

**City of Helsinki**

**Telephone Health Service:**

**+ 358 9 310 10023 ( 24h, 7 days/week )**

**Social and Crisis Emergency Services:**

**+358 9 3104 4222 ( 24h, 7 days/week )**

**The Finnish Association for Mental Health**

**National Crisis Hotline:**

**+358 10 195 202**

**(Mon-Fri 9 a.m.-6 a.m.; Sat 3 p.m.-6 a.m.; Sun 3 p.m.-10 p.m.)**

**[www.hel.fi/en](http://www.hel.fi/en)**

**[www.mielenterveysseura.fi/en](http://www.mielenterveysseura.fi/en)**

**[www.mentalhub.fi](http://www.mentalhub.fi)**



**TURVAPAIKKA-,  
MAAHANMUUTTO- JA  
KOTOUTTAMISRAHASTO**

**Euroopan unionin tuella**



# **Mental Health Services in Helsinki**

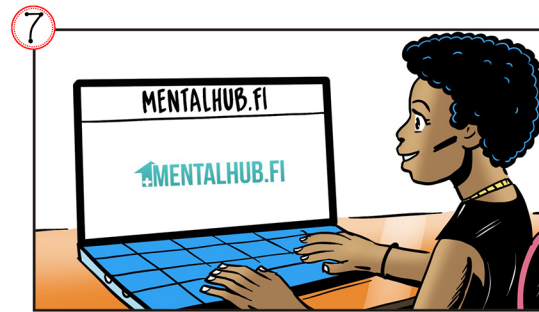




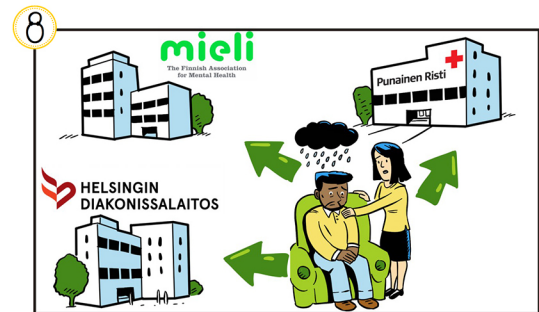
1 Difficult life situations, changes, losses or sudden crises affect mental health and coping.



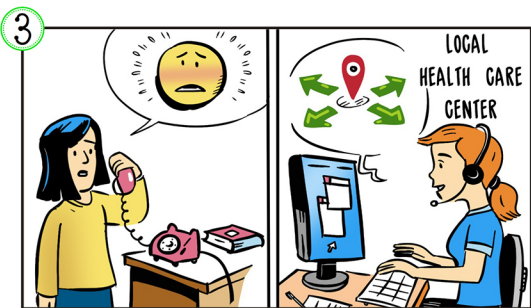
2 In such situations it is good to know how mental health can be cared for, and where to get help and support in Helsinki - if needed, help can be given through an interpreter.



7 On Mentalhub.fi, an open web service for everyone, you can find reliable information about mental health-care and self-care instructions.



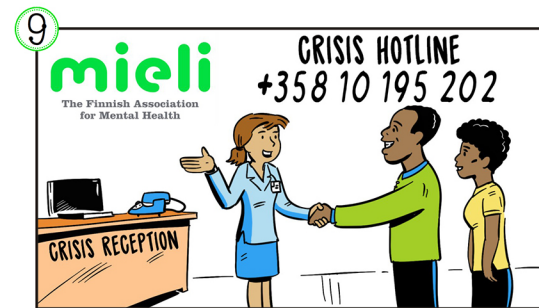
8 Many associations also offer support for different life situations.



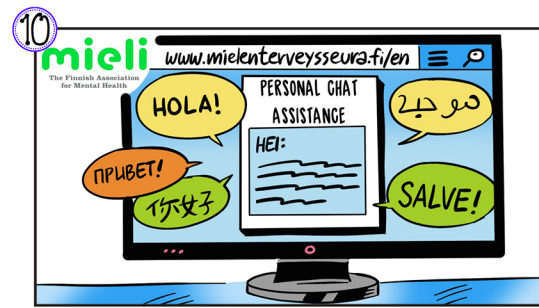
3 When you are concerned about your own or a family member's mental health, you can contact your local health care center and you will be redirected from there if necessary.



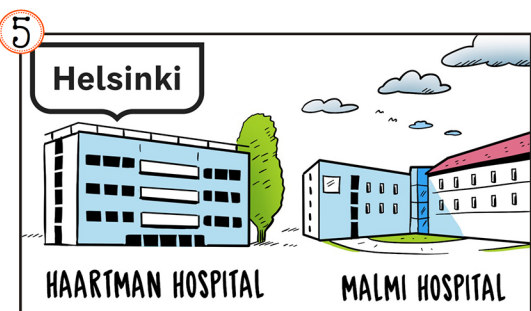
4 You can also call the health counseling of the City of Helsinki. You will get guidance regarding mental health and illness every day at all hours at + 358 9 310 10023.



9 The Finnish Association for Mental Health has a crisis hotline +358 10 195 202 as well as crisis reception by appointment for all those who are in need of urgent help.



10 From the Finnish Association for Mental Health's website, you can find more information about your personal chat assistance, peer support groups, and other support services in different languages.



5 If you cannot wait for help until the next day, go directly to emergency care in Haartman hospital or Malmi hospital. Under 16 year-olds can get help from Children's Clinic emergency care.



6 In a sudden crisis situation, you can call the Helsinki crisis hotline +358 9 3104 4222, where your call will be answered every day at all times.



11 Helsinki health care centers' services are free and near you. You can tell any health care and social service worker about your mental health concerns.



12 They are bound to professional secrecy, and no information is released even to family members without your permission. Help is available - you are not alone.