

mieli

**Pirkanmaan
mielenterveys ry**

Mental Health Pirkanmaa

MIELI associations

- Umbrella association
MIELI Mental Health
Finland.
- 55 local associations all
over the country.
- Local associations
maintain 22 independent
crisis centers.

**MIELI Mental
Health Finland
founded 1897**

**Mental Health
Pirkanmaa
founded 1975**

MIELI ry:n kriisikeskusverkosto

Lyhytaikaista keskustelutukea
22 paikkakunnalla

Helsinki
Hyvinkää
Joensuu
Jyväskylä
Kajaani
Kemi
Kouvola
Kuopio
Lahti
Lappeenranta
Mikkeli
Oulu
Rauma
Rovaniemi
Salo
Sastamala ja
Huittinen
Savonlinna
Seinäjoki
Tampere
Turku
Vaasa
Vihti



MIELI Suomen Mielenterveys ry

Pirkanmaan Mielenterveys ry

Vakiintunut toiminta

Kriisikeskus Osviitta

matalan kynnyksen
apua jo vuodesta
1993

Hankkeet

Mieli matkalla -hanke

(STE-hanke
2019-2021)

Parempi mieli

(STE-hanke
2022-2024)

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Mental Health Pirkanmaa action plan

- Our basic mission is the promotion of mental well-being and prevention of problems.
- We carry out active voluntary civic activities and are a regional influencer in the Pirkanmaa social and health care area.
- We build inclusion and community and promote a culture of caring.
- We offer low-threshold crisis support at various crossroads in life.
- We support the mental health and well-being of the most vulnerable.



At crisis center Osviitta, service is offered by

- **Crisis workers**
 - Seven professionals and an executive director, all with extensive education in the social field.
 - Coordinate activities, face the most challenging clients and sudden traumatic crisis situations as well as support volunteers.
- **Volunteering crisis helpers**
 - 118 volunteering everyday citizens.
 - Basic course two times a year, additional training monthly.
 - Meet customers by phone, online and face-to-face (about 40% of all customer work is done by volunteers).
 - Continuous occupational volunteer supervision and support from crisis workers.
 - Comply with the ethical guidelines and non-disclosure agreement of MIELI Mental Health Finland.
- **Students and trainees**
 - Short form therapy students train and Bachelors of Social Services intern at Osviitta.

What kind of issues bring people to Osviitta?

For example:

- Relationship issues
- Everyday worries and work related stress
- A loss of a loved one
- A traumatic experience
- Other difficult life situations

A crisis is always subjective to a person!





Sorinkatu 4 C 33100 Tampere

Opening hours:
Mon-Thu 9.00-20.00
Fri 9.00-17.00

Appointment number:
0400 734 793
Mon-Thu 10.00-12.00

Our forms of low-threshold conversation help

- **Face-to-face appointments**
 - 1-5 sessions, depending on the needs of the customer.
 - One hour for individuals, 1,5 hours for couples, families, groups etc.
 - Usually on site at the crisis center. Appointment via phone and Teams also possible.
 - Redirection for further help is also on the table.
- **MIELI Crisis Helpline**
 - Operated by crisis workers and volunteers nationwide.
 - Finnish line available 24/7. Also available in Swedish.
 - English line available Fridays 9.00-13.00.
 - Free of charge, basic telephone subscription fee applies.
- **Sekasin-chat**
 - Anonymous online chat for 12-29 year olds.
 - Operated by crisis workers and volunteers nationwide.

What kind of support do we offer in practice?

- We talk about the issue the customer wants to discuss
- We listen actively
- We deliberate and converse, and ask questions
- We offer support, talk about mental and physical resources and explore possible solutions together with the customer
- We seek to intercept the acute peak of the crisis



Suicide prevention

- Crisis center Osviitta offers support for customers who have attempted suicide. An appointment does not require an admission note and is free of charge. Our worker is a specifically trained social field professional who uses an intervention model called LINITY. All suicide prevention work is confidential.
- LINITY-intervention is based on the ASSIP-model (Attempted Suicide Short Intervention Program) developed at Bern University's psychiatric outpatient clinic.
- In crisis center Osviitta LINITY-work is done by crisis worker Helena Hakuni (helena.hakuni@osviitta.fi).

Kohtasimme
9 667
ihmistä

11 257
kohtaamista*

**Pirkanmaan
mielenterveys ry**
VUOSI 2024

Kriisikeskus Osviitassa:

2 928
asiakastapaamista

Asiakkaamme

- Palkansaajia 37 %
- Opiskelijoita 19 %
- Työttömiä 17 %
- Eläkeläisiä 13 %
- Muita/ei tietoa 14 %

TOP-5 syyt yhteydenotolle

- Ihmissuhdeongelmat
- Paha olo (ahdistus/masennus)
- Arjessa selviytymiseen liittyvät ongelmat
- Kehityskriisi tai elämänkriisi
- Huoli läheisestä

”

En tiedä, mitä olisin tehnyt, jos en olisi päässyt tänne.

Kiitos.

”

Teette loistavaa työtä, toivon että Osviitta pysyy jatkossakin ihmisten kriisi-satamana.



1 814 h
vapaaehtoistyötä



Ketkä tekivät asiakastyötä Osviitassa?

- 7 työntekijää (39 % asiakastyöstä)
- 111 vapaaehtoista (49 % asiakastyöstä)
- 31 opiskelijaa (12 % asiakastyöstä)

Autoimme valtakunnallisesti:



Vastasimme
kriisipuhelimeen
3 363
kertaa

TOP-3 syyt yhteydenotolle

- Paha olo
- Halu kertoa kuulumiset
- Ihmissuhdeongelmat

Autoimme
Sekasin-
chatissa
447
chattia



TOP-3 syyt yhteydenotolle

- Paha olo
- Ihmissuhdeongelmat
- Itsetuhoisuus

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Pirkanmaan mielenterveys ry
toimii mielenterveyden asiantuntijana ja paikallisena vaikuttajana. Yhdistys tukee ja kehittää ennaltaehkäisevää mielenterveystyötä ja vapaamuotoista kansalaistoimintaa.

* Asiakastapaamiset | Ryhmätapaamiset
Koulutukset | Puhelut | Chat-keskustelut
Parempi mieli -hanke

Our contact information

- Appointment number **0400 734 793**
- **Web-page:** www.mielenterveysseurat.fi/pirkanmaa
- **Facebook:** www.facebook.com/pirkanmaanmielenterveys
- **Instagram:** www.instagram.com/mielipirkanmaa

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Thank you for your interest! ❤️