

Welcome to FSHS services

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F · S · H · S

FINNISH STUDENT HEALTH SERVICE



**Congratulations
on your study place!**



Our services

**General and mental
health services**

Oral health services

Health promotion

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

A woman with brown hair tied back, wearing a white ribbed turtleneck sweater, is looking down at a laptop screen. The background shows a white bookshelf with some books. A large blue circle is overlaid on the left side of the image, containing white text.

**Via the Self online service,
you can easily manage
varioius matters online.**

**More information:
yths.fi/en/self-info**



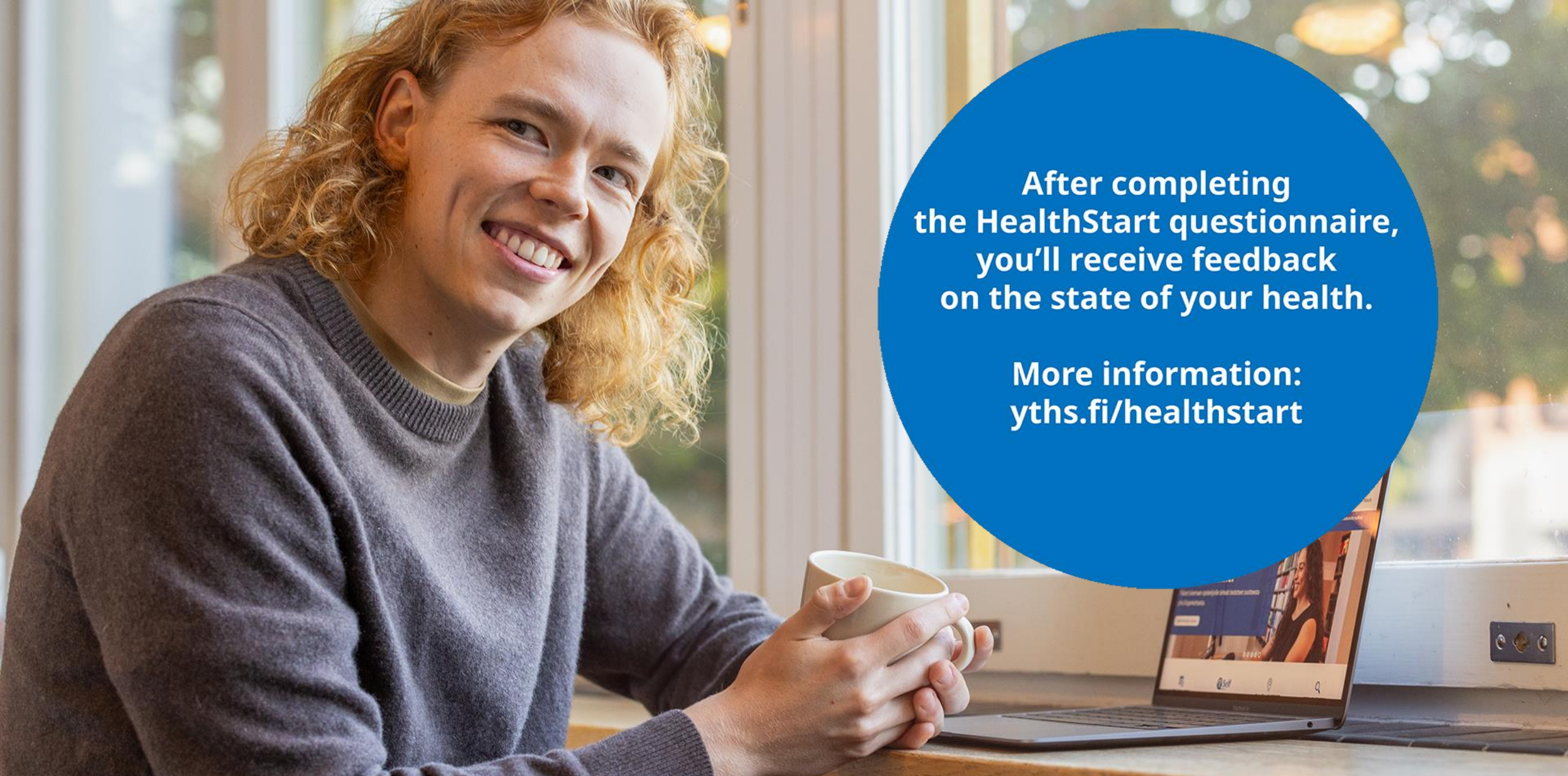
**Contact the assessment
of the need
for treatment team**

**by completing service forms
in the Self online service**

via SelfChat

or by phone

**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**

A photograph of a group of people in a meeting. In the foreground, a woman with curly hair is looking towards the right, resting her chin on her hand. To her left, another woman is partially visible, looking in the same direction. In the background, a woman in a pink jacket is standing and talking. The background wall is yellow with motivational phrases like 'You live it.', 'You love it.', and 'You make it.' and several colorful arrows pointing right. A large blue circle is overlaid on the right side of the image, containing white text.


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

**More information:
yths.fi/groups**



Join our
student events:

yths.fi/events



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

**Pay the healthcare fee
for students in higher education
to Kela unprompted
– according to 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.

**Good luck with your
first academic year!**

