

WE TAKE CARE OF YOUR MIND

Contact us, it's enough.



All conversations in the Worry in Mind line will always be confidential, and our healthcare professionals are sworn to secrecy. Your employer will not know who has contacted us and for what reason.

You do not need to know precisely what causes your concerns. Simply the thought of being unable to cope or feeling anxious is enough. Together we can resolve your concerns and find the right path forward. You do not have to bear the burden all by yourself – we are here to help you.



YOUR WELLBEING IS IMPORTANT

How are you feeling? Do you need support, or do you want to alleviate tension? Contact us through the Worry in Mind line!

- **The Worry in Mind line will guide you in your situation. You can book a video or telephone appointment with a Worry in Mind nurse.**
- **You can use the Worry in Mind line:**
 - through the Pihlajalinna health app or
 - through the Worry in Mind line by calling **010 312 023**
- **The Worry in Mind line is open on weekdays 8:00–18:00.**

The Worry in Mind nurses offer low-threshold counselling on the following topics: stress and anxiety symptoms, crises, loss, fears, violence in close relationships, sleep problems, addictions, melancholy, depression, lack of drive, hopelessness, worries about coping, concerns for loved ones, relationship problems.

All conversations will always be confidential.

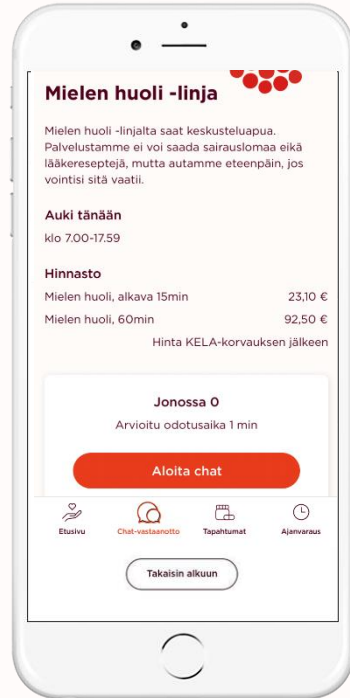
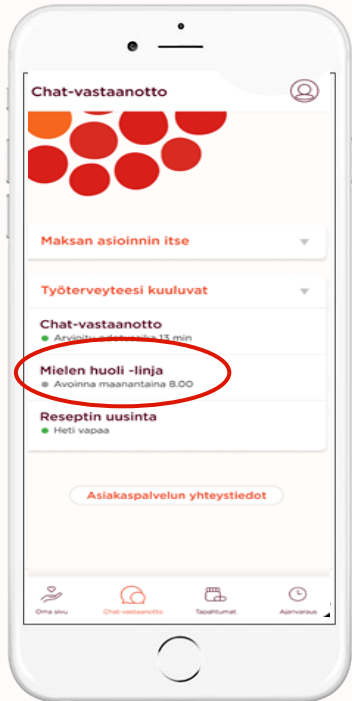


**WE WILL TAKE CARE
OF YOUR MIND**

Contact us, it's enough.
You will quickly have someone to talk.

This is how you use the Worry in Mind line in Pihlajalinna health app (open on weekdays 8:00–18:00)

1. Open Pihlajalinna health app
2. Select “Proceed to Chat clinic” and then select “Worry in Mind line”.
3. Select “Start chatting”.
4. You will be asked two questions:
 - What is weighing on your mind?
 - What kind of help are you hoping to get?



You can book an appointment with a Worry in Mind nurse through the chat or discuss options to find the most suitable appointment or professional to your situation.

If you do not have the Pihlajalinna health app yet, you can download it for free on your iPhone from [App Store](#), or on your Android device from [Google Play](#).

5. After answering the questions, you will be directed to a chat room with a customer service employee.



WE WILL TAKE CARE OF YOUR MIND

Contact us, it's enough.
You will quickly have someone to talk.

Customer feedback on the Worry in Mind line

"I felt heard, and it was helpful to talk."

"Looking for help and realising that you can have an impact on your own situation was the best decision of my life."

"I got a remote appointment fast and I'm already looking forward to the next meeting."

"I have more capacity than I would've ever imagined!"

"I feel lighter after talking to someone, and now I don't have to keep ruminating the same thoughts. It was great that I managed to get the appointment within the same day."

You do not need to speculate whether the challenge you are facing is too big or small. Do not hesitate to contact us if you feel like your burden is growing too heavy. You will be greeted with a warm welcome and receive the most suitable help to your situation.

**WE WILL TAKE CARE
OF YOUR MIND**

Contact us, it's enough.
You will quickly have someone to talk.