

**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](http://www.aikalisatoiminta.fi)



**INDIVIDUAL SUPPORT AND ASSISTANCE**

to everyone of military and non-military service age

# Aikalisa

## **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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