

Mental Health Atlas 2024

Country profile

Estonia

Total population (UN official estimate) ¹ :	1 367 194	WHO Region ² :	EUR
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MENTAL HEALTH INFORMATION

National mental health survey in last 10 years:	Yes	Nation-wide digital health records system:	Yes
Mental health report published in last 2 years:	Yes	Unique service user IDs in place:	Yes

MENTAL HEALTH SYSTEM GOVERNANCE AND FINANCING

Mental health policies and plans		Mental health legislation and standards	
Stand-alone policy or plan for mental health:	Yes	Stand-alone law for mental health:	Yes
(Year of policy / plan):	2022	(Year of law):	2023
Compliance of policy / plan with human rights (5-point checklist; 5 = fully in line) ³ :	4	Compliance of law with human rights (5-point checklist; 5 = fully in line) ⁴ :	3
Financial resources estimated and allocated for implementation of the policy/plan:	Fully	A functioning authority exists to assess compliance of mental health legislation with human rights standards:	Yes
Human resources estimated and allocated for implementation of the policy/plan:	Fully	Redress mechanism to address grievances and other issues related to quality standards or human rights:	Yes
Specified indicators or targets against which its implementation can be monitored:	No	A registry exists to record incidents of seclusion and restraints:	No
Mental health policy/plans across the life-course			
Stand-alone or integrated mental health policy or plan for children / adolescents:	Yes	Stand-alone or integrated mental health policy or plan for older adults:	Yes
Policies and plans to prevent suicide and address stigma			
Specific suicide prevention strategy:	Yes	Specific anti-stigma strategy:	No
Mental health and psychosocial support (MHPSS) in emergencies			
MHPSS system exists for emergency preparedness and/or disaster risk management:	Yes	If yes, dedicated financial & human resources allocated for MHPSS components of emergency preparedness / disaster risk management	Yes
Financial protection policies for mental health			
Mental health care and treatment included in publicly-funded financial protection schemes:		What do majority of people with mental health conditions pay towards the cost of:	
- Psychosis and bipolar disorder	Yes	- Mental health inpatient services	0-5%
- Depression and anxiety:	Yes	- Mental health outpatient services	0-5%
Dedicated budget line for mental health?	-	- Psychotropic medicines	0-5%
		- Psychological therapies	0-5%
Mental health expenditure			
Government mental health expenditure per capita (reported currency):	-	Government expenditure on mental health (% of total government health expenditure)	-

¹ UN, 2019. World Population Prospects. <https://population.un.org/wpp/>

² **WHO Regions:** AFR – African; AMR – Americas; EMR – Eastern Mediterranean; EUR – European; SEAR – South-East Asia; WPR – Western Pacific.

³ **Policy/plan compliance with human rights instruments** includes 5 self-reported checklist items: 1) community-based care; 2) protection of rights of users & at-risk groups; 3) full range of supports for independent living; 4) recovery & user-driven plans; 5) user participation in decision-making (5 = fully in line)

⁴ **Law compliance with human rights instruments** includes 5 self-reported checklist items: 1) community-based care; 2) protection of human rights & legal capacity; 3) Informed consent; 4) ≥2 of: voluntary admission protections / prevention of seclusion-restraint / complaints procedures; 5) Regular human rights inspections (5 = fully in line)

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MENTAL HEALTH WORKFORCE

Mental health workers (adult services)	No. per 100 000 population	Distribution of mental health workforce  - Psychiatrists (18.9%) - Mental health nurses (30.8%) - Psychologists (33.7%) - Social workers (9.7%) - Other mental health workers (6.9%)
Psychiatrists	15.2	
Mental health nurses	24.7	
Psychologists	27.1	
Social workers	7.8	
Other mental health workers	5.6	
Total mental health workers	80.4	

Mental health workers (child and adolescent)	No. per 100 000 population	Training of primary care workers in mental health	
Child and/or adolescent psychiatrists	6.2	Primary care workers receive training on management of mental health conditions:	Yes
Total child / adolescent mental health workers	6.2	Mental health specialists undertake training / supervision of primary care workers:	No

MENTAL HEALTH PROGRAMMES AND SERVICES

Mental health promotion and protection programmes			
School-based mental health programme	Yes	At least two functioning programmes (3 point checklist score; ≥ 2 = Yes) ⁵	Yes
Work-related mental health programme	Yes		

Integration of mental health into primary health care			
Essential medications for mental health conditions available in primary care facilities	> 75%	Functional integration of mental health into primary care (5 self-reported checklist items; ≥ 4 = functional integration) ⁶	2
Psychosocial interventions for mental health conditions available in primary care facilities	< 10%		

Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)	
Mental health outpatient facilities attached to a hospital	2	Visits in last year to mental health outpatient facilities attached to a hospital	0.59
Community-based mental health outpatient facilities	-	Visits in last year to community-based mental health outpatient facility	-
Outpatient facilities specifically for children and adolescents	1	Visits in last year to outpatient facilities specifically for children and adolescents	1 839.93

Inpatient care (total facilities)		Inpatient beds / annual admissions (per 100 000 population)	
Psychiatric hospitals	2	Psychiatric hospital beds / admissions	13.17 / 132.75
Psychiatric units in general hospitals	6	General hospital psychiatric unit beds / admissions	28.53 / 485.30
Community residential facilities	-	Community residential beds / admissions	- / -
Inpatient facilities specifically for children and adolescents	1	Child and adolescent inpatient beds / admissions	5.48 / 164.28

Psychiatric hospitals		Psychiatric hospitals (length of stay)	
Total number of admissions	1 815	Inpatients staying less than 1 year	-
Involuntary admissions	93	Inpatients staying 1-5 years	-
Follow-up of people with mental health condition discharged from hospital in the last year (discharged persons seen within a month)	25% or less	Inpatients staying more than 5 years	-
		Percentage of inpatients staying less than 1 year out of total number of inpatients	-

⁵ **Integration of mental health in primary care** includes 5 self-reported checklist items: 1) national guidelines adopted; 2) psychoactive medications available in primary care; 3) psychosocial care available in primary care; 4) primary care workers trained; 5) specialists support training/supervision. (≥ 4 = functional integration)

⁶ **Functional mental health promotion and prevention programmes** includes 3 self-reported checklist items: 1) dedicated financial & human resources; 2) defined plan for implementation; 3) documented evidence of progress and/or impact. (≥ 2 = functioning programme)