsibility to the municipalities to provide services for people with mental health problems.

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	175	3.6	100	2.06
Day treatment facilities	UN	UN	UN	UN
Psychiatric beds in general hospitals	UN	UN	UN	UN
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	19	0.39	UN	UN
Beds in mental hospitals	4328	89.1	326	6.71

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	22.1	UN	32.4%
Persons treated in mental health day treatment facilities	3.3	UN	UN
Admissions to psychiatric beds in general hospitals	UN	UN	UN

Data collected in 2011

UN = information unavailable, NA = item not applicable

Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	27.0	UN	UN

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

Less than 1 year	UN
More than 1 and less than 5 years	UN
More than 5 years	UN

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	30.77	1.28
Medical doctors, not specialized in psychiatry	82.0	UN
Nurses	120.88	61.60
Psychologists	0.45	4.74
Social workers	UN	UN
Occupational therapists	UN	UN
Other health workers	23.8*	NA

* the statistics do not differentiate between these categories in specialized health service statistics

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	frequently	frequently

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	3,868,359.99
Medicines used for bipolar disorders ²	1,308,861.23
Medicines for psychotic disorders ³	1,198,745.01
Medicines used for general anxiety ⁴	1,223,522.72
Medicines used for mood disorders ⁵	1,171,630.22

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	No	No	No
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	No	No	No
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	No	No	No

Note: Mental health data (either on the public system, private system, or both) have been compiled for general health statistics in the last three years, but not in a specific mental health report.

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable