

Health Service Executive/the National Office for Suicide Prevention, the Department of Education and Skills/the National Educational Psychological Service and the Department of Health and Children.	
Other information	Website: https://www.education.ie/en/ Social media: - Twitter Available in English.
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v. Mielen hyvinvointi - Finland

Organisation	The Finnish National Agency for Education funded the project with ESR funding. The project was managed by Keskuspuiston ammattiopisto vocational institution, and Suomen Mielenterveysseura organisation acted as specialist.
Location and timing of practice	The project was implemented in Finland in 2012-2014, and the participating institutions were located in the capital area (e.g. Helsinki, Vantaa) and a few other cities in Southern Finland (e.g. Tampere).
Title and link to resource	Mielen hyvinvointi (Mental wellbeing) dissemination project
<p>Objective:</p> <p>In Mielen hyvinvointi dissemination project, training and materials for secondary level institutions were developed. This was to help institutions support young people with mental health issues and teach skills related to mental wellbeing in order to create an overall supportive learning environment.</p>	
<p>Detailed content:</p> <p>In the project, a Hyvinvoiva oppilaitos (“Well-being institution”) model was developed, which consists of learning mental health skills, recognising and strengthening resources and building a community culture and safety network in the institutions.</p> <p>The practical work was done by organising national and institution-specific Hyvinvoiva oppilaitos trainings for teachers and personnel at the institutions. In addition, discussion</p>	



forums, consulting and workshops were offered as a part of the project. The extensive material developed in the project can be used in group sessions and career guidance in secondary level institutions. The guide and material packages are available [here \(in Finnish\)](#).

Evaluation of results:

Even though there are no exact numbers available, there were many cooperating institutions involved in the project: Finnish National Agency for Education, Keskuspuiston ammattiopisto VET institution, Suomen Mielenterveysseura organisation, Leppävaara high school, Niilo Mäki Institute, Optima institution, Sataedu vocational education centre, Business College Helsinki, Tampere University of Applied Sciences Teacher Training Centre (Tampereen ammatillinen opettajakorkeakoulu) and Vantaan vocational institution Varia. These large institutions ensured that the results were widely disseminated.

The Hyvinvoiva oppilaitos (“Well-being institution”) model and training material is very comprehensive and therefore it is transferable and can be used in many different education and training situations and utilised by mental health experts in their daily work with young people.

What makes it a good/best practice?

There were many institutions involved from teacher training institutions to vocational training institutions and expert organisations, and therefore the results of the project were well disseminated. The Hyvinvoiva oppilaitos (“Well-being institution”) model and training material are comprehensive and innovative support materials, and can be used in varied education and training situations by mental health experts and career advisers working with young people.

Other information	Project website Materials available Available in Finnish.
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vi. Manual for preventative work with adolescents - Slovenia

Organisation	The National Institute of Public Health
Location and timing of practice	This manual was created in 2019 in Slovenia and updated from the 2010 version with additional resources, adapted activities and newer information. It is freely available online.

