

MENTAL HEALTH PROMOTION OF THE LONG-TERM UNEMPLOYED MIGRANTS

Mental health

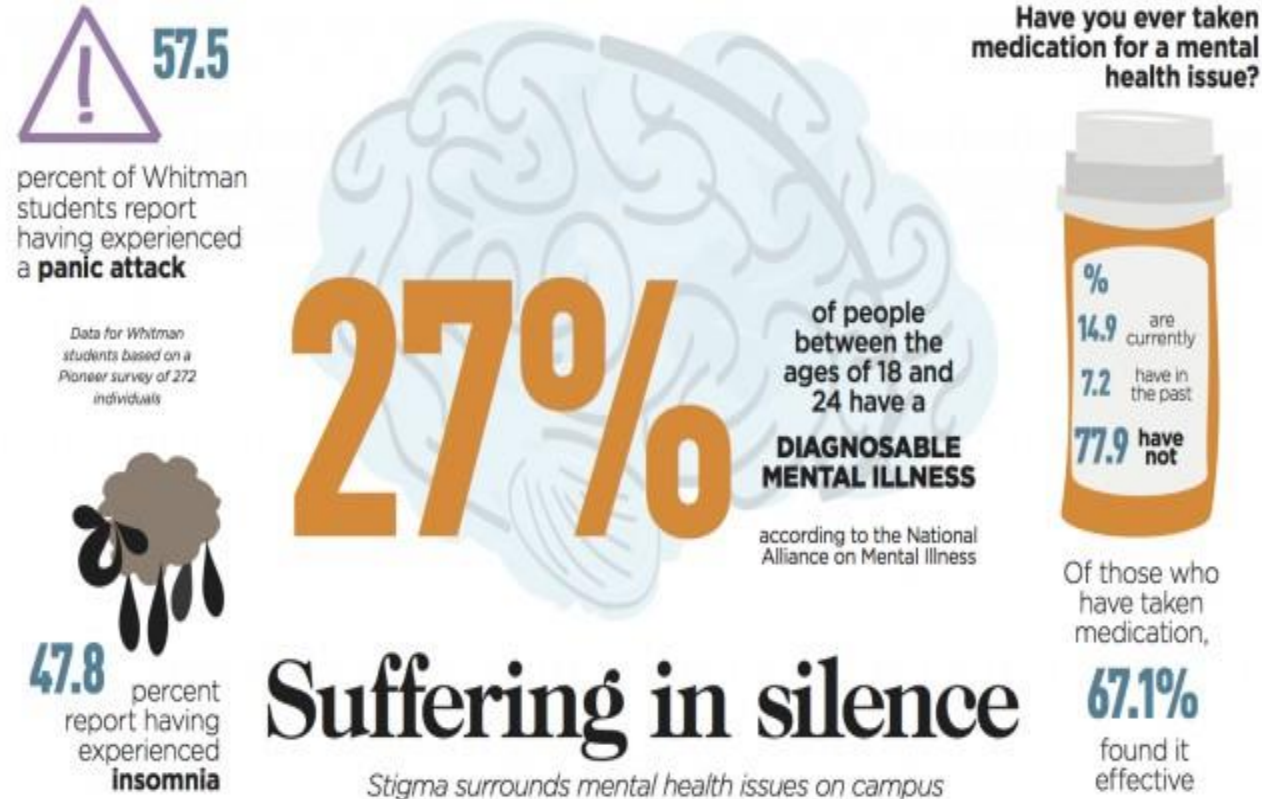
‘a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community’ (World Health Organization 2001).



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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



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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 – DEPRESSION ALLIANCE

- 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_ajajat.html

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.tmp

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:

http://www.te-palvelut.fi/te/en/jobseekers/if_unemployed/unemployment_security/index.html

http://www.te-palvelut.fi/te/en/jobseekers/if_unemployed/unemployment_security/unemploymentsecurity_foreigners/index.html

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

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Thesis Project: MENTAL HEALTH PROMOTION OF THE LONG-TERM UNEMPLOYED MIGRANTS

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