



Nyyti ry presentation

University of Helsinki, Orientation event
On Thursday 31.8.2023

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What is Nyyti ry?

- Nyyti is an national non-profit organisation promoting the **mental health and study ability of higher education students in Finland**
- We offer the target-group support activities and increase mental health awareness provided by volunteers and professionals, and we strengthen the competence of professionals in the mental health promotion at the higher education field
- We receive our current funding from STEA, which operates under the Ministry of Social Affairs and Health, and the Ministry of Education and Culture (to a smaller extent also from donations)



What does Nyyti do?

Activities in autumn:

- **Peer groups and peer sessions** with varying themes, guided by professionals and volunteers
- **Group chat** counseled by Nyyti`s volunteers and professionals in different fields once/week
- **NyytiCoaching** individual coaching is carried out by professional coaches, in 3 languages, NyytiCoaching program is taking place once/semester. [Application for the autumn 2023 program](#) is starting from 5th on September.
- **Volunteer activities**, as an assistant of the groups and the discussion sessions, as a peer support person of the group chat, as a content creators tasks, etc.
- **Training for professionals** increasing competence in promoting compassion and togetherness, reducing loneliness and promoting accessibility work in the field
- In addition, **self-study- and self-help materials** on life skills on [our website](#) and [HK platform](#)



Nyytis Groupchat

- Intended for sharing experiences and ideas between students and for professional support for the worrying issues related to student life
- Welcome to groupchat on **Thursdays at 18-20 in Ninchat, in English once/month**
- Nyyti's volunteers or/and visiting experts usually present in the discussions
- Are you interested in working as a peer counselor in Finnish or English?

- [To 24.8. LHBTO+ opiskelijana opiskeluyhteisössä](#)
- [Ti 29.8. Financial worries](#)
- [To 31.8. Jännittääkö?](#)
- [To 7.9. Etäopinnot – stressi vai helpotus?](#)
- [To 14.9. Mitä jos ei olekaan helppoa ”mennä rohkeasti vain mukaan”?](#)
- [To 21.9. Ihan hyvä on riittävä – miten saada roikkuvat opinnot pakettiin?](#)
- [Ti 26.9. Self-care: how to look after yourself?](#)
- [To 28.9. Onko elämä ja opinnot yhtä suorittamista?](#)
- [To 5.10. Kieli solmussa pakollisilla kielten kursseilla](#)
- [To 12.10. ADHD ja opiskelu](#)
- [To 19.10. Pakko-oireisena opinnoissa](#)
- [Ti 24.10. Feeling tired all the time?](#)
- [To 26.10. Miksi et vaan lähde lenkille?](#)
- [To 2.11. Mistä voimia opiskeluarkeen?](#)
- [To 9.11. Voiko lukivaikeudesta voimaantua?](#)
- [To 16.11. Kiusaamisen pitkät kädet](#)
- [To 23.11. Huijarina korkeakoulussa](#)
- [Ti 28.11. How to find friends?](#)
- [To 30.11. Eniten hävettää kaikki](#)
- [To 7.12. Some & mielenterveys](#)
- [Ti 12.12. Studying in Finland as a foreigner](#)
- [Ke 13.12. Aikuisempana opiskelijana oleminen](#) (Huom. ajankohta!)

JAA

 TWITTER

 FACEBOOK

 LINKEDIN

 EMAIL



NYYTIRY

Peer groups and peer sessions

- Nyyti's online-groups offer a place for professional and peer support among students around multiple themes burdening the mental well-being
- The groups are led by professionals from different fields (usually in cooperation with a peer-counselor)
- All groups are free of charge, and aimed at adult students (18 years →)
- All groups need to be registered in advance. The groups are carried out remotely (Zoom, Discord), in Finnish



Group support for students experiencing loneliness

- Professionally led peer groups for the students who experience loneliness and need a change for their situation
- The groups meet once a week on Discord or Zoom platforms. Currently they are implemented only in Finnish
- A group lasts for 6-8 weeks
- More information and timetables can be found at [Nyyti's website](#)



Yksinäisyystyö
KORKEAKOULUISSA

**Yksinäisyys mielessä
-vertaisryhmät
korkeakouluopiskelijoille**

#YksinäisyystyöKorkeakouluissa



Nyyti's volunteering

- As a volunteer you get to contribute to the mental well-being of fellow students and create more compassionate student culture in different ways:
 - As a peer counselor in group chat
 - As a peer counselor and an assistant of peer groups and sessions
 - As a guest in Nyyti's podcast
 - As a content creator for Nyyti's Instagram account
 - As a blogger in "Mind matters" -blog
 - Sharing your story with other students
- As a volunteer, you get to promote the common good, to strengthen your worklife skills and get to identify your own potential and interests
- [Join to the volunteer activities](#)



Mental well-being support for young men (18-29 years)

- **Individual guidance** is intended for you who are considering participation in MiehenTila peer group activities and their suitability for your needs. The purpose of individual guidance is to go through your life situation, feelings and thoughts and find ways to talk about them.
- **MiehenTila peer groups** are intended for men studying in higher education who are willing to share experiences of coping and strengthen their own mental well-being. Participation in the group does not require a diagnosis, referral, trauma or crisis – the desire to discuss is enough.
- Registration for peer groups and individual guidance is open



Support for facing your eco-anxiety

- Offering support for discussing about your climate anxiety through Tukinet's chat and messaging service: <https://tukinet.net/teemat/yksilollista-tukea-ymparistokriisiin/tukisuhteet/>
- In addition for facing the emotions caused by the eco crisis: phone and email support: tel. 050 549 9353, tuki@tunne.org. Emergency service on Wednesdays from 4 pm to 6 pm. Further information: <https://www.ymparistoahdistus.fi/osallistu/puhelin-ja-sahkoposituki-ovat-jalleen-auki>
- More information and support material: <https://www.ymparistoahdistus.fi/>

