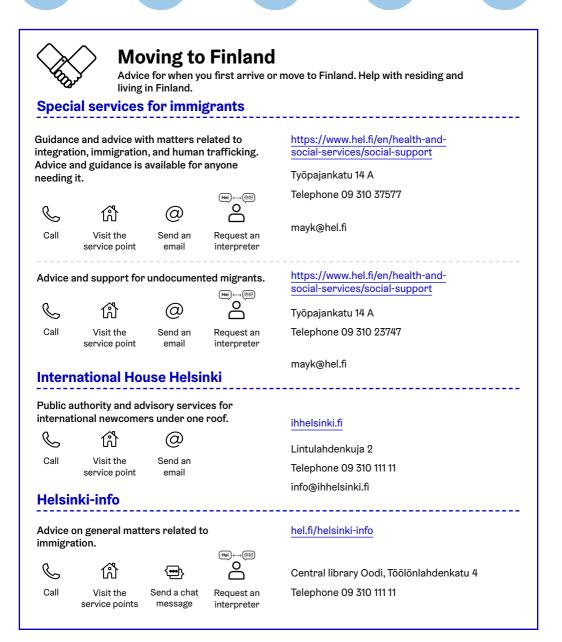
Helsinki neuvoo 2023

Guide to low-threshold advisory services offered by the City of Helsinki

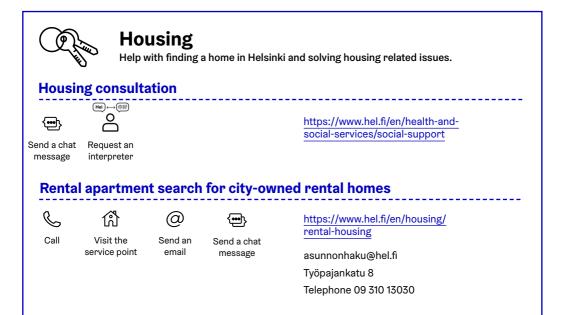




Welcome to Helsinki! In this guide you will find services, that offer free advice and guidance on different topics. More information including service hours can be found on the services' websites.



Helsinki neuvoo





General advice

Information about City services, digital support and information for newcomers about immigration and City services.

Helsinki-info













Visit the service points

Send a chat message

Request an interpreter

hel.fi/helsinki-info

Central library Oodi, Töölönlahdenkatu 4 Telephone 09 310 111 11

Seniors



Advice on services and events for people over 65 years of age. Help with using the computer or smart phone.

Senior info



Call Ser

Send a chat message

Visit the service point

Request an interpreter

(Hei) ↔ (你好)

https://www.hel.fi/en/health-and-socialservices/senior-services/advice-and-guidance

Siltasaarenkatu 2 Telephone 09 310 44556



Digitality

Advice and support with using the computer, smart phone or the internet.

Digital support



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Visit the service points

digituki.hel.fi/en

In libraries, community centres, service centres, adult education centres and youth centres

Telephone 09 310 111 11



Employment

Advice on integration, unemployment benefits, finding a job and applying for a study place.

Employment services advice services



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Visit the service points

Send an email Request an interpreter

Pasila service point Ratapihantie 7

Itäkeskus service point Asiakkaankatu 3 tyollisyyspalvelut.hel.fi/en

Telephone 09 310 36107

tyollisyyspalvelut@hel.fi

Kamppi service point Malminkatu 34

Ohjaamo, for under 30 year olds Fredrikinkatu 48



People with disabilities

Advice and information about services organised by the city for people with disabilities.

Counselling for the disabled



Send an

email

Call



interpreter

https://www.hel.fi/en/health-and-socialservices/services-for-people-withdisabilities

Telephone 09 310 32889

sote.vammaisneuvonta@hel.fi



Children, youth and students

Advice and information about services for children, youth and students.

Education Division

Information about daycare centres and schools in Helsinki as well as enrolling to them.



(Hei) ↔ (你好)

Call Send an email



Request an interpreter

https://www.hel.fi/en/decision-making/educationdivisions-advisory-services

Työpajankatu 8

Telephone 09 310 44986

koulutusneuvonta@hel.fi

Ohjaamo for 15-29 year-olds

Guidance center for 15-29 year-olds. Support with job seeking, finding studying opportunities, well-being, housing and help with public services.







email



Visit the service point Request an interpreter

ohjaamo.hel.fi

Fredrikinkatu 48 Telephone 09 310 25861 ohjaamo@hel.fi





Health

Advice on non-urgent questions related to health care, Helsinki City's health care services and care instructions of illnesses.

Telephone health service



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Call

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Send a chat message https://www.hel.fi/en/decision-making/ telephone-health-service-0

Telephone 09 310 10023



Sports

Information, advice and encouragement on exercise opportunities offered by the City.

Liikuntaluuri telephone service

Call

Telephone 09 310 32623



Mental health

Confidential and free of charge discussion support in different situations of life and concerning mental health for all people over the age of 13.

Mental Health Service Unit Mieppi





service point

4

Send a chat

message



Request an

interpreter

hel.fi/mieppi

Mieppi Myllypuro Jauhokuja 4 Telephone 09 310 26830

Mieppi Haaga Hopeatie 6 Telephone 09 310 37727 **Mieppi Kalasatama** Työpajankatu 14 A Telephone 09 310 32656



Social services

Advice and guidance with different difficult life situations and with the challenges of everyday life.

Social Counselling

message

Advice and guidance on questions related to social services and applying for benefits.

https://www.hel.fi/en/health-andsocial-services/social-support

Telephone 09 310 44400





Call

interpreter

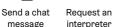
Social guidance for families with children

Advice and support for families in matters related to the daily challenges of parenthood and bringing up a child. $(He) \leftarrow (He)$





Call



https://www.hel.fi/en/health-and-socialservices/child-and-family-services

Telephone 09 310 15454

Emergency social services

Emergency social services provide urgent social services outside office hours.





Request an interpreter

Crisis emergency services

Crisis emergency services provide emergency crisis support in sudden crisis situations around the clock.





Request an interpreter https://www.hel.fi/en/health-and-socialservices/health-care/urgent-andemergency-care/emergency-socialservices

Telephone 020 696006

https://www.hel.fi/en/health-andsocial-services/health-care/urgentand-emergency-care/crisis-emergencyservices

Telephone 09 310 44222



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