

# Welcome to FSHS's services

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Orientation

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Congratulations  
on your  
study place!







## Our services:

- General and mental health services
- Oral health services
- Promoting the well-being of higher education communities
- Health promotion





Start using FSHS's  
digital services!

More information:  
[yths.fi/digitally](https://yths.fi/digitally)





Contact the  
assessment of need  
for treatment team:

- In the Self online  
service via service  
forms or chat
- Via national service  
numbers

Read more  
[yths.fi/contactfshs](https://yths.fi/contactfshs)







After completing the HealthStart questionnaire, you'll receive feedback on the state of your health.

More information:  
[yths.fi/healthstart](https://yths.fi/healthstart)

In our groups you  
can get support for  
your health and life  
management.

More information:  
[yths.fi/groups](https://yths.fi/groups)





Join our  
student events!

More information:  
[yths.fi/events](https://yths.fi/events)







Pay the healthcare fee for students in higher education to Kela for each semester unprompted.

Please note the exceptions to the fee, if you have social security coverage from another EU/EEA country, Switzerland, Great Britain or Northern Ireland.

See Kela's instructions:  
[kela.fi/healthcare-fee](https://kela.fi/healthcare-fee)







Familiarize yourself more closely with our services and instructions on how to use them on our website [fshs.fi](https://fshs.fi).

You can also follow us on social media.







Local general and mental health services (first, contact the assessment of need for treatment team)

Service units: Töölö, Malmi and Otaniemi

[yths.fi/en/service-units](https://yths.fi/en/service-units)







Local oral health services (first, contact the assessment of need for treatment team)

Service unit: Töölö

[yths.fi/en/service-units](https://yths.fi/en/service-units)



# Prevention of infectious diseases and vaccinations





# Tuberculosis

- Tuberculosis screenings must be conducted before starting internships in the social and health care sector or early childhood education.
- Tuberculosis screenings are also recommended for immigrants from high-risk areas.

More information:  
[yths.fi/tuberculosis](https://yths.fi/tuberculosis)  
[yths.fi/screening](https://yths.fi/screening)







# Vaccinations

Check your vaccination status and contact the FSHS if you need to update it.





# Urgent treatment and emergency services

The FSHS does not provide emergency care. If you need urgent medical assistance, please contact your local emergency services.





# Finnish personal identification number

Once you have received your Finnish personal identity number, please contact the student office at your higher education institution to update your information with the FSHS.





Good luck with  
your first  
academic year!





# Thank you!

