Estonia

Mental Health ATLAS 2017 Member State Profile

| Total population (UN official estimate) | 1,315,790 |
| WHO Region | |
| Income group | High income |
| Total mental health expenditure per person (reported currency) | 61.67 (€) |

A specific report focusing mental health activities in both the public and private sector has been published by the Health Department or any other responsible government unit in the last two years.

MENTAL HEALTH SYSTEM GOVERNANCE

| Mental health policy / plan | Stand-alone policy or plan for mental health: |
| Year of policy / plan | 2016 |
| The mental health policy / plan contains specific indicators or targets against which its implementation can be monitored | Yes |
| Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line) | 4 |
| Plan or strategy for child and/or adolescent mental health | Yes |
| (Year of policy / plan) | 2012 |

Multilevel Collaboration

There is ongoing collaboration in the area of mental health with Service users and family or caregiver advisory groups.

RESOURCES FOR MENTAL HEALTH

Mental health financing

The care and treatment of persons with major mental disorders (psychosis, bipolar disorder, depression) included in national health insurance or reimbursement schemes in your country:

- Yes

How the majority of persons with mental disorders pay for mental health services:

- The government's total expenditure on mental health as % of total government health expenditure: 2.92%

Human resources for mental health

Total number of mental health professionals (gov. and non-gov.)

- 963

Total mental health workers per 100,000 population

- 71.67

Total number of child psychiatrists (gov. and non-gov.)

- None or not reported

Mental health workforce (rate per 100'000 population)

- Psychiatrists: 16.10
- Child psychiatrists: 1.00
- Other specialist doctors: None or not reported
- Mental health nurses: 23.48
- Psychologists: 4.66
- Social workers: 0.53
- Speech therapists: 0.30
- Social workers: 24.24

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

Outpatient care (total facilities)

- Mental health outpatient facilities attached to a hospital: 19
- "Community-based / non-hospital" mental health outpatient facility: 168
- Other outpatient facility (e.g. Mental health day care or treatment facility): 226
- Outpatient facility specifically for children and adolescents (including services for developmental disorders): 8
- Other outpatient services for children and adolescents (e.g. day care): None or not reported

Outpatient care (per 100,000 population)

- Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital: 1,430.8
- Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility: None or not reported
- Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility): None or not reported
- Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents (including services for developmental disorders): None or not reported
- Number of visits made by service users in the last year in other outpatient services specifically for children and adolescents (e.g. day care): None or not reported

Inpatient care (total facilities)

- Mental hospitals:
  - 2
- Psychiatric units in general hospitals:
  - 9
- Forensic inpatient units:
  - 1
- Residential care facilities:
  - 46
- Inpatient facility specifically for children and adolescents:
  - 3

Inpatient care (per 100,000 population)

- Mental hospital beds / annual admissions: 8.74 / 103.20
- General hospital psychiatric unit beds / annual admissions: 58.44 / 103.20
- Forensic inpatient unit beds / annual admissions: 4.08 / 103.20
- Residential care beds / annual admissions: 20.44 / 133.14
- Child and adolescent specific inpatient beds / annual admissions: 5.02 / 133.14

MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes

- Yes

Programme examples

- Mental Health Strategy
- The National Health Plan 2009–2020

Category of programme

- Mental Health awareness/prevention/anti-stigma
- Other (e.g. refugees)

Scope of programme

- National
- Regional

Programme Management

- NGO
- Government

Note: Suicide mortality rates - computed using standard categories, definitions and methods - are reported to facilitate comparisons over time and between countries, and may not be the same as official national estimates.