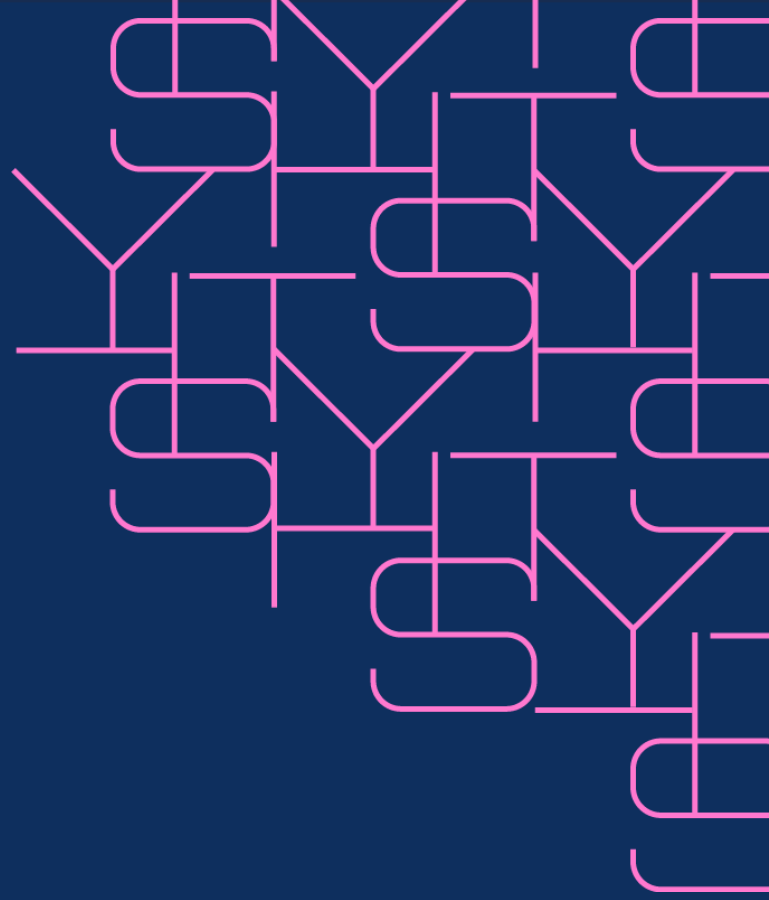


Welcome to FSHS's services

28.8.2026

Support and Advice Services: General Orientation

Tiina Auvinen



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/en/YTHSDigi



Contact the
assessment of need
for treatment team:

- In YTHSDigi via care chats
- Via our national service numbers

Read more
yths.fi/contactfshs





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

More information:
yths.fi/healthstart



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

More information:
yths.fi/groups



Join our
student events!

**English health webinar:
information session for
international students**

Webinar on Tuesday
29.9.2026

More information:
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





Familiarize yourself more closely with our services and instructions on how to use them on our website 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)
in Töölö, Malmi and
Otaniemi

yths.fi/en/service-units





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

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
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!

