

**Major Groups and other Stakeholders Questions and Answers as part of the Voluntary National Review of Estonia at the High-Level Political Forum on Sustainable Development under the auspices of the Economic and Social Council**

New York, 31 July 2020

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**Question – What measures are being taken in order for minors to access psychological help independently?**

**Answer –** First we must make a difference between psychological help and psychiatric help.

- Psychological help is not a regulated field per se. There are no limitations or regulations, meaning that minors can get psychological help independently.
- Psychiatric help, however, is regulated to the extent by law that does not let a minor get psychiatric treatment without parent's allowance. The parliament launched a new law, which would change the previous one. This is still not completed, as of now. The draft states that minors can independently get psychiatric help, which was not possible before.

Ministry of Social Affairs published a mental health green book in 2020, where one of the goals is to put more effort to preventing mental health problems and discovering the problems as soon as possible. In autumn, the same document will be under discussion in the Government.

The availability of mental health help has considerably improved in Estonia. Psychological help is available in more than half of all new health centres. Cooperation with special medical doctors and general practitioners has improved. There is now a therapy fund, for the doctors to direct the patient to a clinical psychologist or use e-consultations with psychiatrists, to get a better overview of the possible diagnosis and the following treatment.