



**Free help without an appointment.
You don't have to face difficult times alone.**

Are you worried about your own situation or someone close to you?

Do you need help but aren't sure where to turn?

Looking for information about available services
and how to access them?

Want to talk confidentially and anonymously?

MielenTuki offers low-threshold support and guidance – no booking needed.

Come just as you are.

Mielle



Mental health policy strategy 2020-2030