

Icelandic mental health policy and action plan

Gudrun Sigurjonsdottir
Ministry of Welfare



National health policy and plan

- » The first National Health Policy was agreed upon for the years 1990 – 2000
- » The second National Health Policy, The Icelandic National Health Plan was agreed upon to the year 2010
- » A third National Health Policy is in the pipeline and will be submitted the second time to the Parliament this winter.



- » A Parliamentary resolution about a comprehensive mental policy with an action plan for the next four years.
- » The resolution was agreed upon in January 2014
- » A proposal is to be submitted to the Parliament in the spring session 2015



The main emphases of the resolution

- » Mental health promotion and prevention of mental health problems
- » Strengthen primary care
- » Integration of services
- » Communal approach
- » Empowerment



People that need special attention

- » Children and youth
- » Elderly citizens
- » People with multiple problems
- » People with psycho social disabilities
- » Marginalized groups such as prisoners and asylum seekers



- » Allocation of funds should be in proportion to the size of the mental health problems relative to other health and social problems.



Preparation for a mental health policy

- » A steering group
- » Subgroups:
 - 1. Mental health promotion and prevention of mental health problems.
 - 2. Treatment, primary care services, integration of services between different stages in the treatment and between sectors.
 - 3. Vulnerable groups, children, elderly and marginalized groups.
 - 4. Prejudice and inequality.
 - 5. People with psycho - social disabilities – their rights and health and social services.



- » A meeting to introduce the work in the next months along with discussions, questions and answers:
 - October 17th at 13.00 – 16.00 hours.
 - Grand Hotel
 - Open for all interested



Thank you for your attention

