

HOW ARE YOU?

Addressing things
and
seeking help



What does it mean to address concerns?

- Dealing with difficult issues and seeking help are mental health skills.
- Each one of us will face challenges and difficult things in our lives. You don't have to deal with them alone.
- It is good to know how to accept offered help or support, and to know how to give support.
- You don't need to be an expert at a topic to talk about a concern with someone.

What does it mean to address concerns?

Concern

= a feeling, that something is wrong. Not necessarily something very dramatic.

A challenging topic

= anything, that feels like a difficult thing to talk about.

Things that may raise concerns are, for example..

- Withdrawal from friendships
- Melancholy
- Giving up hobbies
- Studying becoming more difficult
- Carefree behavior
- Suicidal talk or behavior
- Changes in appearance
- Alcohol or drugs
- Continuous fatigue
- Stress

An exercise

You have an acquaintance studying at the same school, Ami. You have noticed, that lately Ami has not been his cheerful self anymore. Ami appears to be very tired, distant and is clearly stressed by his studies. You are worried about Ami.

What can you do yourself or with others in this situation?
Talk with your group / your partner and write down your thoughts.

Checklist for when you talk about the concerns

- Be direct and clear.
- Start from your own concerns and try to be supportive instead of trying to solve the problem.
- Ask what the person is thinking about the issue.
- Take your time listening and give time.
- Encourage the person to be honest and show, that you can listen to difficult things, too.
- Supporting the other person and possibly seeking help or support.
- Take care of yourself, too!

Supporting the other person

- You don't need to know how to solve, or try to solve the other person's concern or problem.
- You can seek help or support together. When you are supporting someone, you don't need to know in advance what or whom to contact. You can figure it out together.
- Don't stay alone and remember to take care of yourself. It can be challenging to listen to someone else's concerns and problems. Remember to look after your own welfare and share your thoughts with someone, if necessary (cf. slides Where to get help and support).

Where to get help and support?

- **At school:**

- Guidance counselor
- Special education teacher
- Curator
- Psychologist
- Nurse
- Youth worker
- Group leader
- Other staff

- **Online and via mobile**

- SEKASIN-chat:
sekasin247.fi
- MIELI ry:n crisis telephone:
09 2525 0111
- Support and chats:
nuortennetti.fi
nuortenlinkki.fi/mista-apua
nuortanelama.fi
- [Helsinkimissio.fi/nuorten-kriisipiste](https://helsinkimissio.fi/nuorten-kriisipiste)

Where to get help and support?

- **Municipal services**
 - Health care and social services:
The web pages of your own municipality
- **Address your concerns via form (in finnish):**
 - https://www.nuortennetti.fi/prod_nn/2017/09/15145303/Huoli-puheeksi-lomake.pdf

Remember these four things:

We all have a mental health. You may and should talk about it.

Good mental health doesn't mean you can't sometimes feel bad.

Dealing with difficult issues and seeking help are mental health skills.

Everyone is worthy of help and support and is entitled to them.

THANK YOU!



Bibliography

- Nuoren mielen ensiapu - mielenterveysosaamista lasten ja nuorten kohtaamiseen, MIELI ry, Lassander & Karila-Hietala, 2018