



**City of Helsinki**

Social Services Department



# Social Services in Helsinki



The social services in the City of Helsinki are organised by the Social Services Department which includes

- Child day care
- Services for families with children
- Adult services
- Elderly services
- Management and Development Centre

The services are available from nearly a thousand locations around the city, such as playgrounds, day care centres, family centres, family counselling offices, social service centres, A-clinics, rehabilitation centres, disability service units, social and contact work units for the elderly, and senior centres. Swedish-speaking residents of Helsinki can utilise the services in their mother tongue, at the Swedish-language social services unit.

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*The Social Services Department ensures  
that children and young people have  
good conditions to grow up in.*

## Child day care

Child day care is available for all children under school age, and in special circumstances also for older children, if necessary. Parents are able to choose from municipal day care, a private day care allowance, or home care allowance, for children under 3 years of age. The private day care allowance and home care allowance are applied for at KELA (The Social Insurance Institution of Finland).

Municipal day care includes day care centres, family day care as well as play and club activities.

The different forms of private day care are private day care centres, family day care and private nannies at home. Places in private day care centres and family day care are applied for by contacting the day care centre in question directly. For additional information, contact the Private day care information, tel. 3104 3206 or visit [www.hel.fi/yksityinen\\_paivahoito](http://www.hel.fi/yksityinen_paivahoito).

Swedish-language day care is concentrated at the unit for Swedish-language social services services.

## **Municipal day care**

Child day care offers families an active environment, which supports children's growth, development and learning. Early childhood education and care is based on the early childhood education and care plans of the City of Helsinki and day care locations. In addition, every child has a personal early childhood education and care plan, which is drawn up together with the parents and where possible with the child. The plan includes the child's early childhood education and care aims, and necessary educational and special support measures. The realisation of the child's early childhood education and care is assessed as agreed.

Day care application forms are available from day care units and from the Social Services Department website at [www.hel.fi/sosv](http://www.hel.fi/sosv). The application must be submitted at least four months before the day care services are required, and to the day care centre of first choice. A letter confirming a place at the day care centre will be sent home approximately one month before the day care is desired to start. A fee is charged for municipal day care depending on the family income.

## **Day care at a day care centre**

Day care is organised on weekdays 6.15-17.30. There are day care centres that are open in the evenings, all day and all week, for children requiring shift care due to the work or studies of their parents. Club activities are organised for children in home care.

## *Child day care*

The ratio between the day care centre personnel and children is controlled by decree.

### **Forms of family day care**

The forms of family day care are family day care, three-family care and group family day care.

Three-family care takes place on alternate weeks in the homes of the children cared for, and the families take it in turn to prepare the meals, in advance, and take care of tidying.

As a care form, group family day care by its nature lies between family day care at home and day care centres. The care environment is more homely than in day care centres.

### **Preschool education**

Day care centres organise free preschool education, in accordance with the Basic Education Act. The majority of children in Helsinki participate in preschool education one year before the start of compulsory education. Preschool education supports children's individual and communal development, learning and self-esteem, and it provides a foundation for lifelong learning. Every child has a preschool education plan, which is drawn up together with the parents and the child.

*For more information on day care,  
visit [www.hel.fi/paivaboito](http://www.hel.fi/paivaboito)*





*The Social Services Department ensures that children and young people have good conditions to grow up in and strengthens the competence and responsibility of adults.*

## Services for families with children

### Paternity determination

Child welfare officers handle the determination of paternity for extramarital children in the social services family law unit. The family connection between the extramarital child and the father must be confirmed separately, even when both parents are living in a domestic partnership or enter into marriage after the child is born. Only after the paternity has been established, is the child entitled to inheritance and child support with respect to his or her father, various family and social insurance benefits, visiting rights and the right to use the father's last name. The father can confirm paternity by acknowledging it voluntarily,

or the child welfare officer can arrange a hearing, regarding the establishment of paternity, at a district court on the mother's request. During the paternity determination, the child welfare officer can provide a referral for a free DNA test, when necessary. Information Mon to Fri 9-11, tel. 3104 3447, appointments Mon to Fri 9-11, tel. 3104 4999, Toinen linja 4 A.

## Child support, maintenance and visiting agreements

The family law unit makes agreements on maintenance, living, visiting rights and child support. The agreement confirmed by the officeholder is enforceable, in the same way as a district court ruling. Information Mon to Fri 9-11, tel. 3104 3447, appointments Mon to Fri 10-11, tel. 310 4011/switchboard.

## Adoption counselling

The family law unit handles adoption counselling and international adoption matters. Adoption counselling is given both to those wishing to adopt and to those considering offering their child for adoption. Information Mon to Fri 9-11, tel. 3104 3447.

## Family centres

Family centres organise playground activities for families, home service for families with children, social guidance, and rehabilitating social and family work of child welfare, among others.

The aim of child welfare is to ensure that children and young people can grow and develop well, and to support the parents in their role. The child, young person and family are mainly helped by forms of open welfare; foster care in an outside family or a child welfare institution can be arranged for the child, when necessary. Youth homes and supported housing promote young people's independence, studies and the transition to work life.

Family centre contact information can be found on page 27.

## Family counselling offices

Family counselling offices operate in the south-western, eastern and northern regional units. Family counselling offices give expert assistance on upbringing and family matters for children up to 17 years of age, young people and their families. Family counselling offices help with matters related to the development and upbringing of children or young people, problematic family situations and crises facing the child or the family. In each region, there is a workgroup for families with babies, which offers assistance with early interaction problems, and a couples and family therapy workgroup, which provides assistance with relationship problems.

Child psychiatric special health care is provided at child psychiatric polyclinics operating under HUS (Hospital District of Helsinki and Uusimaa).

Family counselling office contact information can be found on page 28.

## Playgrounds

Playground activity is organised at city playgrounds. There are various possible activities for small children with parents, and schoolchildren. Guided activities are available from Monday to Friday. Open afternoon activities are available for schoolchildren. Additionally, first and second grade students and special students have a chance to buy a snack. For more information, visit [www.hel.fi/leikkiuistot](http://www.hel.fi/leikkiuistot).

## Children's holiday activities

The Social Services Department can help arrange a child's holiday. A holiday at a holiday family can be arranged and monetary support for children's camps can be provided for children who otherwise would have no possibility for a refreshing holiday. The activity is year-round. The application period for summer holidays is in the springtime, at a date to be specified later, usually in March. For more information on support families and holiday activities contact tel. 3104 011/switchboard, or visit [www.hel.fi/lasten\\_sijaishuolto](http://www.hel.fi/lasten_sijaishuolto) > Tukiperhe- ja lomatoiminta.

## Intoxicant prevention among young people

Youth stations serve young people under 24 years of age who are worried about their own intoxicant use or addiction, or those close to them. The service is also intended for parents and others close to young people. Youth stations can also be contacted in matters concerning the family situation, school attendance, and the life of young people in general.

Preventive work, among young people and children, concerning intoxicants is carried out regionally by Klaari Helsinki, [www.klaarihelsinki.fi](http://www.klaarihelsinki.fi).

## Emergency social services

The local social services centre, family centre and other offices are on duty weekdays 8.15-16. **Emergency Unit** provides urgent assistance outside office hours. The Emergency social services can be contacted at 020 696 006 every day, 24 hours a day. You can contact the service when there is an urgent need for support or guidance, or worries about the well-being of close ones.

**Youth Unit** works with young people who display symptoms of criminal behaviour and intoxicant abuse, their families, groups of young people, and various authorities, such as child welfare. The unit can be contacted Mon to Fri 9-16, tel. 3106 6016.

**Conciliation Unit** offers an alternative for clearing and solving conflicts caused by crimes and arguments. Conciliation is voluntary, impartial, free and confidential for all parties. The unit is manned by volunteers trained for the task. The unit can be contacted Mon to Fri 9-16, tel. 020 696 014.

*For more information on services  
for families with children,  
visit [www.hel.fi/sosv](http://www.hel.fi/sosv) > Perheiden palvelut.*





*The Social Services Department  
strengthens the competence  
and responsibility of adults.*

## Adult services

### Social and economic support

Through social and economic support, the Social Service Department supports its clients' rehabilitation for work, and economy and life management. The services are offered by the offices of four social services centres (Northern, Western, Eastern and Southern); the contact information can be found on page 26.

Economic support, or living allowance, is intended to be a temporary help with financial troubles. The support is applied for at a social service centre, where applicants receive information about applying for support and matters related to employment and rehabilitation. The living allowance is the final social security benefit, and before it is granted, the applicant's eligibility for other benefits is determined.

Living allowance applicants have different circumstances. Sometimes it is sufficient to determine the economic situation and make a plan for its correction, together with the applicant. However, it is usually necessary for the social worker to go through the client's fundamental circumstances together with the client. After the social worker has completed the initial mapping, social instructors and benefit clerks also help to rectify the situation.

## Economy and debt counselling

The debt counsellors in the economic and debt counselling unit help individuals organise their debts, and offer economic guidance to prevent the client from becoming over-indebted. Helsinki residents with a low income and limited means can apply for social credit or social credit for studies. Appointments and information Mon to Fri 9-12, tel. 3104 3887.

## Supporting employment

The employment services centre Duuri searches for employment opportunities together with the client and builds a collection of services that the client needs. The aim is for the client to find a way into work, vocational education or another long-term solution. At the services centre, the client has access to services of the Labour Administration, Social Services Department, Health Centre and the Social Insurance Institution at one location. The local social service centre or employment office will refer and guide the client to the services.

## *Adult services*

Work rehabilitation serves working-age residents of Helsinki who have trouble with employment due to reduced ability to work. Rehabilitation and employment services are organised for various work assignments at work centres, workshops and city offices and institutions. If necessary, the possibility of retirement is also evaluated. For information on work rehabilitation, tel. 3103 2518, 3103 2520 or 3103 2523.

## **Immigrants**

The immigration unit organises social services to support the integration of refugees permanently settled in Helsinki and to similar immigrants. The immigration unit is located at Dagmarinkatu 6, tel. 3104 011/switchboard.

## **Disability services**

Services for the disabled are applied for at the local disability office. Services for the seriously disabled include apartment renovation, service housing, transportation services, instruments and equipment in the home, and interpretation services for the hearing impaired, the hearing and vision impaired, and the speech impaired. A disabled person can receive benefits for hiring a personal assistant, for day activity services or for certain disability-related expenses outside the health services. Living at home is supported by family caregiver support and, for families with children, by home service. Special care for the mentally disabled includes focused special services, such as work training, work activities,

housing services, temporary care and institutional and family care.

Health care, medicinal rehabilitation and home care for disabled adults belong to the health care services.

## **Intoxicant abuse services**

If you are worried about your own intoxicant use or that of someone close to you, the best thing to do is contact the local health station, A-clinic or youth station. A-clinics and youth stations offer versatile open care services to people addicted to intoxicants or gambling, and those close to them. The appropriate method of care is planned individually, according to the client's circumstances. If the open care support measures are inadequate, the necessary institutional care will be arranged. A-clinics or youth stations can be contacted through the switchboard at 310 4011.

More information on the preventive work against intoxicant use among children and young people can be found on the website [www.klaarihelsinki.fi](http://www.klaarihelsinki.fi). Information about self-help and peer support services for adults can be found at [www.hel.fi/ety](http://www.hel.fi/ety) > Oma-apupalveluita.

## **Services for the homeless**

Homeless adult residents and childless couples receive their social services at the Social Services for the Homeless Unit. These services include a living allowance, intoxicant care, geriatric care, day centre activities and housing services for the homeless. The unit is located at Kallio Office Block, Toinen

## *Adult services*

linja 4 H. Social services for the homeless with families are arranged by family centres and social service centres.





*The Social Services Department  
ensures a safe and dignified life  
for the elderly.*

## Elderly services

### Services for elderly living at home

The aim of elderly services is to ensure that clients over 65 years of age can get by and live at home.

The social workers and social instructors from the local social and contact work units map the service needs of the elderly as well as instruct, guide, support and settle the social problems of the clients. Social workers manage applications for apartment renovation (disability service handle the applications of the seriously disabled) and start the settling and assessment, when the elderly person cannot get by at home even with support from the help services.

The social instructors from the social and contact work units provide support and look for solutions in different life situations together with the client. This includes house calls and direct group activities. For example, they help to make

applications for benefits or memory examinations.

Every inhabitant of the municipality who is 75 years of age has a legal right to an assessment of their social service need. The assessment is performed by a social worker during a house call, and when necessary, with the assistance of the home care worker. Social workers and social instructors make annual preventive house calls to elderly people of 75 years of age who do not regularly use the social and health services.

The Helsinki Health Centre is responsible for home care for the elderly (healthcare at home and home service) and its support, tel. 310 5015/switchboard.

## Family caregiver support

A person who cares for an elderly person at home can receive family caregiver support, the amount of which is determined based on how time-consuming and demanding the care is. The carer can be the next of kin, a relative or some other close person. Family caregiver support also includes services to support the caregiver's resolution. The disability office should be contacted for matters related to family caregiver support for people less than 65 years of age.

Family caregiver centres provide caregiver families information, skills, support and activities. The centres can arrange a home stand-in for a set time to give the caregiver a chance for recreation, to attend to personal affairs or rest.

## Day activities

Day activities for the elderly consist of rehabilitating care, intended mainly for people in family care and

people suffering from memory problems. Day activities support the elderly who still live at home. Day activities include return trips between home and the day activity unit, meals, and the activities. The groups are Finnish or Swedish.

## Service and recreation centres

The service and recreation centres offer pensioners and the unemployed a chance to care for their well-being. There are 12 centres, which offer versatile activities and services, such as hobby and study circles, exercise, peer support groups and guidance services. Additionally, all centres have a cafeteria and meal services.

## Housing for the elderly, service houses and old-age homes

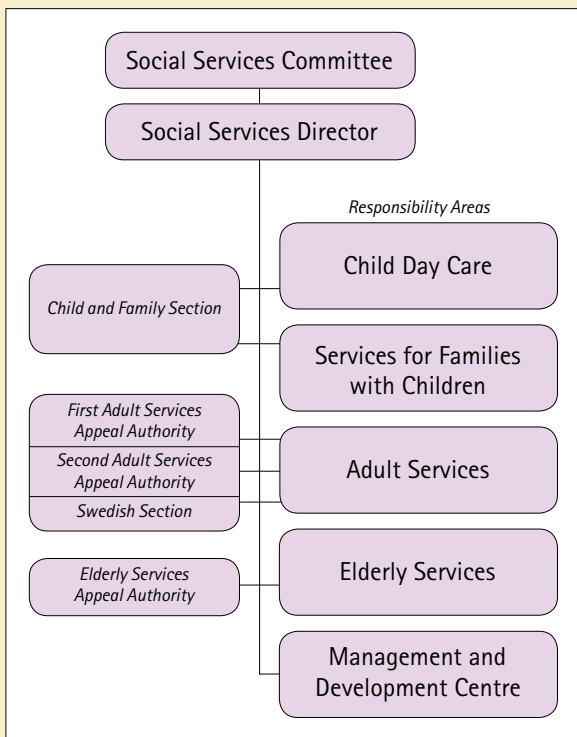
The purpose of service houses and old-age homes is to care for elderly people who require 24-hour care. The employees of the Social Services Department's social and contact work unit, together with health centre personnel, guide senior citizens into service houses and old-age homes, either for a short-term period of treatment or for long-term residence or care.

A social worker from the social and contact work unit can provide information on applying for an apartment for the elderly, service house or an old-age home.

Contact information can be found on pages 29-30.

*For more information on services  
for the elderly and different units can be found online  
at [www.hel.fi/sosv](http://www.hel.fi/sosv) > Vanhusten palvelut.*

# Social services organisation



# Contact information

## *Services for the whole city*

- **Social services information S-Info**  
business days 10-16  
Salomonkatu 21 B, tel. 3104 4000  
sosiaalineuvonta@hel.fi
- **Emergency social services**  
every day, 24 hours a day  
Säästöpankinranta 2 A, 5th floor, tel. 020 696 006
- **Family law matters**  
Toinen linja 4 A, 6th floor, perho.sosv@hel.fi  
- Information Mon to Fri 9-11,  
tel. 3104 3447  
- Paternity determination,  
tel. 3104 4999, Mon to Fri 9-11  
- Other appointments Mon to Fri 10-11,  
tel. 310 4011/switchboard
- **Couples and family therapy**  
- Southern – Western office, Toinen linja 4, 8th floor  
tel. 3104 3275, Mon to Fri 11-12  
- Eastern office, Koulutanhua 2 A, 2nd floor  
tel. 3105 6666, Mon to Fri 11-12  
- Northern office, Suursuonlaita 1, 2nd floor  
tel. 3105 6667, Mon to Fri 11-12
- **Children's holiday activities**  
Toinen linja 4 A, 7th floor,  
tel. 3104 011/switchboard
- **A-clinics** (Southern, Western, Northern, Eastern)  
tel. 310 4011/switchboard
- **Social services for the homeless**  
Toinen linja 4 H, information tel. 3107 4065,  
Mon to Fri 8.15-16
- **Social ombudsman**  
Calling hours Mon to Thu 10-12, tel. 3104 3365  
Appointments in advance for personal visits.
- **Economy and debt counselling**  
Appointments and information Mon to Fri 9-12,  
Hämeentie 31 A, 4th floor, tel. 3104 3887

## *Contact information*

- **Immigration unit**  
Dagmarinkatu 6, calling hours Mon to Fri  
8.15-16, tel. 3103 7577, office open Mon to Fri 9-15
- **Immigrant information**  
Open Mon to Fri 9-15  
Tallinnanaukio 1 A, tel. 3106 2674

## *Swedish-language social services*

*Day care, services for families with children,  
adults and the elderly*

Address: Hämeentie 13, tel. 310 4011/switchboard  
For more information  
call 3104 4965 Mon to Fri 8.15-16.

## *Social service centres*

*Social service centre information numbers  
are open on weekdays 8.15-16*

### SOUTHERN SOCIAL SERVICE CENTRE

- **Kamppi office**  
Malminkatu 3 F, information tel. 3104 3922
- **Kallio office**  
Toinen linja 4 A, 4th floor  
information tel. 3104 3922
- **Resident and partnership house Hanna**  
Sturenkatu 1, fax 3104 3784  
tel. 310 4011/switchboard
- **Resident and partnership house Betania**  
Perämiehenkatu 13, tel. 3104 4709

### EASTERN SOCIAL SERVICE CENTRE

- **Herttoniemi office**  
Kettutie 8 E, information tel. 3106 2800
- **Itäkeskus office**  
Kahvikuja 3 A 6th floor,  
information tel. 3106 2800
- **Vuosaari office**  
Kahvikuja 3, information tel. 3106 2800
- **Myllypuro office**  
Kivensilmänkuja 2, information tel. 3106 2800

## *Contact information*

### WESTERN SOCIAL SERVICE CENTRE

- **Haaga office**

Hopeatie 6, information tel. 3104 1200

### NORTHERN SOCIAL SERVICE CENTRE

- **Malmi office**

Malmi office block, Ala-Malmin tori 2

information tel. 3105 8387

- **Maunula office**

Suursuo office block, 1st floor, Suursuonlaita 1

information tel. 3105 8387

- **Malmi activity centre**

Kirkonkyläntie 2, tel. 3105 8576

## *Family centres*

*Family centre, child welfare numbers are open on weekdays from 8.15-16, outside office hours, contact the Emergency social services at tel. 020 696 0061*

### SOUTHERN FAMILY CENTRE

- **Kamppi office**

Malminkatu 3 E, 3rd floor

Child welfare, tel. 3107 3524

- **Kallio office**

Toinen linja 4 A, 5th floor

Child welfare, tel. 3107 4074

- **Hermannin family spot**

Saarenkatu 2, tel. 3104 2723

- **Sahrami family house** (for immigrants)

Hakaniemenranta 14 B, tel. 3104 2317

### EASTERN FAMILY CENTRE

- **Herttoniemi – Itäkeskus office**

Visbyinkuja 2 A,

Child welfare tel. 3106 2300

- **Kivikko office**

Kivikonkaari 21,

Child welfare tel. 3107 3273

- **Vuosaari office**

Kahvikuja 3 A, 6th floor

Child welfare, tel. 3107 3028

## *Contact information*

- **Eastern family group**  
Linnoituksentie 10 A 3  
tel. 310 4011/switchboard
- **Kajuutta family house**  
Kaivonkatsojanpolku 4, tel. 3106 1796

### WESTERN FAMILY CENTRE

- **Kaarela office**  
Hopeatie 6, 3rd floor  
Child welfare, tel. 3107 2980
- **Lassila office**  
Kaupintie 11 A, 6th floor  
Child welfare, tel. 3107 3175
- **Western family group**  
Näyttelijäntie 15 A  
tel. 310 4011/switchboard

### NORTHERN FAMILY CENTRE

- **Malmi office**  
Ala-Malmin tori 2  
Child welfare, tel. 3107 2876
- **Maunula office**  
Suursuonlaita 1, 2nd floor  
Child welfare, tel. 3106 9572
- **Tapuli office**  
Maatullinaukio 10 A, 2nd floor  
Child welfare, tel. 3107 3483
- **Torpparinmäki family house**  
Näsinojankuja 2, tel. 3106 9825

## *Family counselling offices*

*Appointment and information numbers for the family counselling offices are open on weekdays from 11 to 12, appointments for families with babies are mainly on weekdays from 12 to 13.*

### SOUTHERN – WESTERN REGION

- **Kallio and Kamppi office**  
Säästöpankinranta 2 A, 4th floor,  
switchboard 310 4011

## *Contact information*

- **Laakso office**  
Lääkärintäti 8 C, tel. 3104 7490
- **Southern – Western clinic for families with babies**  
Lääkärintäti 8 G, tel. 3104 7468

### EASTERN REGION

- **Itäkeskus office**  
Visbyntäti 2, tel. 3106 2499
- **Laajasalo office**  
Koulutanhua 2 A, 2nd floor, tel. 3105 6608
- **Vuosaari office**  
Kahvikuja 3 B, 6th floor, tel. 3106 2496
- **Eastern clinic for families with babies**  
Mäenlaskijantie 4, tel. 310 4011/switchboard

### NORTHERN REGION

- **Malmi office**  
Malmin asematie 3 A, 2nd floor, tel. 3105 8252
- **Maunula office**  
Suursuonlaita 1, 2nd floor, tel. 3106 9528
- **Northern clinic for families with babies**  
Suursuonlaita 1, 2nd floor, tel. 3106 9519

## *Social and contact work units of elderly services*

*Units contacted via switchboard 310 4011,  
Information on elderly services, Seniori-info,  
tel. 310 44556, Mon to Fri 8.15–16*

- **Southern social and contact work unit**  
Malminkatu 3 E, 4th floor
- **Eastern social and contact work unit**  
Kivensilmänkuja 2
- **Western social and contact work unit**  
Kaupintie 11, 5th floor
- **Northern social and contact work unit**  
Suursuonlaita 1, 3rd floor

## *Social work units of disability services*

- **Southern social work unit**  
Toinen linja 4 A, 3rd floor,  
information tel. 3107 4088 from 8.15 to 16
- **Eastern social work unit**  
Visbyinkuja 2, information tel. 3107 4335  
from 8.15 to 16
- **Western social work unit**  
Haaga office, Hopeatie 6, 4th floor,  
information tel. 3107 2979 from 8.15 to 16
- **Northern social work unit**
  - Maunula office, Suursuonlaita 1,  
information tel. 3107 3953 from 9 to 14
  - Malmi office, Ala-Malmin tori 2, 5th floor,  
information tel. 3107 2862, from 9 to 14

## *Service and recreation centres*

- **Kamppi**  
Salomonkatu 21 B  
tel. 3104 4514
- **Kinapori**  
Kinapörinkatu 9 A  
tel. 3105 2910
- **Kontula**  
Kotikonnuntie 14  
tel. 3106 1800
- **Kustaankartano**  
Kivalterintie 16  
tel. 3105 4605
- **Munkkiniemi**  
Laajalahdentie 30  
tel. 3104 8617
- **Riistavuori**  
Isonnevantie 28  
tel. 3104 9200
- **Roihuvuori**  
Punahilkantie 16  
tel. 3106 0790
- **Saunabaari**  
Metsäpurontie 25  
tel. 3106 9722
- **Töölö**  
Töölönkatu 33  
tel. 3104 4538  
(renovated until  
spring 2010)
- **Malmi**  
**Recreation centre**  
Latokartanontie 9  
tel. 3105 8075
- **Meilahti**  
**Recreation centre**  
Heikinniementie 2  
tel. 3104 1792
- **Pihlajasaari**  
**Recreation centre**  
Western Pihlajasaari  
tel. 3104 4513

## Websites

### For children and young people

- Mannerheim League for Child Welfare  
[www.lastenjanuortennetti.net](http://www.lastenjanuortennetti.net)
- Non-Fighting Generation  
[www.nfg.fi](http://www.nfg.fi)
- 4H Association  
[www.4hyhdistys.net](http://www.4hyhdistys.net)
- Support centre for students  
[www.nyyti.fi](http://www.nyyti.fi)
- Youth information centre  
[www.kompassi.lasipalatsi.fi](http://www.kompassi.lasipalatsi.fi)
- [www.hel.fi/klaari](http://www.hel.fi/klaari)
- Youth against drugs  
[www.yad.fi](http://www.yad.fi)
- Children of the station  
[www.asemanlapset.fi](http://www.asemanlapset.fi)
- Youth Department  
[www.nuoriso.hel.fi](http://www.nuoriso.hel.fi)
- Emergency youth shelters  
[www.redcross.fi/nuortenturvatalot](http://www.redcross.fi/nuortenturvatalot)
- Crisis point for youth  
[www.nuortenkriisipiste.fi](http://www.nuortenkriisipiste.fi)

### For families

- Divorce advice  
[www.eroneuvo.fi](http://www.eroneuvo.fi)
- Central Union for Child Welfare  
[www.lastensuojelukeskusliitto.fi](http://www.lastensuojelukeskusliitto.fi)
- Voluntary work in Helsinki  
[www.hel.fi/vapaaehtoistyö](http://www.hel.fi/vapaaehtoistyö)
- Save the Children Finland  
[www.pelastakaaalapset.fi](http://www.pelastakaaalapset.fi)
- [www.folkhalsan.fi](http://www.folkhalsan.fi)
- The unemployed in Helsinki  
[www.hety.fi](http://www.hety.fi)
- Online family shelter  
[www.turvakoti.net](http://www.turvakoti.net)
- Mother and child home  
[www.helsinginensikoti.fi](http://www.helsinginensikoti.fi)

### For elderly

- [www.hel.fi/seniorinfo](http://www.hel.fi/seniorinfo)
- Pensioners Association  
[www.elakelaiset.fi](http://www.elakelaiset.fi)
- Friend visitor activity  
[www.redcross.fi/tulemukaan/ystavaksi](http://www.redcross.fi/tulemukaan/ystavaksi)
- The Central Union for the Welfare of the Aged  
[www.vanhustyonkeskusliitto.fi](http://www.vanhustyonkeskusliitto.fi)
- Shelter Assoc. for Elderly  
[www.suvariantory.fi](http://www.suvariantory.fi)

### For your health

- Helsinki Health Centre  
[www.hel.fi/terveyskeskus](http://www.hel.fi/terveyskeskus)
- Rehabilitation promoting  
[www.keynet.fi](http://www.keynet.fi)
- Mental Health Association  
[www.mielenterveyshelmi.fi](http://www.mielenterveyshelmi.fi)
- The Finnish Mental Health Association  
[www.mielenterveysseura.fi](http://www.mielenterveysseura.fi)
- Helsinki Disabled People Association  
[www.hiy.fi](http://www.hiy.fi)
- Support for mentally disabled  
[www.kvtuki57.fi](http://www.kvtuki57.fi)
- Family Federation  
[www.vaestoliitto.fi](http://www.vaestoliitto.fi)
- Information service point  
[www.lib.hel.fi/kohtaamispaikka](http://www.lib.hel.fi/kohtaamispaikka)
- Addiction link  
[www.paihdelinkki.fi](http://www.paihdelinkki.fi)
- Help info  
[www.apua.info](http://www.apua.info)
- Intoxicant ombudsman  
[www.paihdeasiamies.fi](http://www.paihdeasiamies.fi)
- Free from drugs  
[www.irtihuumeista.fi](http://www.irtihuumeista.fi)

*The Social Services Department  
ensures that children and young people  
have good conditions to grow up in,  
strengthens the competence and responsibility of adults  
and ensures a safe and dignified life for the elderly.*

*The Social Services Department,  
in partnership with other agencies and  
the residents of the city, promotes the development  
of Helsinki towards an even more socially balanced city  
where no one is abandoned.*



**City of Helsinki**

Social Services Department

P.O. Box 7000, FI-00099 City of Helsinki  
tel. 310 4011 | [www.hel.fi/sosv](http://www.hel.fi/sosv)

Social Services Information S-info  
Open weekdays 10-16  
Salomonkatu 21 B | tel. 3104 4000

Emergency Social Services  
Every 24 hours every day | tel. 020 696 006