



A CRISIS IN A RELATIONSHIP CAN OCCUR FOR MANY REASONS. OUTSIDE SUPPORT CAN HELP.

MIELITIETTY CRISIS COUNSELLING FOR COUPLES. FOR EVERYONE.

THE GOAL OF THE CRISIS HELP OF MIELITIETTY-PROJECT IS TO HELP YOU THROUGH A DIFFICULT TIME TOGETHER, AND TO HELP YOU UNDERSTAND YOURSELF AND YOUR PARTNER BETTER. THE CRISIS HELP OF MIELITIETTY IS SHORT TERM (MAX 8 SESSIONS) AND THE COUNSELLORS ARE SOCIAL WORK AND MENTAL HEALTH PROFESSIONALS. THE COUNSELLING IS FREE OF CHARGE, AN INTERPRETER IS PRESENT IF NEEDED. DISTANCE COUNSELLING IS ALSO POSSIBLE.

The counselling is meant for you, if you are experiencing or have experienced a crisis in your relationship, that you want to work through together. A crisis can occur for many reasons, for example

- **changes in life** (children moving out, retirement, a new job, unemployment)
- **difficulties in your relationship** (infidelity, childlessness, sexual problems, problems in daily life) or
- **unexpected (upsetting) experiences** (accidents, serious illness, becoming a victim of crime)

FOR AN APPOINTMENT CONTACT TURUN KRIISIKESKUS 040 8223 961

THE COUNSELLING IS FOR ALL COUPLES AND NON-MONOAMOUS PARTNERS OVER 16 YEARS OF AGE, LIVING IN THE TURKU AREA. THE COUNSELLING IS FOR EVERYONE REGARDLESS OF INCOME, AGE, GENDER, SEXUAL ORIENTATION, STATUS OF RESIDENCE PERMIT, LANGUAGE OR ETHNICITY.

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**Lounais-Suomen
mielenterveys ry**

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MIELItietty-project is working on developing and improving the crisis help for couples at The Crisis Center of Turku. The project is funded by STEA. The project workers are social work and mental health professionals.