

We are trained professionals!

Aikalisä-service handles all your information with respect to its confidentiality and privacy. Your personal goals are at the core of this voluntary and free service.

Contact us:

www.aikalisatoiminta.fi



INDIVIDUAL SUPPORT AND ASSISTANCE

to everyone of military and non-military service age

Aika- lisa

AIKALISÄ IS A SERVICE FOR MEN AND WOMEN OF MILITARY AND NON-MILITARY SERVICE AGE

You may contact the counselor before,
during, or after the call-ups



When you need
information and
guidance on
various services



You will receive
individual
support and
assistance



When studies,
job searching,
housing,
livelihood or
health worry you



Together we
will find the
answers to your
questions



When you want
to chat with a
trusted adult



A personal
counselor
will help you
confidentially



Whenever you
have something
on your mind or
you are worried
about something



You will quickly
get an appoint-
ment with a
counselor who
has time for you

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