

What is common understanding of mental health in your community?

Most people in Sweden are familiar with mental health and know some of the most common mental health problems such as depression, anorexia, alcoholism, bipolar disorder, ADHD and more. It is common to teach about mental health in schools and therefore most citizens are informed.

Support systems and organisations that help raise awareness of Mental Health in Sweden

There are psychologists and nurses at schools where students can turn to if they need to talk to somebody. What is told to the psychologists and nurses remains confidential and so no one except the student him/herself can demand to know what has been said. There are also several organisations that work with mental health issues but none that have actively been working with raising awareness.

The government is also a support system, financially, for families or people with mental health issues or any other health issues that would require extra assistance. They are known as flex- services and provide for example transportation from and to school.

What kind of support is provided in your communities for youngsters when it comes to mental health issues?

Ungdomsmottagningen is a place for young people up to the age of 25 where they can ask questions ranging from questions about puberty, sexuality, identity or about mental health. It is a confidential place that creates a safe zone for young people.

There is also BRIS (Children's right in society) that works with making sure that every child in the country has the same rights. For older people, there are hospitals, psychiatrists and a number 1177 that you can dial where they tell you who you can turn to in terms of different health issues.