



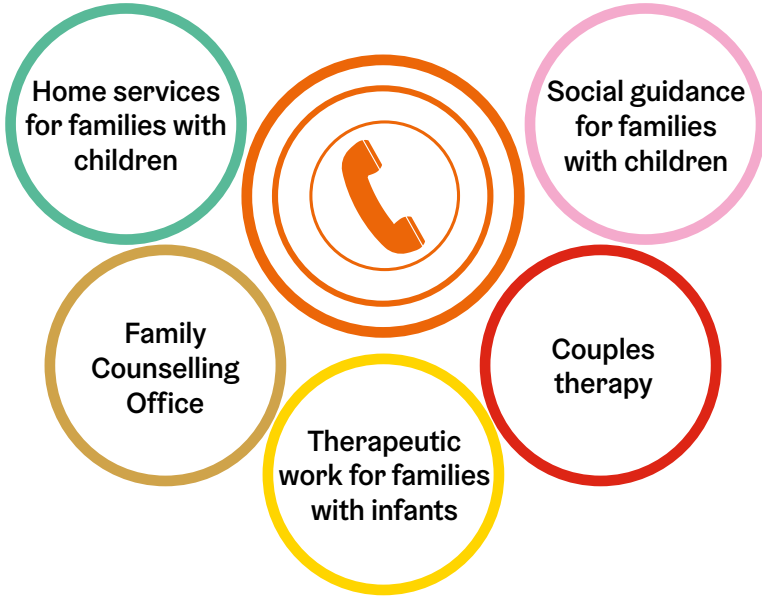
Social services guidance for families with children



Family centres offer low-threshold services for families with small children, teenagers and their parents living in Helsinki.



Social services guidance for families with children, telephone service



Help with everyday challenges

Are you in need of advice, guidance or help concerning your family's everyday life?

If so, please do not hesitate to contact us. We can work out issues with upbringing, parenting and stress in everyday life together.

We can also provide advice on how to cope with teenagers.

Social services professionals will answer your call, so don't hesitate to contact the service numbers.



Family Counselling Office

Upbringing and family guidance services are intended for children between the ages of 0 and 17 and their families. The Family Counselling Office provides help with:

- issues related to the development and upbringing of children and adolescents
- problematic family situations
- crises affecting a child or family.

Therapeutic work for families with infants

Therapeutic work for families with infants may be necessary when the support provided by loved ones or the maternity and child health clinic and other basic services are no longer sufficient. Therapeutic work for families with infants supports expecting families and families with a child under the age of one with, for example:

- anxiety or concerns during pregnancy or after childbirth
- difficulties related to interacting with the baby
- a frequently crying, restless or difficult to calm down infant
- problems related to sleeping and feeding
- problems in the family's private life and everyday coping.

Couples therapy

Couples therapy is meant for families that have problems related to the parents' relationship.

Such problems can include:

- relationship crises in the family's different development stages
- interaction and communication difficulties in the relationship
- infidelity and the risk of separation
- patchwork family problems.



Social guidance for families with children

Social guidance for families with children is support, guidance and advice intended for families with children between the ages of 0 and 16 in relation to

- various situations in life
- parenting and upbringing issues
- sleep guidance
- parenting challenges and fatigue
- school absences.

Home services for families with children

A need for home services might arise if:

- you need support in taking care of and bringing up your children
- you need tangible help for a smoother everyday life
- you are concerned about your own coping
- a parent in the family is mentally or physically ill
- you need temporary child care services so you can take care of personal matters.



The ‘Need help?’ button

If you feel overwhelmed at home with your family, click on the ‘Need help?’ button! The button offers a low-threshold way of requesting help and the right kind of support for your family. We will help you in taxing life situations and with upbringing challenges related to children both big and small. The button is available 24/7. After pressing the button, you will be contacted by social welfare professionals within three working days.

Thanks to the ‘Need help?’ button, you as a customer do not need to know which service is best suited for your family: the professionals will make these determinations for you.

The ‘Need help?’ button is available at: www.hel.fi/perheentuki





Social services guidance for families with children, telephone service

09 3101 5454

Mon–Fri 9:00–12:00

you can also reach Swedish-speaking workers via
the same number on Mondays 9:00–12:00

**The service hours for home services for families
with children are 8:00–13:00**

(changes to appointments 7:00–13:00)

Helsinki

**THE CITY OF HELSINKI'S SOCIAL SERVICES
AND HEALTH CARE DIVISION**

Family and Social Services

www.hel.fi/sote/en