

# Welcome to the FSHS services

31.8.2023, orientation session, Public Health  
Nurse Helmi Vatka



F · S · H · S


FINNISH STUDENT HEALTH SERVICE

**Congratulations  
on your study place!**





**We are here  
to support your  
health and well-being  
throughout  
your studies.**



**You have the right to use our services if you're studying for a degree in a higher education institution in Finland and have registered as an attending student.**

**The right to use our services is valid according to the semesters.**

**Spring semester is from 1 January to 31 July.**

**Autumn semester is from 1 August to 31 December.**



**Our services**

**General and mental health services**

**Oral health services**

**Health promotion**

**Promoting the well-being of higher education communities**

**Contact the assessment  
of the need  
for treatment team  
by phone  
via SelfChat or  
by completing a service form  
in the Self online service.  
[yths.fi/contactfshs](https://yths.fi/contactfshs)**

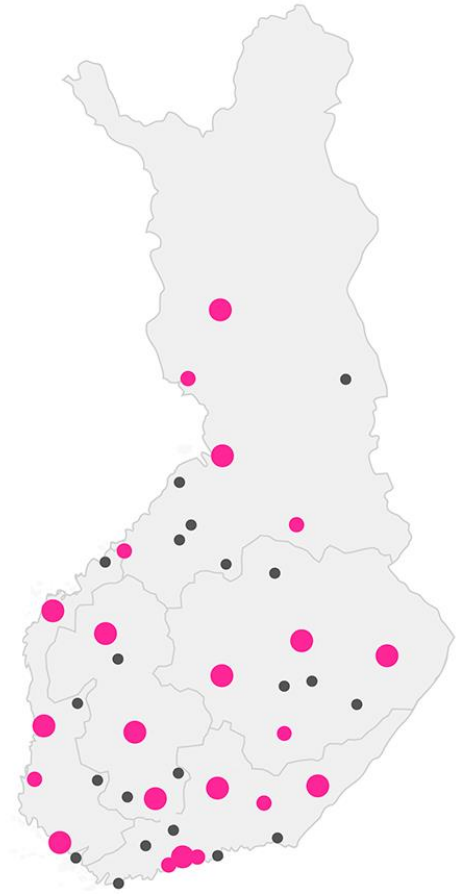


**Depending on  
your needs, you  
may be referred to  
remote services,  
local services or  
be given self-care  
instructions.**

Y · T · H · S

Palveluneuvonta 2.krs  
Patient affairs 2.floor

**We provide nationwide  
services at our service  
units and partner units.**  
[yths.fi/en/service-units](https://yths.fi/en/service-units)



**There are plenty  
of digital and  
remote services  
available.**





**We recommend  
you start using Self  
as soon as you  
begin your studies.**

**Read more:  
[yths.fi/en/self-info](https://yths.fi/en/self-info)**

**You can use the  
Self online service  
for example:**

**to reschedule or  
cancel your  
appointments**

**to use chat services**

**to update your  
contact details**

**to access remote  
appointments**

**to complete health  
and service forms**

## General and Mental Health

**We provide you  
with primary-level  
healthcare and medical  
care services,  
including examinations.**

## Oral Health

**Oral health services  
include oral health  
check-ups and appointments.**

**You can also access  
remote counselling  
for oral health.**



**We arrange during the  
academic year preventive  
and treatment groups  
both remotely and locally.**

**We carry out study  
community work  
together with  
students, institutions  
of higher education  
and student  
associations.**

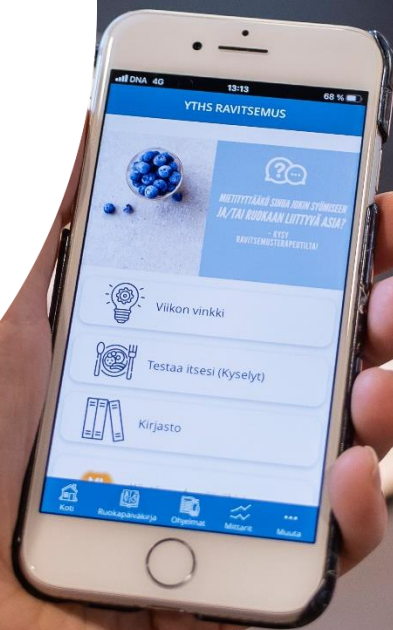


## **FSHS Nutrition – for a more energized everyday life**

**Coaching programs, recipes, tests,  
a photo food journal, articles and  
a diverse range of other material  
you can use whenever or wherever  
you choose.**

**Download the digital  
nutrition service via Self.**

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



# Health START



During the first academic year you will get an invitation to answer the HealthStart questionnaire on the Self online service.

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

**The health care fee for students in higher education must be paid by your own initiative. Please read: [kela.fi/healthcare-fee](https://kela.fi/healthcare-fee)**

**We at the FSHS do not charge fees for appointments or services – except for the fee for missed appointments that you haven't cancelled.**

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



**Familiarize yourself  
with our services  
and instructions  
on how to use them  
on our website.  
Check out the Health  
Information Resource too.**

**fshs.fi**





Good luck with your studies!





**Start also following our social media channels.**

