

Hello you,

You are important, and you have done your best. This letter you are holding is meant to offer support specifically for you.

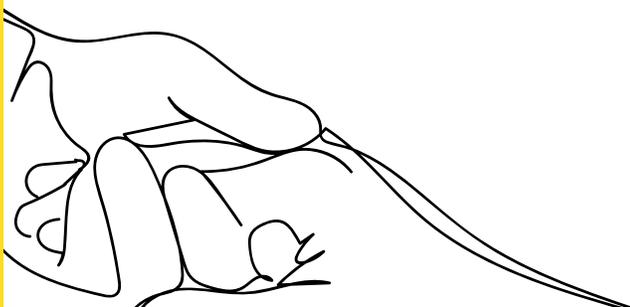
You do know that you don't have to cope alone. If someone close to you is living with a mental illness, it is important that you also have the opportunity to receive support for your own wellbeing, no matter who this person is: a partner, child, parent, other relative, or friend.

We at Varsinais-Suomen Mielenterveysomaiset FinFami provide support to people of all ages who are concerned about a family member's or friend's mental health symptoms or substance use.

Close one's often experience conflicting emotions, such as guilt and helplessness. Mental illness also affects communication and the roles within a family. Open conversations about what is happening, as well as setting boundaries can make daily life and relationship easier. This is where we can be here for you.

There are things you simply cannot change. That's why it is important to take care of yourself as well. We provide support at Kompassi Hospital, at our offices in Turku and Salo, at our counselling points across Southwest Finland, and remotely.

You don't have to face this alone.



We support relatives and others close to someone living with mental health challenges or substance abuse, in many different life situations.



Individual counselling

We provide free and confidential counselling for all relatives and close ones, as well as support for families with children, for example, through "Let's Talk About Children" discussions that promote family wellbeing. You can attend the session alone or together with someone, peer support is also available if needed.

Group activities

We organise peer support groups for relatives and close ones in different life situations, such as for parents and partners.

HELM project

The project provides support for immigrants who are close to someone with mental health or substance abuse issues. Support is available in Finnish, English, Ukrainian, Russian, or interpreter can be also involved.

Mielen keitaat project

The project offers support and promotes wellbeing for older adults whose family member is living with mental health or substance abuse challenges.

Events and information

We organise events and share information that supports the wellbeing of close ones, for example through guides, webinars, and information evenings.

Book an appointment, register for a group, and read more about all our activities at www.vsfinfami.fi/helm-hanke/

