

WHEN ONE FALLS ILL MANY LIVES CHANGE

You are not alone.





Worried about your friend or family member's mental health and your own wellbeing?

Mental disorders are common. In Finland, one in two people develop a mental disorder at some point in their life. A mental illness affects the individual's life as well as others around them.

Mental illness is nothing to be ashamed of. Help and treatment is available, and recovery is often possible.

Life with a mental disorder can also be rich and meaningful.

HOPE. SUPPORT. UNDERSTANDING.

FinFami is an association that offers counselling and support to anyone affected by mental illness or concerned about a friend or family member's mental health.

FinFami's member associations' professional support and counselling services are available around Finland. Find your local FinFami association at www.finfami.fi

FinFami offers you:

- information and counselling
- peer support
- courses
- recreation
- volunteering
- other activities

More information on the services available at your local FinFami association.

Services are free of charge, unless otherwise specified.



Contact FinFami
for hope, support
and advice during
difficult times

Advice to you affected by a family member's or friend's mental illness

- You are not alone.
Talk to others about your situation.
- Search for information on the illness.
- Take care of your own wellbeing.
- Look for peer support.
- In case you need help,
help is available at your local health station,
crisis helpline, or at [finfami.fi](https://www.finfami.fi)

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