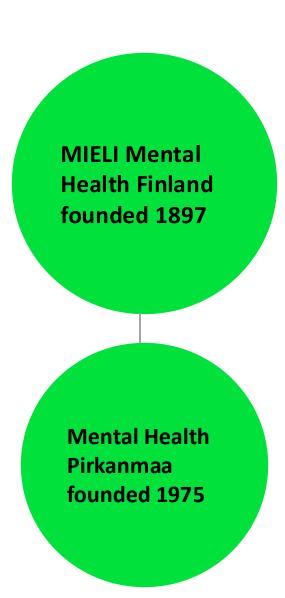


## Pirkanmaan mielenterveys ry

**Mental Health Pirkanmaa** 

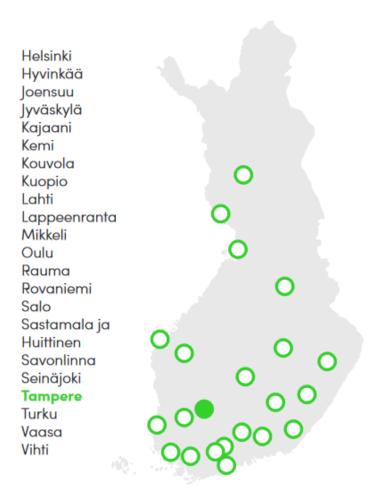
## **MIELI associations**

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



## MIELI ry:n kriisikeskusverkosto

Lyhytaikaista keskustelutukea 22 paikkakunnalla



## **MIELI Suomen Mielenterveys ry**

## Pirkanmaan Mielenterveys ry

#### Vakiintunut toiminta

#### Kriisikeskus Osviitta

matalan kynnyksen apua jo vuodesta 1993

#### Hankkeet

Mieli matkalla -hanke

(STEA-hanke 2019-2021)

#### Parempi mieli

(STEA-hanke 2022-2024)



## 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 form 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.

10.4.2025

## 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





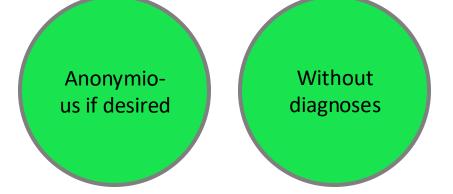


Fast and free of charge

Confidential

Low-threshold conversation help

No queue





#### 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

10.4.2025

## Our forms of low-threshold coversation 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 be 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.

10.4.2025

# 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 intervetion 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 ihmistä kohtaamista Pirkanmaan mielenterveys ry **VUOSI 2024**

#### Kriisikeskus Osviitassa:

2928

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 kriisisatamana.



## Autoimme valtakunnallisesti:



### TOP-3 syyt yhteydenotolle

- Paha olo
- Halu kertoa kuulumiset
- Ihmissuhdeongelmat

Autoimme Sekasinchatissa 447 chattia



## TOP-3 syyt yhteydenotolle

- Paha olo
- Ihmissuhdeongelmat
- Itsetuhoisuus

Ketkä tekivät asiakastyötä Osviitassa?

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

Micli Pirkanmaan mielenterveys ry

#### 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: <a href="https://www.mielenterveysseurat.fi/pirkanmaa">www.mielenterveysseurat.fi/pirkanmaa</a>
- Facebook: <u>www.facebook.com/pirkanmaanmielenterveys</u>
- Instagram: www.instagram.com/mielipirkanmaa





Pirkanmaan mielenterveys ry

Thank you for your interest!

