

Piloting a Stepped-Care Model for Mental Health Services



Mental health disorders are widespread in Estonia and are becoming an increasingly serious problem. More than one in four adults (27.6%) are at risk of depression, while one in five (20%) are at risk of generalised anxiety disorder.

At the same time, access to mental health services remains limited, as the current matched-care model has not been able to adapt to growing demand. The system continues to be affected by long-standing challenges, including a shortage of specialists, long waiting times and unequal access to services across regions.

Addressing these issues requires a systematic redesign of services based on the stepped-care approach, together with the introduction of smart solutions.

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Read more (in Estonian): **[Vaimse tervise astmelise abi piloteerimine](#)**

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