



NYITI RY

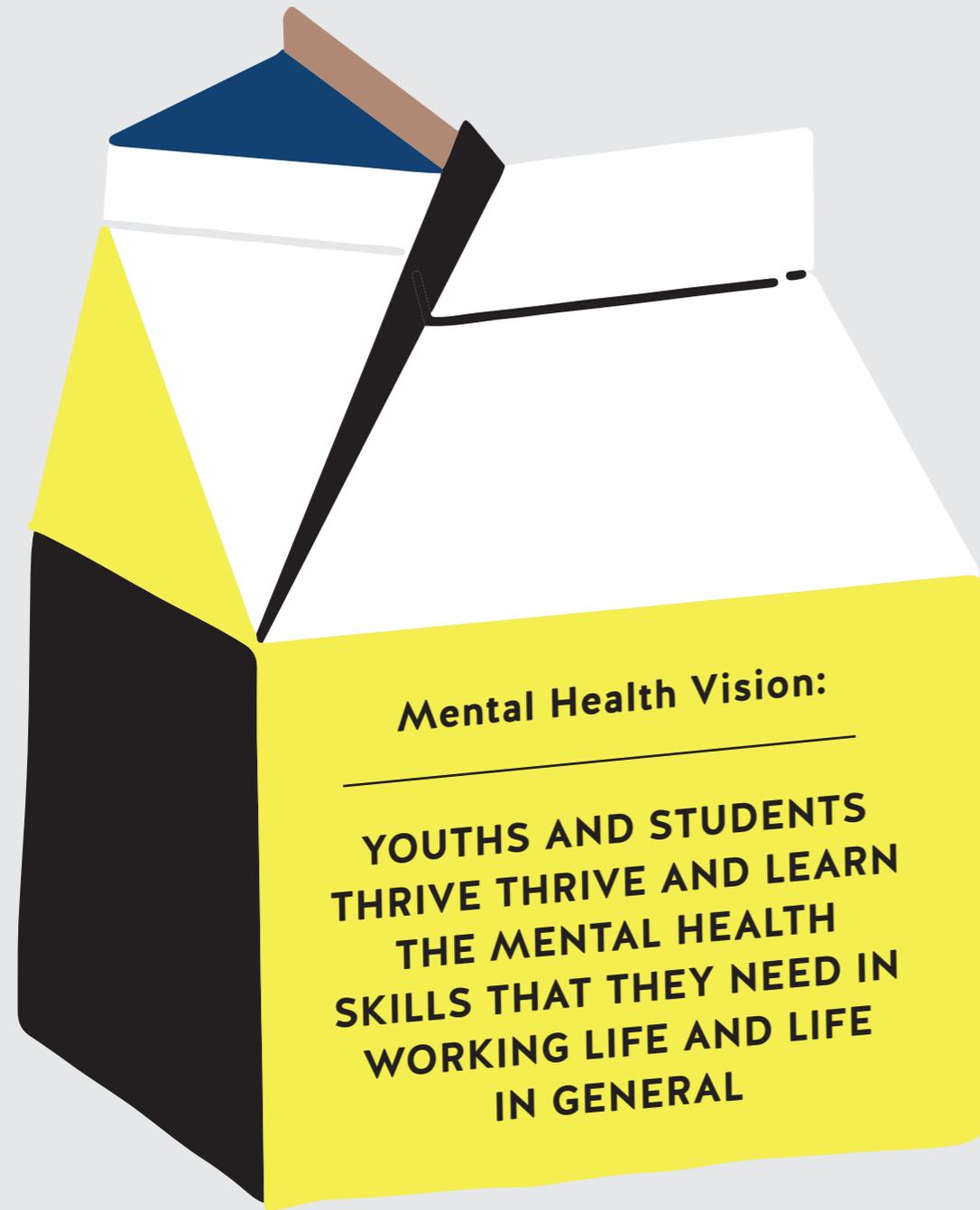
# SOLUTIONS FOR FUTURE WORK ABILITY

**Procedural Plan for Promoting  
Youth's and Students' Mental Health**

## **NYITI'S IMPACT STRATEGY**

Founded in 1984, Nyyti ry is an expert association in youths' and students' mental health. Nyyti works in close cooperation with student associations.





**T**he modern paradigm shifts in working life and the task of ensuring workers' wellbeing pose great challenges for our society. Promoting and strengthening mental health and students' study ability are solutions that aim to ensure the work ability of our future workforce.

The years that people spend as students play a major role in internalizing work life skills. Improvements are needed in youths' and students' mental health skills, skills of self-monitoring, and skills required to maintain a community that copes well with work-related stress. Both educational institutions' and study communities must support a shared feeling of unity by building an atmosphere of caring for one another in which fewer people feel excluded and lonely. The integration of mental health skills into curriculums is a direct investment into improved wellbeing in working life. There should also be ample opportunities for people to update their mental health skills during the constant learning process in which people engage over the course of their careers.

Efforts to reduce prejudice towards mental health issues and to build an open societal atmosphere of discussion must be regarded as key goals. Mental health is a basic human right and a fundamental resource for a sustainable society. Furthermore, mental health skills are citizenship skills that can be taught and learned.



# GOALS AND 10 SOLUTIONS - THIS IS HOW WE DO IT!

Our impact goals comprise the changes needed in our society in order to strengthen youths' and students' mental health, study ability, and work ability. The following solutions realize these goals, and some background information is provided for each section as well.

## Goal 1

### STUDY COMMUNITIES PROMOTE MENTAL HEALTH

#### SOLUTIONS:

1. Educational environments are built to be socially, mentally, and physically safe: Educational institutions make a commitment to promoting the principles of safe spaces and work with students to realize these ideas.
2. Education organizers invest in high-quality student counseling and services that support students' study ability. Digital services especially should be developed further and utilized in maintaining a good study ability and guiding students towards these services.

**MENTAL HEALTH ISSUES** *are the primary cause of youths' low study ability and inability to study. Communities at educational institutions and institutions of higher learning have been shown to experience increasing amounts of mental strain and feelings of exclusion and loneliness. Study communities and teaching activities currently fall short of an operational culture that supports a sense of community, compassion, and mental wellbeing.*

## Goal 2

### LEARNING MENTAL HEALTH SKILLS DURING TRAINING

#### SOLUTIONS:

3. Teacher training addresses the teaching of mental health skills and provides future teachers with tools for considering and supporting different learners. An understanding of mental health is a tool for upper-secondary level and higher-education-level teachers, and the promotion of mental health skills should be considered on all levels of decision-making in the study community.
4. Study communities' ability to promote mental health is supported and reinforced. Interaction between study communities and wellbeing advocates, meaning both professionals and wellbeing-focused actors in student associations, is effective, and the parties can work together in Swedish and English as well.

**STUDY COMMUNITIES** *need information and an understanding of mental health issues and their effects on people's study ability. In order to take students' personal circumstances and special needs into account, teaching and guidance staff needs to be better prepared.*

### Goal 3

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## ADEQUATE INCOME PROTECTS MENTAL HEALTH

### SOLUTIONS:

5. Social benefits for students need to be sufficient, and the system must be flexible when faced with different life circumstances.
6. Upper secondary education should be truly free of charge.

**WORRIES OF SUBSISTENCE** and insufficient finances affect mental health. If students exhaust themselves in seeking a livelihood during their school and student years, it becomes more difficult for them to cope with work-related stress once they enter working life. Equal opportunities to pursue an education are essential in protecting youths' mental health. Even after basic education, further education is not truly available to everyone, which leads to inequality among youths. Education contributes to individuals' mental health and helps reduce socioeconomic differences in people's mental health.



### Goal 4

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## WELL-FUNCTIONING MENTAL HEALTH SERVICES FOR EVERYONE

### SOLUTIONS:

7. The availability of early-stage mental health services should be improved. Immediate Access to Therapy (Terapiatakuu) would make health services more accessible and would form an effective base for Finland's mental health services.
8. Well-operating service strings should be built by developing functional models of cooperation between student services, student health services, and other public social and healthcare services.
9. The gap in youths' wellbeing and health are actively abridged. More efforts are made to prevent the onset of mental health issues in non-student youths and adults in addition to students.

**MENTAL HEALTH ISSUES** are the leading health issue in people in the student age group. Mental health issues have increased among students in higher education institutions throughout the 21st century. One in three students suffers from mental health issues. Psychological problems create a significant risk of drop-out and alienation.





## Goal 5

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# A SOCIETY THAT VALUES ITS PEOPLE SUPPORTS THEIR MENTAL HEALTH

### SOLUTION:

10. Every person is valuable just as they are. Efforts must be made towards an open societal atmosphere of discussion to remove the stigma that is attached to mental health and exhaustion.

*THE PROMOTION OF MENTAL HEALTH must include action instead of mere words. We, the signatories, are involved in assuring that Finland will have healthy workers to fill open positions in the corporate and public sectors of working life in the future.*

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### COOPERATION

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