

Crisis Center offers help and support to individuals, couples, families and groups. We offer counseling on a one-to-one basis and by phone or online using Webex-program. The starting point is the need for help experienced by the client.

You can contact us, for example, in the case of

- problems at home, school, study or work*
- problems in relationship*
- unemployment*
- loneliness, self-destructive thoughts*
- depression, anxiety or other negative feelings*
- sickness*
- death of someone close to you*
- other sudden or unexpected events*

You can contact us without a referral. Our services are short-term, and we provide each client from one to five sessions.

Book your appointment by calling 044 782 6030 (From Monday to Friday between 9am and 1pm)

Appointments in the evening time are also possible.

You can contact us anonymously.

Our services are completely confidential and free of charge.

*Kainuu Crisis Center
Satamakatu 3 B
Hallinto building
87100 Kajaani*

Tel. 044 782 6030 (also WhatsApp)

www.kainuunkriisikeskus.fi

*We are also in Facebook
and*



Instagram kainuunkriisikeskus



The National Crisis helpline

Discuss your thoughts, feelings, and situation in life with a crisis worker or trained volunteer.

Call (09) 2525 0112 or (09) 2525 0113

On-call times:

Mon – Fri 9 a.m. -6 a.m.

Sat 3 p.m. -6 a.m.

Sun 3 p.m. -10 p.m.



Kainuu Crisis Center

Crisis Center offers help and support at the time of crisis or challenging events in your life.