

**Finland:****Emergency: [112](#) Suicide Hotline: [010 195 202](#)**

Finland

Helpline 1: 01019-0071

Website: [www.mll.fi/nuortennetti](http://www.mll.fi/nuortennetti)**[Kriisipuhelin](#)**

Call: (092) 525-0111

**[Online Chat](#)**

Kriisipuhelin provides confidential, Finnish-language support 24/7 over phone. We help everyone in Finland who may need emotional support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.

**[MLL Nuortennetti](#)**

Tell: 116 111

**[Kirkon keskusteluapua](#)**

Tell: 0400 221 180

**[Arabian- ja Englanninkielinen Kriisipuhelin](#)**

Tell: (+3589) 2525-0113

Arabian- ja Englanninkielinen Kriisipuhelin is dedicated to providing free, compassionate and confidential support over phone. We are here to help everyone in Finland who may be looking for support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.

**[Mielenterveyden Keskusliitto, Mental Health Helpline](#)**

Call: 0203 91920

Mielenterveyden Keskusliitto, Mental Health Helpline offers free and confidential support and

information over phone. We are here to help everyone in Finland who may need emotional support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.

### [Kriisipuhelin - Svenska](#)

Tell: 09 2525 0112

Kriisipuhelin - Svenska offers free and confidential support and information by phone. We exist to help everyone in Finland who may need emotional support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.