



MONIHელი RY

Moninaisuuden voima | *Strength in Diversity*

Presentation of projects and activities

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Program

- 9.00 – 9.15 Moniheli's presentation
- 9.15 – 9.50 Integration in Finland and mental health of migrants
- 9.50 – 10.00 Break
- 10.00 – 10.50 Unemployment and its' impact on mental health of migrants
- 10.50 – 11.00 Wrap-ups and goodbyes 😊

Moniheli in a nutshell

- Expert in equality, multiculturality, immigration & integration
- Finnish largest multicultural network
- More than 160 member associations, representing more than 40 nationalities
- 4 projects that promote participation from different perspectives
- 12 employees and more than 65 % have migrant background
- We have interns all the time 😊



Core activities

- Capacity building for multicultural NGOs
- Advocacy work and communications
- Funding delegation to small NGOs
- STEAs: Funding Centre for Social Welfare and Health Organisations



Katto programme

- prevents homelessness and housing problems for people who speak foreign languages.
- helps with housing applications, information on various housing-related issues for immigrants and professionals.
- In 2025: 353 clients with almost 2000 interactions, 354 housing info participants.
- STEA: Funding Centre for Social Welfare and Health Organisations



DIGIUP programme

Strengthening multicultural
NGO actors' digital skills
102 NGO representatives in 2025

STEA: Funding Centre for Social Welfare and Health Organisations



Digital Support

Individual or group guidance

- Phone, emails, WhatsApp
- Online meetings
- Face to face, also outside of the capital region



Materials

- Based on the training
- Based on topics that come up often in the digital support
- Instructions for digital support



Digital Skills Trainings

Digital skills training

- 21 areas of digital skills and trends such as the use of AI
- Digital supporter training



Impact & Advocacy

- Multicultural guidance skills Open Badge (202x in 2025)
- Multicultural digitalization network
- Training digital supporters on inclusive and integration orientated digital support.
- Speeches, articles, consulting

Building Digital Confidence for Working Life

Practical Resources to Help Trainers Plan and Deliver Trainings with Ease

- Step-by-step guides for planning and delivering training
- Training materials with how to coordinate, video materials and discussion prompts
- Available in 6 languages



[DIGIUP**T**OO**L**BOX.COM](https://digiuptoolbox.com)



March 2025 - April 2026

Nordic-Baltic initiative

Finland

 MONIHELI

[Network of Multicultural Associations in Finland](#)



[City of Vantaa,
Employment Services](#)



[WeCode Platform](#)



[Nicehearts
Neighbourhood Mothers Program](#)

Norway



[MIR - Mangfold -
inkludering - Respekt](#)

Denmark



[ReDI School of
Digital Integration](#)

Estonia



Tallinna Rändekeskus
Tallinn Migration Centre

[Tallinn Migration Centre](#)

Agency – services that promote equity, antidiscrimination and participation

Project aims to develop social and health services at wellbeing services counties for 3 target groups:

- Immigrants (THL, Moniheli ry, Wellbeing services county of Keski-Uusimaa)
 - Victims of human trafficking (THL, Wellbeing services county of Vantaa and Kerava)
 - Romani population (THL, City of Kajaani, Romano Missio ry, Tampere Settlementi ry, University of Helsinki)
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Duration of the project: 05/2024 – 02/2027



Co-funded by
the European Union

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Moniheli's tasks in the project

Work package 1 (05/2024-12/2025)

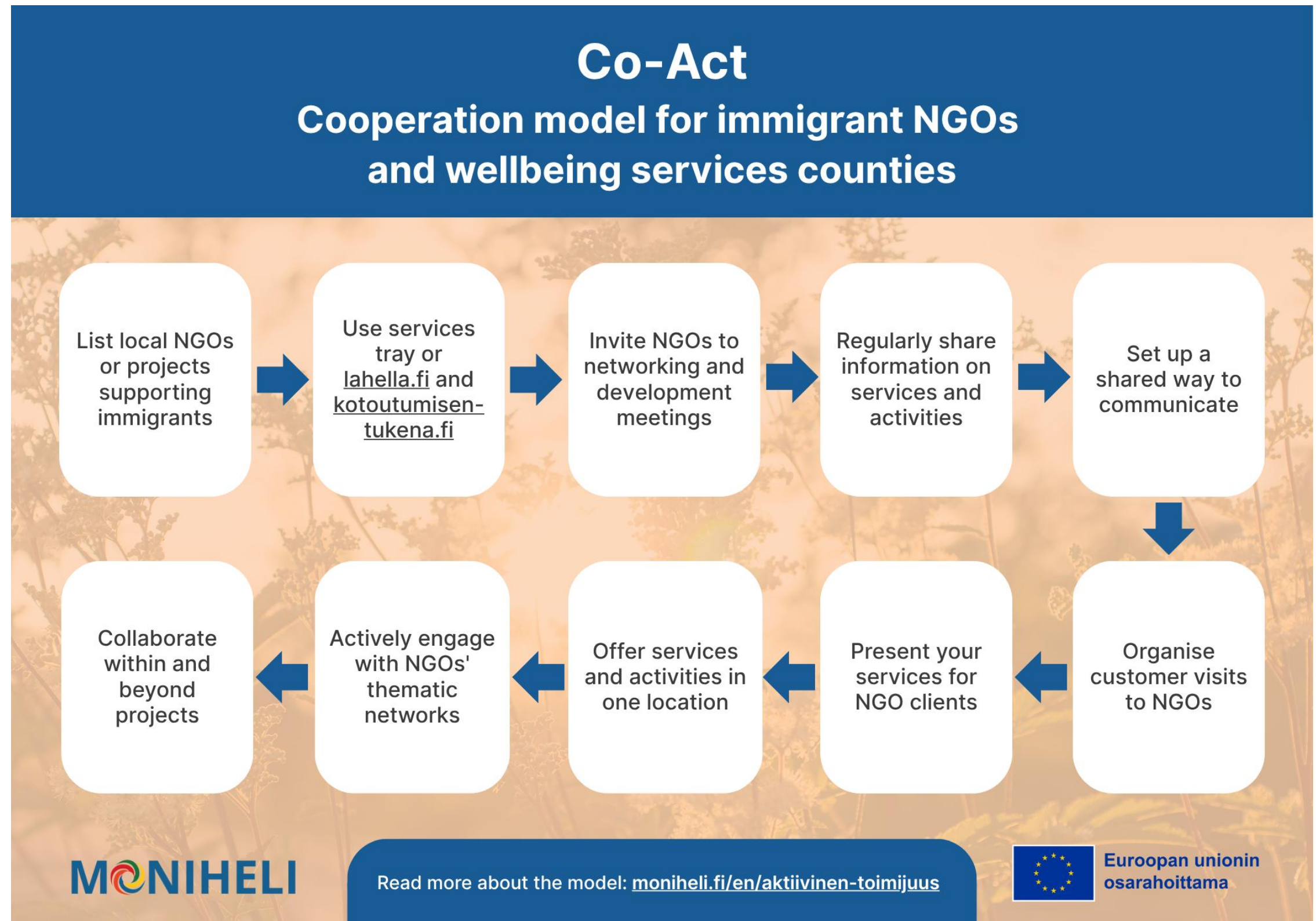
- Develop cooperation between wellbeing services counties & multicultural NGOs
- Developed "Co-Act" model

Work package 2 (12/2025-02/2027)

- Co-development of social services
- Mental health & substance abuse services in partnership with the Wellbeing services county of Vantaa and Kerava
- Social hackathon in May 2025

Co-Act Model

- Available in [ENG](#)



Co-Act Model



In the social services supporting integration, we daily encounter people whose situations are complicated.

Background info on integration

Act on the Promotion of Immigrant Integration: (1) people outside of the labour market; (2) job seekers




Main responsibility lies within municipalities + employment services

Integration services (municipalities) vs. Social services supporting integration (wellbeing services counties)

Unemployment rate in FI: 10.4% in 10/25; the level of unemployment among migrants is 2x higher in comparison with the native population



How the migration feels like?

-  Short work with the cases
-  Read the case and try to find out how this person feels? Write 1 (the most significant/pressing) feeling on the post-it.
-  What the person needs? Write 1 (the most significant/pressing) need on the post-it.



CASE 1

You are 40 years old father of the family of 2 daughters (10 and 13 years old) and wife (37 years old). You lived in Kabul in Afghanistan. You were the university teacher and member of the Parliament representing the cultural minority political party. Because you speak English, you were helping NATO officials during their missions in Afghanistan. After Biden's decision to move the troops from Afghanistan, the country was in chaos.

You were terrified that you and your family would be persecuted by Taliban. The situation was very chaotic, and you were offered to leave the country as asylum seekers. You left in hurry, with only the passports. First, you went to Rome and from there you were granted asylum in Finland, where you arrived and the mid-January. Your wife is in a bad mental health condition – she suffers from having left everything behind, having no family and friends around. You are trying to help her, but nothing seems working. There is also a constant fear, that the brothers, parents and broader family that left in Afghanistan will be punished because of you.



CASE 2

You are from EU country, and you came to Finland as a spouse accompanying your partner who was hired by the Finnish company. You came with 2 children (4 months and 3,5 years). As your husband started in the new job, he is away all days – leaving in at 5.00 in the morning and coming back at 21.00 in the evening. Kids are at home with you and you are getting crazy. The whole day you only speak with your children, you have no other social connections, you only know 1 park where you go with your children.

There is a club with some program available for small kids with stay-at-home parents, so you try visit them. But no one really speaks with you, as you do not speak Finnish and the personnel do not speak English. You do not know where to go buy a shoes for your children, you do not know where to apply for the kindergarten for the older one, you have no one to supports you. You are on your own.



CASE 3

You are a nurse from Philippines who was hired by the agency to work in Finland. You had an intensive Finnish course, and you were expecting to start working as soon as you reach B1 level of the language proficiency. When this happened, you did not have enough resources to buy a flight ticket and have enough finances on your account, so you decided with your husband to sell your house at Philippines. The big day came and you both left for Finland.

You started to work from the day 1 but to your surprise, you were not allowed to do any nursing job, because your education is not recognised in Finland. You struggled to understand and speak in Finnish. In the probation period your employer terminated the contract, and you have now 3 months to find a new job. Otherwise, you and your husband will be deported from the country.

What are the biggest challenges in integration?



- language
- literacy
- trauma and mental health/other health issues
- digital skills
- unemployment and financial issues
- affordable housing
- lack of belonging and social networks

- understanding the services' structure
- bureaucracy
- different gender expectations
- understanding intersectionality and its consequences
- racism and/or lack of cultural sensitivity



We all have good, not so good and bad days... But how much they affect our:

- Daily routines,
- Sleep quality,
- Appetite,
- Relationships,
- Managing tasks, work and/ or studies,
- Concentration and motivation,
- Creativity,
- Curiosity,
- Coping

Migration is a life-course changer. Integration is a life-long strategy.

Moving to another country is always a big change. Everything a person has taken granted for until than and is familiar with changes.

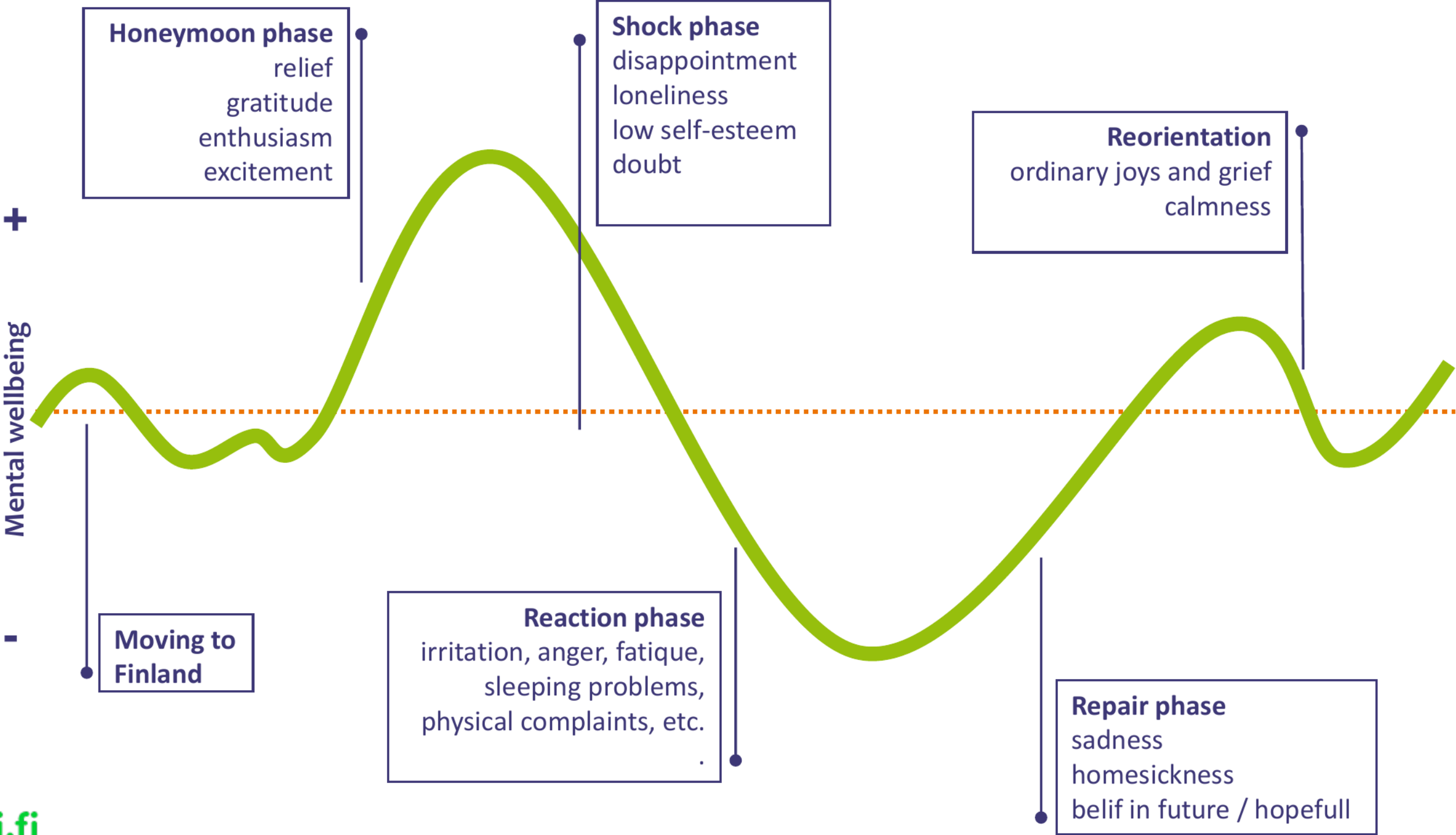
- Sensory experiences
- Environment
- Social roles
- Relationships
- Language
- Social norms and expectations
- Daily life and routines
- Work culture
- Housing, shopping, eating habits ...



Migration can feel like a crisis...

- Moving to another country affects all aspects of life
- Processing the changing outside factors, is an internal process
- It is an individual path where age, earlier experience, network, resilience, the journey, etc. plays a role.
- Change in culture and language may awake mixed feelings and fear
- Strong emotional reactions may be confusing
- Feeling of despair is normal
- Presence in (at least) two countries is a superpower but it might feel overwhelming
- All these reactions are normal

Moving to another country...



Useful links

- You can contact any of our staff members – their contact information is there: <https://moniheli.fi/en/yhteystiedot/>
- The promised link to our study on Impact of Unemployment on Mental Health of Migrants: <https://moniheli.fi/en/uutinen/koen-epaonnistuneeni-tyottomyyden-vaikutukset-maahan-muuttaneiden-mielenterveyteen-suomessa/>

