MENTAL HEALTH PROMOTION OF THE LONG-TERM UNEMPLOYED MIGRANTS

Mental health
‘a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community’ (World Health Organization 2001).
Key barriers to mental health access you might have faced

• Communication difficulties because of languages and cultural differences

• Aspects of acceptance by the receiving society that affect employment, social status and integration.

• The effect of cultural shaping of symptoms and illness behavior on diagnosis, coping and treatment.

• Differences in family structure and process affecting adaptation, acculturation and intergenerational conflict
Mental health promotion

What could this means in your life?

• Mental health promotion focuses solely on the promotion of positive mental health
• Mental health promotion focuses on the prevention of ill health
• Mental health promotion combines promotion and prevention
Mental health in Finland

In Finland, you can seek help for mental health problems from:

• Health care centers,
• Occupational health care,
• Specialized psychiatric care,
• Private clinics,
• Private psychotherapists,
• the church and

Some of these organizations are following:

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The Finnish Association for Mental Health provides:

- crises assistance
- prevention support
- “Crisis is not an illness from which one should recover; it is life one has to live.”

*Counselling is Available in English, Finnish, Swedish.*

To make an appointment you don’t need a referral, only if you are facing any of following symptoms:

- Difficult situation in life
- Difficulties adapting to a new culture
- Marital relationship problems and family problems
- Suicidal thoughts
- Sudden losses
- Accidents, violence

*You can make the first appointment through phone or visiting their office:*

Crisis service for foreigners / for appointments call (09) 4135 0501

Open on Mon-Thu 9-12 and 13-15, on Fri 9-12

SOS-kriisikeskus

Maistraatinportti 4 A, 4. kerros

00240 Helsinki

sos-keskus@mielenterveysseura.fi
Mieli Maasta ry is a nationwide non-governmental organization (NGO) in Finland.

Depression sneaks in people’s lives secretly.

Mieli Maasta aims to create new attitudes and increase knowledge about depression.

Further information http://mielimaastary.fi/Englanti.php
Tukinet.net

• This is the link to online 24/7 help in everyday crisis in one’s life.

• The help and webpage is available in Finnish.

• They have different support groups, such as; https://www.tukinet.net/liveryhma/liveryhma_ajat.tmpl

They provide 24 hr. online chat help as well (In Finnish Only)

https://www.facebook.com/tukinet
https://www.tukinet.net/
Miessakit Ry (NGO)

It supports: mental, psychological and social growth of men.

- This NGO is supporting by building an operational model in which two-way integration is put into practice with the help of support person activities, learning groups, leisure activities and advocacy work.

- They are providing online groups where immigrants seek help from Finnish support person.

They organize the support group discussions, and the link to those groups is: https://www.tukinet.net/liveryhma/liveryhma_ajat.tmpl
WHAT TO DO IF YOU BECOME UNEMPLOYED.

CHECK LIST FOR JOB SEEKERS.
Employment and economic development office offers:
• job seeking planning
• employment services
• career information
• education planning services
• services promoting employment
link: http://www.te-palvelut.fi/te/fi/
Unemployment fund:
• If you are a member of an unemployment fund, you will be paid earnings-related benefits from your own unemployment fund.

Links:

KELA:
• If you are not a member of an unemployment fund, you can apply for BASIC UNEMPLOYMENT ALLOWANCE OR LABOUR MARKET SUBSIDY FROM KELA, with the following form:

Link: http://www.kela.fi/web/en/basic-unemployment-allowance_how-to-claim

Social services:
• Apply INCOME SUPPORT from the social welfare office of your municipality
References


• https://donieconwayaddress.wordpress.com/tag/mental-health/

• https://unspokenpolitics.net/2014/06/10/one-missed-paycheck-from-mental-health-crisis/

• http://whitmanpioneer.com/news/2013/02/27/students-silenced-by-mental-health-stigma/
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