

Student wellbeing

- Including presentation on Finnish Student Health Service

Orientation programme 3.1.2020

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Wellbeing, mental health and mental illness

Wellbeing

- the experience of health, happiness, and prosperity
- includes having good mental health, high life satisfaction, and a sense of meaning or purpose

Mental health

- Essential for our wellbeing
- Feeling good, being happy with oneself and with life in general
- **Ability to manage** the challenges in life
- **Access to support** when needed

Mental illness

- Both mental health problems and mental illness (disorders)
- The most common problems: depressivity, anxiety, sleeping difficulties

Why discuss student wellbeing?

- Students struggle with their mental health
 - 30 % percent of students have suffered from mental health problems
 - Livelihood causes a lot of pressure, because financial aid for students has been cut
 - Students feel a tremendous pressure to complete their degree in time and do well in life
- One third of students experience loneliness every now and then
 - 10 percent are lonely often
- Bullying in institutions of higher education
 - 5-6 % have experienced bullying during their studies.

What can we all do to:

- decrease loneliness
- prevent bullying
- increase wellbeing

Support network for wellbeing

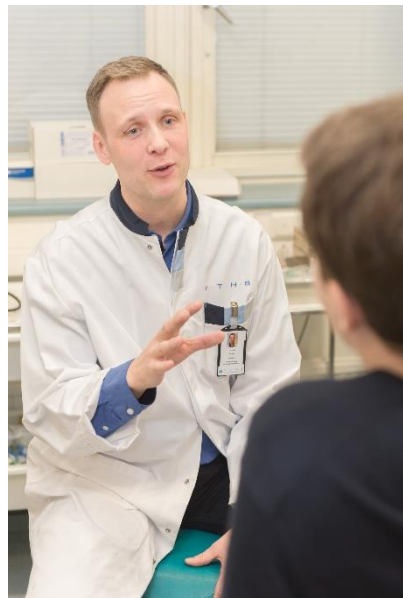
- Tutors
- Coordinators (international coordinator, study advisors etc.)
- Accessibility advisors at the faculty offices
- Harassment contact persons (In Åbo: Mr. Jan Kraufvelin, jan.kraufvelin@abo.fi, in Vasa: Ms. Anita Sundman, anita.sundman@abo.fi)
- City of Åbo/Turku
 - [Recreation division](#)
 - [Culture and sports](#)
- Congregations
- The Student Union and ESN
- CampusSport
- Finnish Student Health Services (FSHS) – general health care, oral health, mental health and community health



FSHS is student's support of
well-being and health



FSHS offers you services in



GENERAL HEALTH CARE



ORAL HEALTH CARE



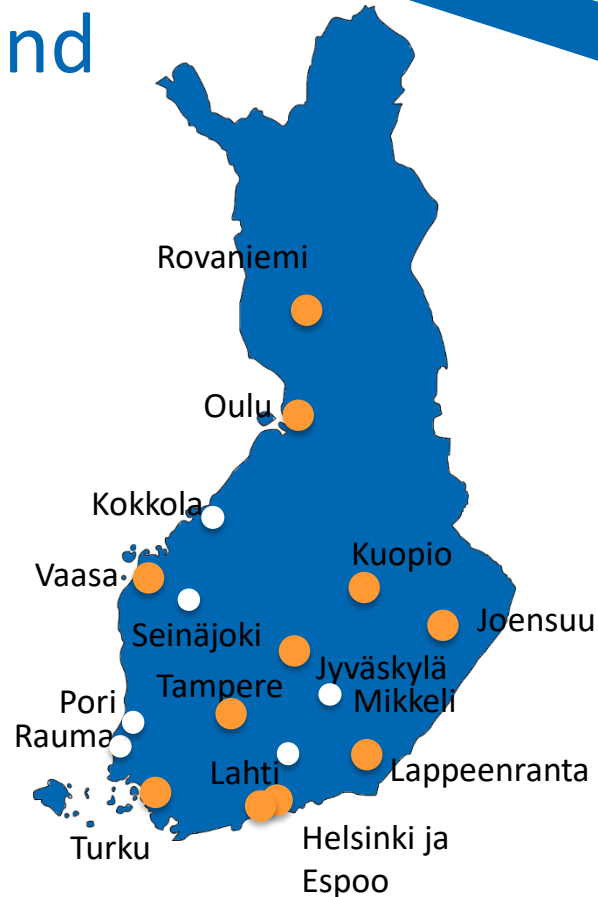
MENTAL HEALTH CARE



COMMUNITY HEALTH

Units all around the Finland

- The FSHS operates in all university towns in Finland.
- You will find the contact information, opening times and telephone numbers for appointments and cancellations at: yths.fi/en



An appointment for FSHS's services

1. . Contact us by phone



Before appointment reservation FSHS make treatment need assessment. Assessment is made by a health care professional regarding access to and urgency of treatment.

FSHS has a call-back service. Continue call until the machine tells you that your call-back request has been registered.

2. When you have an appointment



Make sure you arrive in time for your appointment.

Remember to cancel your appointment in time if you cannot make it.

Read more: [Our cancellation fee policy](#)

Service fees

- You can use our services when you have paid your student union membership fee to a student union
- Services subject to charge
 - Specialist and specialised dentist
 - Certificates and statements subject
 - Read more about the service fees yths.fi/en/fees
- The penalty fee for no-show appointments is 35 €.

**FSHS sends out invoices
by mail or via e-invoices.**

Start using e-invoices!

On yths.fi/en you will find for example

The screenshot shows the Finnish Student Health Service (FSHS) website. At the top, there is a navigation bar with links for 'Services', 'Health information and research', 'FSHS', 'Feedback', and 'Contact details'. Below this, a 'Welcome to FSHS' section features a grid of buttons for 'Appointments', 'Online services', 'Fees and billing', 'Health information', 'Care guarantee', and 'Who can use our services?'. A 'FSHS Units' dropdown menu is also present. To the right, a 'Self' service section explains that it is an online service for managing appointments and consultations. Below these, there are four news articles with titles like 'Opening hours during summer 2019', 'Chat will be expanded and made more fluent', 'FSHS has contacted all who may have received an erroneous chlamydia test result for re-testing', and 'More services in Self'. Each article includes a date and a brief summary.

- Opening hours and contact information
- Health information
- Health advice
- Log in to the Self
- Online services like renewal of contraception prescriptions, remote testing for sexually transmitted diseases, travel advice and online courses.

Check: yths.fi/en

Give us feedback!



- Feedback provided by our customers is vital for our efforts to develop our services and improve our activities.

Give us feedback:



Thank you!

Questions?



Start
something
epic.