

When you need help in a crisis

MIELI crisis helpline **tel. 09 2525 0111**

provides crisis assistance anonymously and confidentially. Crisis helpline operates around the clock, every day of the year.

- Swedish speaking line, Crisis helpline,
tel. 09 2525 0112
- English speaking line **tel. 09 2525 0116**
Fridays 9–13

Social and crisis emergency **tel. 09 419 15800**

provides acute help in cases of sudden crises, such as the sudden death of a loved one, violence, serious injury/illness or fire.

NOLLALINJA **tel. 0800 005 005**

provides help for victims of intimate partner violence and violence against women.

Things to do during weekdays

Everyone can find activities from the wellbeing service county's, cities and other actors different services!

You can find information i.e. on following web pages:

vakehyva.fi/hyvinvointitarjotin brings together services and events from different actors on one web page.

tapahtumat.vantaa.fi

tapahtumat.kerava.fi

Senior counselling

Our senior counselling provides guidance and advise for elderly people living in the wellbeing services county of Vantaa and Kerava and for their close relatives.

Senior counselling provides help by telephone at the number **09 4191 6000** (mon–fri klo 9–15) and per email at **seniorineuvonta@vakehyva.fi**



**For you, who
need a listener
or someone to
talk to**

mieli

NOLLALINJA
080 005 005



Wellbeing services county
of Vantaa and Kerava

Everyone sometimes needs help and support

Most of us have sometime situations in life where we need support from another person or a listener. Help is found for loneliness and no need to be ashamed for it.

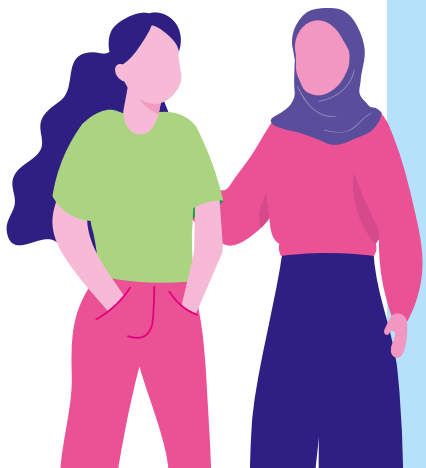
Do you know that many different actors provide a listening ear or the company of another person?

You find information in this brochure about activities and discussion help arranged in the Vantaa and Kerava area.

You can read more on the web pages of wellbeing services county of Vantaa and Kerava.

vakehyva.fi/yksinaisyys
vakehyva.fi/HYTE

You can read the content of our web pages in over hundred languages. We are using the automatic Google translator.



Discussion help in the telephone and internet

Aamukorva, tel. 09 2312 0210, listens every morning 6–8.

Aamukorva is a telephone service for seniors, where you get a reliable listener and discussion partner during the early hours in the morning.

HelsinkiMissions friday telephone serves adults every friday 17–19 at the number 09 23120390.

Do you feel lonely when the weekend approaches? Call us!

On the **helsinkimissio.fi** web page you can book a counselling appointment and get more information.

Sekasin chatt is a national discussion platform for persons aged 12–29 at: sekasin.fi

The church's conversational telephone service helps every day 18–24 at the number 0400 221 180.

You can also contact in the chat or with a net message **www.evl.fi**

Friends service

Through Finnish Red Cross you can get a voluntary friend. The friends meet each other and spend time in a way that suits them. The friend's service is also on internet.

Contact the friends service in your own area:

Western Vantaa: Friends services telephone helpline Mondays 16–18 and Thursdays 10–12
tel. 050 470 8443

Tikkurila: Friends services telephone helpline Tuesdays 15–18
tel. 043 826 9999.

Korso: Friends services telephone helpline Wednesdays 14.30–17 **tel. 050 3145 722**

Kerava: Friends services telephone helpline **tel. 050 5421668**

More information:
rednet.punainenristi.fi/ystavatoiminta

Finnish Red Cross 