

### 5.7 Crisis Prevention

The Finnish Student Health Service (FSHS) offers mental counselling and crisis therapy for students.

#### Åbo

Treatment need assessment and appointment: Appointments from Mon-Thu can be made between 8.00-15.00, Fri between 8.00-14.00 on +358 (0)46 710 1050. In acute cases please contact between 8.00-9.00.

Where to call the FSHS health centre in Åbo is closed: in the evenings and at weekends contact the emergency service of the City of Turku health centre on +358 (0)2 10023 or +358 (0)2 313 8800. You can also find some useful information on the FSHS webpage [www.yths.fi](http://www.yths.fi).

#### Vasa

Treatment need assessment and appointments for students: call the general health service number on +358 (0)46 710 1097 from Mon-Thu between 8.00-15.00 and on Fri between 8.00-14.00. Consultations/appointments with a psychologist or psychiatrist is also available if necessary via the service number.

When the FSHS health care centre in Vasa is closed: please contact your own health centre Mon-Thu between 8.00-16.00 and on Fri between 8.00-14.00. In the evenings, nights and weekends: Vaasa Central Hospital ([www.vaasankeskussairaala.fi/](http://www.vaasankeskussairaala.fi/)), Sandviksgatan 2-4, Y-building, +358 (0)6 2131001. Emergency psychiatric services available at the Psychiatry Outpatient Clinic of Vaasa Central Hospital, Seriegatan 2: you need a referral for that. You can contact to on-call nurse any time, 24/7 and get counselling and information, +358 (0)40 516 2174 (local call fee)

#### Crisis Prevention Aid

To alleviate the psychological/social problems of foreigners and their families, the Finnish Association for Mental Health has a Crisis Prevention Centre in Åbo. For more information please contact: Crisis Prevention Centre - The Finnish Association for Mental Health, Mariegatan 6b, 3rd floor. Phone: +358 (0)2 233 3442 or +358 (0)40 8223 961. Open Mon-Fri 9.00-16.00.

The national crisis hotline offers immediate support for people in a crisis and their loved ones. Please call +358 (0) 1019 5202. Open Mon-Fri 9.00-7.00, Sat-Sun and holidays 15.00-07.00. Check also [www.mielenterveysseura.fi](http://www.mielenterveysseura.fi).

### 5.8 Pharmacies (apotek/apteekki)

In Finland, practically all medicines are sold only at pharmacies (*apotek/apteekki*). These include e.g. painkillers. Medication that is prescription-free in other countries often requires a prescription in Finland. However, painkillers, vitamins and micronutrients (Calcium, Magnesium, etc.) are available without a prescription. Vitamins and micronutrients are also sold in grocery stores. Pharmacies are normally open: Mon-Fri 9.00-18.00 and Sat 9.00-15.00. In Åbo there is unfortunately not a single pharmacy open 24/7, and only one pharmacy is open 7.00-23.00 every day: Universitetsapoteket/Yliopiston apteekki, Universitetsgatan 25; phone: +358 (0)300 20200.

The pharmacies situated in the centre of Åbo or close to the student apartments are:

- Kuppis apotek/Kupittaa apteekki, Kommunalsjukhusvägen 20, phone: +358 (0)2 251 7222, [www.kupittaaapteekki.fi](http://www.kupittaaapteekki.fi)
- Slottsapoteket/Linnan apteekki, Köpmansgatan 10, phone: +358 (0)2 275 0400, [www.linnanapteekki.fi](http://www.linnanapteekki.fi)
- Nummisbackens apotek/Nummenmäen apteekki, Tavastlandsvägen 24, phone: +358 (0)2 276 4740, [www.nummenmaenapteekki.fi](http://www.nummenmaenapteekki.fi)
- St. Henriks apotek/Pyhän Henrikin apteekki, Kalevavägen 41, phone: +358 (0)2 275 2150, [www.pyhahenrik.fi](http://www.pyhahenrik.fi)
- Domkyrkoapoteket/Tuomiokirkkoapteekki, Eriksgatan 5, phone: +358 (0)2 279 1200, <http://turuntuomiokirkkoapteekki.fi/>

The pharmacies situated in the centre of Vasa or close to the student apartments are:

- Vasa centralapotek/Vaasan keskusapteekki, Hovrättsplanaden 20, phone: +358 (0)6 - 319 1100, [www.apocentral.fi](http://www.apocentral.fi)