

Mielenterveysyhdistys HELMI ry

- Open Meeting Place
- Lunch and Cafe
- Group Activities and Trips
- Events and Lectures
- Service Coordination
- Volunteer Work
- Support Persons
- Experts by Experience



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WHAT?



Helmi is a registered mental health association, and we offer grass root activities for people with mental health issues. Our core is founded on peer activities such as groups, trips, and events, kitchen work at our Helmi Café, volunteering, and support person service as well as service coordinating for both individuals and groups. At Helmi House we don't need to know your diagnoses – our goal is to make you feel warmly welcome when you join us! You can take part as many – or few – activities as you wish, whatever makes you the most comfortable.

WHERE?



Helmi House is located in Vallila Helsinki. Our premises are accessible and within great public transportation services. Helmi House has a cosy living room, six different types of rooms for group activities, kitchen and a dining hall. Our central location, spacious premises, long opening hours and versatile activities encourage our visitors to take part safely and with low threshold. Our Helmi Cafe offers inexpensive cafe products and lunch. Helmi House is open from 9 am to 16.30 pm on weekdays.

TO WHOM?



Our target group is people with mental health disorder and/or who feel lonely and isolated. However, everyone who's interested in taking part to our activities is warmly welcomed to Helmi House.

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GROUP ACTIVITIES



We have a versatile spread of group activities in music, sports, culture, arts and crafts, and others in the creative field. In addition, we have groups led by community members such as karaoke, bingo, and peer support groups. On a weekly basis we have around 30 group activities every week, and on addition of the regular groups we have short term pop-up groups. The groups are led by community members, volunteers, peers, professional and Helmi personnel.

TRIPS



Our weekly trips are very important for many of our visitors. Our trips offer sense of community, participation, new experiences in safe company with affordable price. We visit museums, other culture attractions, nearby events, and sometimes we just go outdoors to relax for the day.

HELMI CAFE



On weekdays we offer affordable morning porridge and lunch at noon. The possibility to enjoy our Helmi Cafés products makes it easier to spend even the whole day at Helmi House and take part to our activities. Healthy and nutritious food is an important factor in keeping up ordinary daily routines and sustaining a good mental health. Helmi Café is an essential meeting place for visitors. We take into consideration holiday seasons and other festive events also in our Helmi Cafe. We organize trips with food theme, lectures in nutrition, cooking classes and courses. Our volunteers are more than welcome to take part in daily lunch process and baking cafeteria products.

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VOLUNTEER WORK



Our volunteers are highly valued and have a big impact on Helmi House and its activities. Our volunteers are mental health rehabilitees, their relatives and basically anyone who wishes to contribute to the well-being of people with mental health challenges. Volunteer work is structured individually, keeping in mind persons resources and interests.

Different ways to contribute are developed together with our visitors and volunteers.

We train, guide and have group meetings for volunteers regularly.



As volunteer you can be or do

- Guide peer support groups and hobby groups
- Food preparation and other kitchen work at Helmi Café
- Daily chores and cleaning at Helmi House
- Chat moderator
- Household person in the evenings and weekends
- Support person

SUPPORT PERSONS



A support person helps in the process of mental health rehabilitation by being a friend, listener, and an assist for a person, who's own support network is not sufficient and who would benefit from long term assistance. A support person's job is to interact and activate as well as guide through difficult moments in life or just to have a conversation at a cafeteria or to go to the movies together.

Our support persons are committed to confidentiality and Helmi's values. We organize an introduction training and professional guidance for our support persons.

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SERVICE COORDINATION



Our individual service coordination is professional, goal-oriented short-term support. It's based on the goal of giving resources to the individual at risk of marginalisation so they can partake to the society. Helmi's service coordination is supplementary, not therapeutic. Our service coordinators help one to take care of daily matters, run errands and take arranged meetings with health care or other providers.



In addition to individual service coordination, the association provides service coordination for groups as well. In these groups social contacts are provided in a safe environment. Coordinators use many different methods from occupational to therapeutic. Participants are endorsed to find their own strengths and resources.

EXPERTS BY EXPERIENCE



Helmi's experts by experience are people with lived experience of mental health challenges, substance abuse, and/or other kinds of life crisis. Their goal is to raise awareness to reduce associated stigma and give invaluable knowledge to develop better services, change attitudes and creating an understanding of the challenges people encounter during their lifespan. Our experts visit in educational institutions, as representatives of service users in health care providers' development workgroups, and they partake discussion nights in Helmi House.

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HELMI MAGAZINE



Helmi Magazine is published four times a year. Stories are written by Helmi's active magazine group members and each magazine has a different theme usually concerning mental health issues as well as Helmi's news. Poems and art are also published. Helmi magazine is posted to Helmi's members and partners and handed out in Helmi House and events.

MEMBERSHIP



Helmi has almost 800 members. Taking part to Helmi's activities does not require membership but as a member you can be part of the movement for better mental health care and more understanding approach towards people with mental health challenges. The greater our numbers are, the louder our voice is! Community also gives comfort, invigorates the mind, and gives the opportunity to find new friends.

MEMBERSHIP BENEFITS:

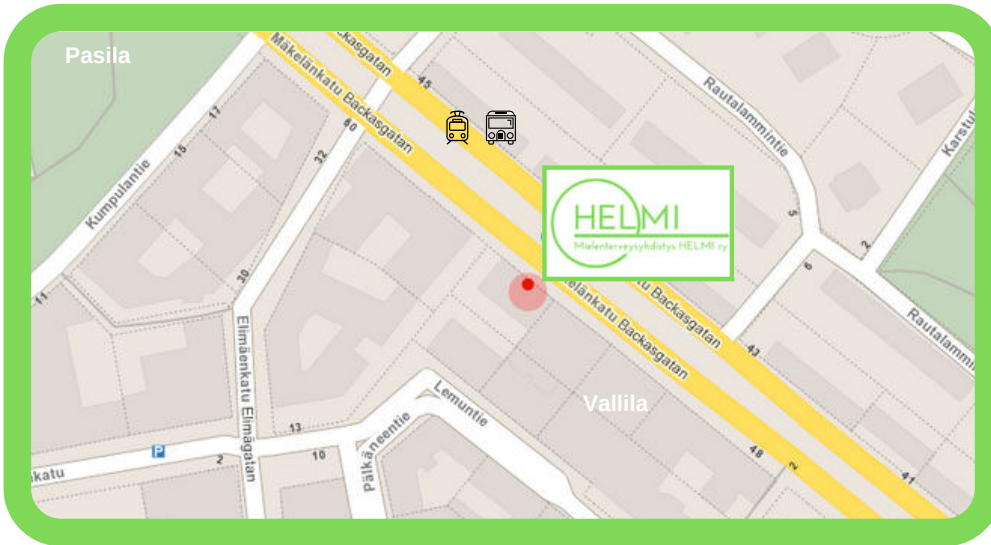
- HELMI MAGAZINE 4 TIMES/YEAR
- MEMBERSHIP LETTERS 4 TIMES/YEAR
- MTKL TUNNE JA MIELI- MAGAZINE -50% 6 TIMES/YEAR.



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More info on our website:

www.mielenterveyshelmi.fi

I want

- to be a HELMI member. Membership fee is 15 euros/year. And I accept that my data is registered to Helmi Membership files
- You to update my contact info
- more info of volunteer work in Helmi

Name: _____

Address: _____

Postal Office Code and City: _____

Mobile number: _____

E-mail: _____

Birthday: _____

Signature _____ / _____
(date) (year)



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