

Tämä esite Helsingin kaupungin neuvontapalveluista on julkaistu englannin kielellä.

IN ENGLISH



# Helsinki neuvoo 2025

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

Helsinki

# 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.



## Moving to Finland

Advice for when you first arrive or move to Finland. Help with residing and living in Finland.

### Special services for immigrants

Guidance and advice with matters related to integration, immigration, and human trafficking. Advice and guidance is available for anyone needing it.

[hel.fi/for-immigrants](https://hel.fi/for-immigrants)

Työpajankatu 14 A

Telephone 09 310 37577



Call



Visit the service point



Request an interpreter

Advice and support for undocumented migrants.

[hel.fi/for-immigrants](https://hel.fi/for-immigrants)

Työpajankatu 14 A

Telephone 09 310 23747



Call



Visit the service point



Request an interpreter

### International House Helsinki

Public authority and advisory services for international newcomers under one roof.

[ihhelsinki.fi](https://ihhelsinki.fi)

Lintulahdenkuja 2

Telephone 09 310 111 11

info@ihhelsinki.fi



Call



Visit the service point



Send an email



Send a chat message

### Helsinki-info

Advice on general matters related to immigration.

[hel.fi/helsinki-info](https://hel.fi/helsinki-info)

Stoa Cultural Centre, Turunlinnantie 1

Central library Oodi, Töölönlahdenkatu 4

Telephone 09 310 111 11



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# Helsinki neuvo



## Housing

Help with finding a home in Helsinki and solving housing related issues.

### Housing consultation

Assistance for Helsinki residents, that need advice and guidance on making rent payments, applying for housing or other challenges regarding housing.

[hel.fi/housing-counselling](https://hel.fi/housing-counselling)



Send a chat  
message



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service point



Request an  
interpreter

### Rental apartment search for city-owned rental homes

Assistance with filling in contracts of city-owned homes.

[hel.fi/en/housing/rental-housing](https://hel.fi/en/housing/rental-housing)



Call



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[asunnonhaku@hel.fi](mailto:asunnonhaku@hel.fi)

Työpajankatu 8

Telephone 09 310 13030



## General advice

Information about City services. Advice on general matter related to immigration.

### Helsinki-info



Call



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Request an  
interpreter

[hel.fi/helsinki-info](https://hel.fi/helsinki-info)

Stoa Cultural Centre, Turunlinnantie 1

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



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Request an interpreter

[hel.fi/senior-services](https://hel.fi/senior-services)

Siltasaarenkatu 2

Telephone 09 310 44556



## Digitality

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

### Digital support



Call



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[digituki.hel.fi/en](https://digituki.hel.fi/en)

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

Telephone 09 310 100 11



## Employment

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

### Employment services advice services



Call



Visit the service points



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Request an interpreter

[tyollisyyspalvelut.hel.fi/en](https://tyollisyyspalvelut.hel.fi/en)

Telephone 09 310 36107

[tyollisyyspalvelut@hel.fi](mailto:tyollisyyspalvelut@hel.fi)

#### Itäkeskus service point

Asiakkaankatu 3

#### 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



Call



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[hel.fi/en/health-and-social-services/disability-services](https://hel.fi/en/health-and-social-services/disability-services)

Telephone 09 310 32889

[sote.vammaisneuvonta@hel.fi](mailto: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.



Call



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Request an interpreter

[hel.fi/en/decision-making/education-division-advisory-services](https://hel.fi/en/decision-making/education-division-advisory-services)

Työpajankatu 8

Telephone 09 310 44986

[koulutusneuvonta@hel.fi](mailto: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.



Call



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[nuorten.hel.fi/en/ohjaamo-helsinki/](https://nuorten.hel.fi/en/ohjaamo-helsinki/)

Fredrikinkatu 48

Telephone 09 310 25861

[ohjaamo@hel.fi](mailto:ohjaamo@hel.fi)

Helsinki



## Health

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

### Telephone health service



Call



Send a chat message

[hel.fi/en/decision-making/telephone-health-service-0](https://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



Call



Visit the service point



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[hel.fi/en/health-and-social-services/health-care/mental-health-services/mental-health-service-unit-mieppi](https://hel.fi/en/health-and-social-services/health-care/mental-health-services/mental-health-service-unit-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

#### Mieppi City Centre

Ratapihantie 11  
Telephone 09 310 74627



## Social services

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

### Social Counselling

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

[hel.fi/social-counselling](https://hel.fi/social-counselling)



Call



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Request an interpreter



Send an email

Telephone 09 310 44400

[sosiaalineuvonta.aikuissosiaalityo@hel.fi](mailto:sosiaalineuvonta.aikuissosiaalityo@hel.fi)

### 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.

[hel.fi/en/health-and-social-services/child-and-family-services](https://hel.fi/en/health-and-social-services/child-and-family-services)



Call



Request an interpreter

Telephone 09 310 15454

### Emergency social services

Emergency social services provide urgent social services outside office hours.

[hel.fi/emergency-social-services](https://hel.fi/emergency-social-services)



Call



Request an interpreter

Telephone 020 696006

### Crisis emergency services

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

[hel.fi/en/health-and-social-services/health-care/urgent-and-emergency-care/crisis-emergency-services](https://hel.fi/en/health-and-social-services/health-care/urgent-and-emergency-care/crisis-emergency-services)



Call



Request an interpreter

Telephone 09 310 44222

**Helsinki**

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Read more about the city  
[hel.fi/en](https://hel.fi/en)  
[infofinland.fi/en/helsinki](https://infofinland.fi/en/helsinki)

Find the brochure online  
[hel.fi/helsinki-info](https://hel.fi/helsinki-info)

