



Euroopan unionin
osarahoittama

Help from social services for families with children

Apua lapsiperheiden sosiaalipalveluista



Help from social services for families with children

Social services can help you in the following situations, for example:

- Your daily life feels stressful or straining
- You are tired as a parent
- You have concerns about the care or upbringing of your child
- There are arguments or stress in the family
- Your life situation has changed (due to a divorce, illness or unemployment, for example)
- Your family needs help with your daily life at home
- You are concerned about your finances or housing

Good to keep in mind

Please feel free to ask for help with a low threshold.

Social services are there for families.

The aim is the wellbeing of the child and the family.

If you are concerned about your child's behaviour or development

A child's behaviour can sometimes cause you worries. Concerns usually arise when a child's behaviour is clearly different from that of other children of the same age. Concerns may also arise if the child's behaviour has been making your daily life difficult for a long time. The following may cause concern, for example:

Strong or prolonged outbursts of emotion

- The child having tantrums that last for a long time or are repeated almost daily.
- The child being unable to calm down even when an adult tries to help him/her.

Aggressiveness

- The child often hitting, biting, kicking or breaking things.
- Such behaviour can occur in many places, such as at home and in daycare.



Sudden changes in behaviour

- The child's behaviour has suddenly changed. The child may have become withdrawn, fearful, irritable or aggressive.
- There is no clear reason for the change, such as a changed life situation.



Problems concentrating and impulsivity

- It being clearly more difficult for the child to concentrate than for other children of the same age.
- The child having difficulty waiting for his/her turn, staying focused on a task or following instructions.
- The child having the tendency to do something sudden and dangerous, such as suddenly running onto the road or climbing in dangerous places.

Social interaction issues

- It being difficult for the child to understand other people's emotions.
- The child's play being one-sided. The child experiencing difficulties in stopping play.



Self-harming behaviour

The child hurting him/herself by hitting his/her head, scratching or biting him/herself.

Other challenges with a child

- You are finding it difficult to make the child obey you.
- Your daily life with a child feels straining.
- You have difficulties in getting the child to sleep or eat.



Help is available from many places

**Child guidance and family counselling/
family counselling centre**

How?

- Contact client/service assistance for families with children in your area OR
- Contact social work for families with children OR
- Seek help from the maternity and child health clinic (if the child is under the age of seven) OR
- Contact the child's day-care centre

Social work for families with children

How?

- Contact social work for families with children directly OR
- Contact client/service assistance for families with children in your area

If the challenges are minor

Early support family guidance

How?

- Contact family guidance directly OR
- Contact client/service assistance for families with children in your area OR
- Contact social work for families with children OR
- Seek help from the maternity and child health clinic (if the child is under the age of seven) OR
- Contact the child's day-care centre

If it is a question of a child under the age of seven

Maternity and child health clinic

How?

- Contact the maternity and child health clinic directly

If you are concerned about your romantic relationship

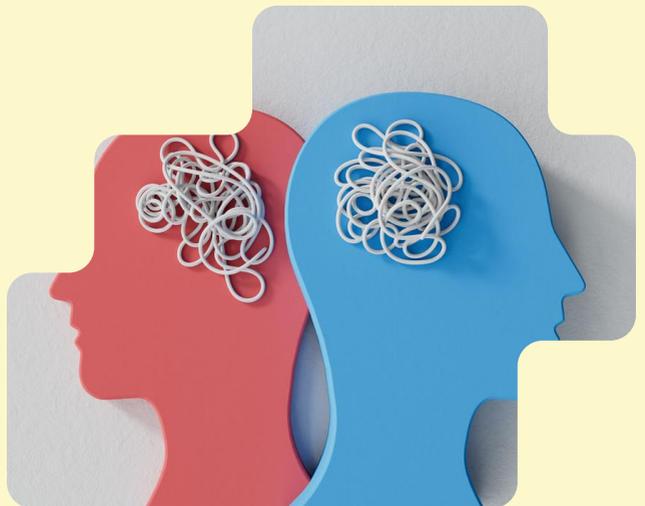
There are sometimes issues in relationships that may cause you concern. Concerns often arise when the challenging situation:

- Persists for a long time
- Influences your wellbeing
- Makes daily life together difficult

The following can cause concerns in a relationship, for example:

Interaction and discussion

- You talk very little. You don't talk about your feelings.
- The other person constantly criticises, belittles or insults you.
- Messages are often misunderstood, and arguments are repeated.
- You fail to resolve conflicts in a constructive manner.



Trust and honesty

- The other person lies or hides important things.
- You doubt the other person's fidelity or honesty.
- Secrets are causing constant uncertainty.

Sharing responsibility and cooperation in daily life

- Housework, childcare or financial affairs are not evenly distributed.
- One parent constantly feels overburdened. One of the parents is passive.
- Making joint decisions is challenging.



Help is available from many places



**Child guidance and family counselling/
family counselling centre**



How?

- Contact client/service assistance for families with children in your area OR
- Contact social work for families with children OR
- Seek help from the maternity and child health clinic (if there is a child under the age of seven in the family)



Social work for families with children



How?

- Contact social work for families with children directly OR
- Contact client/service assistance for families with children in your area



Parishes



How?

- Find the contact details from the website of your local Evangelical Lutheran parish (you do not need to be a member of the church)

Also see www.vaestoliitto.fi/parisuhteet/palvelut

Help with childcare and housekeeping

Sometimes a family needs help when:

- They have a newborn child, and caring for the infant and the home is difficult.
- An adult family member who cares for the child has fallen ill or injured him/herself and is unable to care for the child.
- Help is needed with childcare during a parent or sibling's necessary medical or therapy appointments.
- A parent is temporarily extremely tired, exhausted or facing mental health challenges.
- The family has experienced a sudden change or crisis.
- The family needs support in everyday matters and parenting.



Help with childcare and housekeeping, **home services for families with children**

**Home services for
families with
children**

How?

- Contact the home services for families with children directly
- Contact client/service assistance for families with children in your area
- Contact social care for families with children



If violence is a concern

In Finland, violence/abuse means any act that hurts another person.

The harm can be physical, mental, sexual, financial, social or digital, or a combination of these. Threatening another person with such an act also constitutes violence.

Physical violence

means any act that physically hurts another person.

Examples:

- Hitting, kicking, pushing or slapping another person, or pulling the other person by the hair
- Strangling and slapping
- Hitting another person with an object
- Preventing another person from moving

The use of corporal punishment to discipline children is prohibited in Finland.

Psychological violence

means emotional abuse or controlling another person.

Examples:

- Threats and intimidation
- Name-calling and humiliation
- Controlling another person
- Belittling and isolating a person from others
- Constant criticism
- Creating an atmosphere of fear

Sexual violence

means any act that violates another person's right to decide about their own body and sexuality.

Examples:

- Rape or attempted rape
- Coercion into a sexual act
- Touching without permission
- Sexual acts involving a minor
- Sexual harassment and insinuations

Financial abuse

means restricting the financial independence of another person. Examples:

- Controlling the use of money
- Incurring debts in the name of another person
- Preventing another person from working or studying
- Stealing money or property



Digital abuse

means abuse taking place over the phone, computer or internet.

- Checking another person's messages or social media accounts without permission
- Distributing private images or information
- Threats or harassment online
- Forcing another person to reveal their passwords
- Tracking another person using positioning

Violence/abuse means hurting or controlling another person. The violence or abuse can be physical, mental, sexual, financial, social or digital in nature.

Violence or abuse is never acceptable, nor is it ever the victim's fault. Help and support is available.



If you need urgent help during a crisis, the social crisis and emergency service is there to assist you 24/7.

Don't forget to check the telephone number of the social crisis and emergency service in your area and save it in your phone.

Always call 112 in case of an emergency



Help for violence

(If you are not in any immediate danger)

Social work for families with children

How?

- Contact social work for families with children directly
- Contact client/service assistance for families with children in your area

If you need to get to a safe place

Shelters

(If there is domestic violence and the situation is urgent)

How?

- Contact the mother and child home and shelter in your area directly
- For more information and help, see: nettiturvakoti.fi/en/palvelut

Telephone and chat support

Victim Support Finland (RIKU)

Tel. 116 006 – advice and support for all victims of violence.

Women's Line

Tel. 0800 02400 – support for women who have experienced violence.

Financial support (other than that granted by the Social Insurance Institution of Finland, i.e. Kela)



Social services for persons of the working age



How?

- Contact social services assistance for persons of the working age in your wellbeing services county directly



Social work for families with children



How?

- Contact social work for families with children directly
- Contact client/service assistance for families with children in your area

Also see: Financial and debt counselling (through municipal services or organisations) – assistance with money issues and debt management.

Local associations or parishes may offer some help or support.

Conversational therapy/When you feel anxious:

MIELI Crisis Helpline:

- In Finnish 09 2525 0111, open 24/7/365, additional information: mieli.fi/kriisipuhelin
- In Swedish 09 2525 0112, additional information and on-call hours: mieli.fi/kristelefon
- In Arabic/English 09 2525 0113, additional information and on-call hours: mieli.fi/azma
- In Ukrainian 09 2525 0114, additional information and on-call hours: mieli.fi/kriza
- In Russian 09 2525 0115, additional information and on-call hours: mieli.fi/krizis

Calling the crisis helpline is safe: the persons responding cannot see the caller's number, nor do you have to give your name.

MIELI Mental Health Finland does not charge its clients for telephone calls.

Contact your local health centre or the e-service of your wellbeing services county to book an appointment to receive help in the long term.



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TAMPERE

**Pirkanmaan
hyvinvointialue**



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Niitty 2 -hanke 2023-2026

Yhdessä maahanmuuttajaperheiden
hyvän arjen puolesta

Lisätietoa hankkeesta:
<https://projects.tuni.fi/niitty2/>

Perheinfo-aineistoportaali:
tuni.fi/perheinfo



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