



New Student Finnish Student Health Service



F · S · H · S
FINNISH STUDENT HEALTH SERVICE

www.yths.fi/en

Congratulations on your new place of study!

Finnish Student Health Service (FSHS, YTHS in Finnish)

- provides student health care services and
- works actively to promote students' health and well-being.

You can use our services

- if you are studying for a Bachelor's or Master's degree at a university or other institution of higher education in Finland, and you have paid your student union membership fee to a student union that is affiliated to the FSHS.
- Those studying for a Licentiate of Medicine, Dentistry or Veterinary Medicine degree are also entitled to use the FSHS's services.

Right to use the FSHS's services

- You can use the FSHS's services as long as your student union membership is valid.
- If you have paid your student union membership fee
 - for the full academic year, your right to use the FSHS's services starts on 1 August and ends on 31 July.
 - Autumn term membership starts on 1 August and ends on 31 December.
 - Spring term membership starts on 1 January and ends on 31 July.

Insurance

- Students do not automatically get insurance when arriving to Finland. Please remember to check that you have a valid insurance.

migri.fi

[Students must have insurance](#) (for all)

studyinfinland.fi

[Insurance and health](#)

Read more:

yths.fi/en/internationalstudents

FSHS's services

- **GENERAL HEALTH SERVICES**: Appointments with public health and other nurses and appointments with general practitioners and, if necessary, with gynecologists and dermatologists, travel advice, physiotherapy, laboratory and x-ray examinations on referral by an FSHS doctor
- **ORAL HEALTH SERVICES**: Appointments with oral hygienists, appointments with dentists and some dental specialists' services, x-ray examinations
- **MENTAL HEALTH SERVICES**: Preventive mental health work, appointment reservations and advice over the phone (preliminary treatment need assessments), mental health advice and examination sessions, treatment session in accordance with a treatment plan (incl. brief sets of psychotherapy sessions, crisis therapy, medical treatment)
- **COMMUNITY HEALTH** To build healthy and safe learning environment and to improve the well-being of student communities



Start using Self!



- Self is an online service through which students can communicate with the FSHS.
- At the beginning of the semester, register to service for a user. Thereafter FSHS can send you invitation letters and electronic questionnaires which you can fill in before your appointment.
- Self allows you to manage your appointment bookings, submit preliminary information forms, participate in surveys and communicate securely with FSHS experts.

Health examination and electronic health inquiry

- The FSHS invites all first-year students to health examination during the first year.
- This examination consists of an electronic health inquiry and, if necessary, a personal health discussion.
 - The process starts by us inviting you via Self service to fill in the health inquiry during the first year.
 - The responses will be assessed by a nurse. He/she will send you a reply message containing a personal assessment of your general and oral health.
 - If necessary, you will be asked to make an appointment with the nurse and/or dental hygienist.
- If you wish, you have the option to come in for a personal health discussion.



FSHS Units

- The FSHS operates in all university towns in Finland from Helsinki to Rovaniemi.
- You will find the contact information, opening times and telephone numbers for appointments and cancellations in the web at yths.fi/en.
- We have three service points in Helsinki: Töölö, Kumpula and Viikki.

[Watch the FSHS presentation video](#)

[Check out the web page for a new international student](#)



An appointment for FSHS's services

1. Contact us by phone



Before appointment reservation FSHS make treatment need assessment. Assessment is made by a health care professional regarding access to and urgency of treatment.

FSHS has a call-back service. Continue call until the machine tells you that your call-back request has been registered.

2. Make an appointment



After treatment need assessment you can book appointment by phone or when you have permission to appointment you can use Self.

Self allows you to manage your appointment bookings and submit preliminary information forms. Everyone can view and cancel their appointments without permission.

3. When you have an appointment



Make sure you arrive in time for your appointment.

Remember to cancel your appointment in time if you cannot make it.

[Our cancellation fee policy](#)

FSHS's Online Services and Social Media

yths.fi/en

[Self](#)

[Online Services](#)

[Travel Advice](#)

[Health Information](#)

In our websites you can find a lot of useful information. Look for example

- [Internationalstudents](#)
- [Frequently asked questions](#)
- [Virtual weight control group](#)
- [Sexual health and contraception](#)
- [Fresher kisses](#)
- [Health Information](#)



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Enjoy your studies!

