

THE FINNISH CENTRAL ASSOCIATION FOR MENTAL HEALTH

- The Finnish Central Association for Mental Health is a support and advocacy organisation promoting the rights of people living with and recovering from mental health problems.
- The Association consists of 170 local chapters with 19 000 members.
- The members are mostly people recovering from mental health problems, their friends and relatives but also professionals and volunteers interested in mental health issues. The Association is the largest of its kind in Europe.
- Established in 1971



Mielenterveyden
keskusliitto

MEMBERS OF THE ASSOCIATION

- The Association represents and voices the concerns and needs of people with psychiatric problems at local and national level.
- The cornerstones of our operation are a focus on the needs of people with psychiatric problems and the – expressed through the experiences of people with personal experience of psychiatric illnesses and mental disorders – that it is possible to recover and regain a meaningful and purposeful life.



Mielenterveyden
keskusliitto

SUPPORT

- We provide support for people with mental health problems to find the resources needed to make headway in life.
- The Finnish Central Association for Mental Health and its local chapters form an open nationwide support network for people living with mental health problems. The Association's core task is to support the local chapters through the sharing of experiences and peer support.



Mielenterveyden
keskusliitto

GOALS

- We seek to increase acceptance, tolerance and understanding towards people with mental health problems.
- We emphasise equal rights and full citizenship for all people. Everyone is entitled to a full, meaningful and purposeful life with equal opportunities and responsibilities regardless of their state of health.
- Appropriate care, treatment and rehabilitation should be available to all when it is needed. Good mental health care is based on humane treatment and a decent and respectful environment.



Mielenterveyden
keskusliitto

FULL PARTISIPATION

- Recovery from mental health problems is not possible without sufficient social and other basic services that make it possible for people to function in their everyday life. This should be the right of all people living with and recovering from mental problems.
- We are striving towards a society where everyone has the possibility to participate in society without limitations.



Mielenterveyden
keskusliitto

THE FINNISH ASSOCIATION FOR MENTAL HEALTH PROVIDES

- Dozens of rehabilitation courses annually.
- Rehabilitation counselling services at the Propelli information and guidance centres in Helsinki, Turku and Kuopio, as well as in the municipalities offering supported housing, Jyväskylä, Rovaniemi and Vantaa.
- Legal and social advice.
- Supported education and training.



Mielenterveyden
keskusliitto

THE FINNISH ASSOCIATION FOR MENTAL HEALTH PROVIDES

- facts and skills to facilitate a return to working life
- advice for apartment repair
- supported holiday opportunities for individuals and families
- travel at a reduced price



Mielenterveyden
keskusliitto

FAMILY

- The work is always done from the standing point of the family and its own goals.
- The everyday life is consisting of activities and situations that promote mental health and wellbeing.
- By strengthening the families own doings we can help them to realize the power there is in their own family. Empowering the family itself brings diversity and meaning to everyday life.



Mielenterveyden
keskusliitto

FAMILY

- The work is always done from the standing point of the family and its own goals.
- The everyday life is consisting of activities and situations that promote mental health and wellbeing.
- By strengthening the families own doings we can help them to realize the power there is in their own family. Empowering the family itself brings diversity and meaning to everyday life.



Peer counselling
is one of the central
means of the work.



Mielenterveyden
keskusliitto

THE FINNISH CENTRAL ASSOCIATION FOR MENTAL HEALTH

- Budget 2013 4 million euros/RAY
- The main purpose of Finland's Slot Machine Association (RAY) is to raise funds through gaming operations to promote Finnish health and welfare.

THE FINNISH CENTRAL ASSOCIATION FOR MENTAL HEALTH

- 170 local chapters, 19 000 members
- 45 financed by RAY
- 1/3 annual budget < 4 500€
- 1/3 annual budget < 2 500€

THE FINNISH CENTRAL ASSOCIATION FOR MENTAL HEALTH – ORGANISATION

- Board of member chapters, every 3rd year
- Next 2014
- Election of chairman and board of MTKL
1+8
- Election of chairman and council of MTKL,
1+25

THE FINNISH CENTRAL ASSOCIATION FOR MENTAL HEALTH – FUTURE OF THE LOCAL CHAPTERS

- Pressure of the administration, joining of the cities and communities
- 430 communities in 2002
- 320 communities 2013
- Half of communities less than 6000 inhabitants
- Only 8 cities over 100 000 inhabitants
- What happen to the local chapters?