

EU-PROMENS Mental Health Exchange Programme

Finland 2026

Agenda Day 1 – 14 April

9:00-10:00	Welcome and introductions of the Finnish team and GFA members
10:00-10:10	Introduction of the Valo-Valmennus Association <i>Jaana, Elsa, Benita, Valo-Valmennus Association</i>
10:10-10:25	Overview of the exchange programme <i>Benita Barman & Elsa Pardonon, Valo-Valmennus Association</i>
10:25-10:30	Eve's special
10:30-11.30	Project Intro & Reimbursement procedure <i>Fiamma Rupp, Valbona Zefi EU-PROMENS</i>
11:30-12:45	LUNCH
12:45-14:45	Finnish (mental) health care system, national mental health strategy and suicide prevention programme <i>Saara Rapeli & Johanna Cresswell-Smith, National Institute for Health and Welfare</i>
14:45-15:15	COFFEE BREAK
15:15-16:00	Local tips, breaking the ice and photos