

Turku University of Applied Sciences

Mental Health Promotion

Research group leader

[Mari Lahti](#)

[vs. Lehtori](#)

[Phone: +358 40 355 0159](#)

[Email: \[etunimi.sukunimi@turkuamk.fi\]\(mailto:etunimi.sukunimi@turkuamk.fi\)](#)

[Group Email: \[mari.lahti@turkuamk.fi\]\(mailto:mari.lahti@turkuamk.fi\)](#)

[Unit: Health and Well-being, Emergency care, Public health nursing and Midwifery](#)

Mental Health Promotion

The research group consists of many vocational experts in Turku University of Applied Sciences. In the core of the research group is promotion of the mental health in the different sectors, with the help of a first-class study and development and innovation work.

The basic idea of the research group is based on a wide view on the mental health and we concentrate to a primary, secondary and tertiary prevention. The promotion of the mental health is operation which supports the coming true of the good mental health and the objective of which is to add strengthening and protective factors.

Mental health and psychiatric nursing

Read more

Under the theme, we concentrate on the field of mental health and psychiatric nursing. We examine and develop the operations of psychiatric hospitals in cooperation with the partners from nurses' as well as patients' points of view and we promote and develop the expertise by experience. We do development work actively for different frames of reference also in the development of "eHealth" applications within mental health work.

Child welfare clinics and mental health within the school health service

Read more

The promotion of mental health takes place in the child welfare clinics as well as school health service. The follow-up of children's psychosocial health belongs to the public health nurse's job description.

The role of the school health service in mental health matters concentrates on prevention and identification, support and referral to treatment of problems. The identification of problems is possible in addition to the physical examinations in the public health nurses' appointments, and also in

free-form interaction with the pupils and in cooperation with student welfare and teachers.

Mental health in working age

Read more

Healthy to work - healthy in work - healthy from work. Under this theme, the different phenomena of working life and their effects and connection to well-being at work and mental health in the different stages of life are examined.

Immigrants' mental health

Read more

Under the theme, immigrants' mental health is examined in different situations in life. The theme will process integration, inclusion, social support of the community and reciprocity at different stages of the immigration process.

Mental health and prenatal care

Read more

Under the theme, we widely concentrate on the questions of mental health, sexual and reproductive health and prenatal care, nationally and internationally. In the centre of the theme are pregnant women, women who have given birth and their families and welfare.

Partners

Read more

Turun kaupunki
Salon kaupunki
Turku yliopistollinen keskussairaala
Helsingin yliopistollinen keskussairaala
Turun yliopisto
Novia
Muut suomalaiset ammattikorkeakoulut
Sateenkaarikoto ry/ Opetuskoti Mustikka
Turun sosiaali- ja terveystoimi
Salon sosiaali- ja terveystoimi
Salon seudun ammattiopisto
Salon SYTY
Salon Sydänyhdistys
V-S Sydänpiiri ry
Elämäntapa ry

Kokemusasiatuntijakoulutus Salon kansalaisopisto
Avustajakeskus
Muistiyhdistys
ITU
FinFami
Mielenterveystyön tutkimus ja kehittäminen ry
Metsähallitus
Luonnonvarakeskus
Terveystieteiden tutkimuskeskus
Kättilöliitto
University of Akureyri, University of Iceland, Iceland
Innland University, Nord University Norway
Uppsala University, Sweden
Dublin City University, Ireland
Cork College University, Ireland
Utrecht university of Applied Science, Netherlands
Hamburg university of applied science, Germany
Essex University, UK
University of Canberra, Australia
University of Zambia, Zambia
Lusaka Apex Medical University, Zambia
University of Pretoria, South Africa
Free State University, South Africa
Stellenbosch University, South Africa
University of Cape Town, South Africa
Mongolian National University, Mongolia
University of West-Attica, Greece
Vives, Belgium
The Lisbon School of Nursing (ESEL - Escola Superior de Enfermagem de Lisboa), Portugal
Klaipeda City Public Health Bureau, Lithuania
Piraeus University of Applied Sciences
Swedish University of Agricultural Sciences, Sweden
Riga Technical University, Latvia
Lund University, Sweden
Asociacija Kurybines ateities idejos, Lithuania
Asociatia Everest, Romania
SSM Global training services LTD, Cyprus
Asociación Emprende Empleo, Spain

Ongoing projects

Read more

1. [MEGA - Building Capacity by Implementing mhGAP Mobile Intervention in SADC Countries](#)
2. Moment - MONGOLIAN MENTAL health Nurse Training: post graduate diploma curriculum development
3. [OnBoard-Med - Harmonization of on Board Medical Treatment, Occupational Safety and Emergency Skills in Baltic Sea Shipping](#)
4. EDDIS - A Digital Program for Sexual Education in Secondary Schools

5. MARJAT - Maahanmuuttajien kotoutumisen edistäminen terveyden ja hyvinvoinnin keinoin
6. YOUME- Mielenterveysasioiden esiin ottaminen maahanmuuttajien keskuudessa
7. Luontoliikuntaa sydämeen
8. [Be Smart Senior \(BESS\)](#)
9. [HOPEA](#)
10. [Taikusydän - The Heart for Arts, Culture and Well-being in Finland](#)
11. [VOIMA](#)

Most recent publications and products

Read more

Reports and other publications

Lahti M., Berg J., Varpula J., Lipponen E., Lantta T., Äärinen A., Soininen P., Sailas E., Kontio R. & Välimäki M. 2018. Hoitajien työturvallisuus psykiatrisen potilaan huone- ja sidontaeristykseen aikana. Turun ammattikorkeakoulun raportteja 248. Turun ammattikorkeakoulu: Turku. ISBN 978-952-216-684-5 (painettu), ISSN 1457-7925 (painettu).

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Lahti M. & Ellilä H. 2015. Collaboration among child protection and mental health care staff: a systematic literature review. Eds. Timonen-Kallio E, Pivoriene J, Smith M. & Fernandes del Valle J. On the borders between residential care and mental health treatment. Reports from Turku University of Applied Science 209. Turku. Finland. ISBN 978-216-558-9.

Lahti M. 2015. Mielenterveyden edistäminen. Edit. Laaksonen C. & Suvivio P. Terveesti nyt ja huomenna - näkökulmia yksilön, yhteisön ja yhteiskunnan terveyden edistämiseen. Turun ammattikorkeakoulun raportteja 219. ISBN: 9789522165916

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Scientific articles

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