

Mental Health ATLAS 2017 Member State Profile

Estonia

Total population (UN official estimate): ^a	1,315,790	Burden of mental disorders (WHO official estimates)	
WHO Region:	EUR	Disability-adjusted life years (per 100,000 population) ^c	5,639.66
Income group: ^b	High income	Suicide mortality rate (per 100,000 population) ^d	17.8
Total mental health expenditure per person (reported currency)	41.47 EUR		
Availability / status of mental health reporting	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		Mental health legislation	
Stand-alone policy or plan for mental health: (Year of policy / plan):	Yes 2016	Stand-alone law for mental health: (Year of law):	Yes 2015
The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored	Yes	The existence of a dedicated authority or independent body to assess compliance of mental health legislation with international human rights	Exist and provides irregular inspections of facilities and partial enforcement of mental health legislation
Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)	4	Law is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)	None or not reported
Plan or strategy for child and/or adolescent mental health (Year of policy / plan):	Yes 2012		

Multisectoral Collaboration	
There is ongoing collaboration in the area of mental health with Service users and family or caregiver advocacy groups	No

RESOURCES FOR MENTAL HEALTH

Mental health financing		Mental health workforce (rate per 100'000 population)	
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	Psychiatrists	16.19
How the majority of persons with mental disorders pay for mental health services	Persons pay nothing at the point of service use (fully insured)	Child psychiatrists	1.00
The government's total expenditure on mental health as % of total government health expenditure	2.90%	Other specialist doctors	None or not reported
		Mental health nurses	23.48
		Psychologists	6.46
		Social workers	0.53
		Occupational therapists	0.46
		Speech therapists	0.30
		Other paid mental health workers	24.24

Human resources for mental health	
Total number of mental health professionals (gov. and non-gov.)	943
Total mental health workers per 100,000 population	71.67
Total number of child psychiatrist (gov. and non-gov.)	None or not reported

In case a mental health workforce appears as 0.0, it has either not been reported by the Member State or is zero.

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

Outpatient care (total facilities)		Outpatient care (per 100,000 population)	
Mental health outpatient facilities attached to a hospital	19	Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital	1,428.8
"Community-based / non-hospital" mental health outpatient facility	168	Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility	None or not reported
Other outpatient facility (e.g. Mental health day care or treatment facility)	226	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
Outpatient facility specifically for children and adolescents (including services for developmental disorders)	8	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
Other outpatient services for children and adolescents (e.g. day care)	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)		Inpatient care (per 100,000 population)	
Mental hospitals	2	Mental hospital beds / annual admissions	8.74 / 153.29
Psychiatric units in general hospitals	9	General hospital psychiatric unit beds / annual admissions	58.44 / 153.29
Forensic inpatient units	1	Forensic inpatient unit beds / annual admissions	6.08 / 153.29
Residential care facilities	46	Residential care beds / annual admissions	20.44 / 153.14
Inpatient facility specifically for children and adolescents	3	Child and adolescent specific inpatient beds / annual admissions	5.02 / 153.14
Mental hospitals		Mental hospitals (length of stay)	
Total number of inpatients	603	Inpatients staying less than 1 year	99.2%
Admissions that are involuntary	2811	Inpatients staying 1-5 years	0.8%
Follow-up of people with mental disorder discharged from hospital in the last year	More than 75% of discharged inpatients received a follow-up outpatient visit within one month	Inpatients staying more than 5 years	None or not reported
Treated prevalence (total cases)		Treated prevalence (per 100,000 population)	
Treated cases of severe mental disorder	19,801	Treated cases of severe mental disorder	1,504.88

MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes	Yes	Existence of a suicide prevention strategy [i.e. as a stand-alone document or as an integrated element of the national policy/plan adopted by government]	No
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Programme examples	Category of programme	Scope of programme	Programme Management
Mental Health Strategy	Other (e.g. refugees)	National	NGO
The National Health Plan 2009-2020	Mental health awareness/prevention/anti-stigma	National	Government

^a UN World Population Prospects, 2015; <http://esa.un.org/unpd/wpp/>

^b World Bank Income Groups, 2016 (<http://databank.worldbank.org>)

^c WHO Global Health Estimates; http://www.who.int/healthinfo/global_burden_disease/en/

^d WHO, 2018: World Health Statistics data visualisation dashboard; <http://apps.who.int/gho/data/>

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.