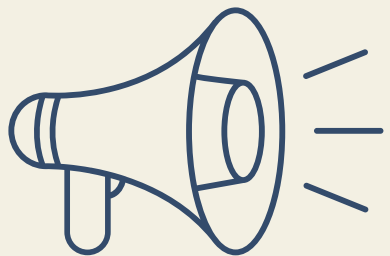


GET A LIFE!

A BEGINNER'S TOOLBOX FOR ADULTING

a collection of educational materials

MODULE 3: Mental health & emotional well-being. Part 1: Mental health



CONTACT LIST OF ORGANISATIONS AND HELPLINES OFFERING MENTAL HEALTH SUPPORT IN THE NORDICS



FINLAND

- **Sekasin Chat**
 - Online chat support for young people (12–29)
 - Website: sekasin.fi
- **Mieli Mental Health Finland**
 - Crisis helpline: 09 2525 0111 (Mon–Fri, 9–15)
 - Website: mieli.fi
- **Nuorten Kriisipuhelin (Youth Crisis Phone)**
 - Phone: 116 111



SWEDEN

- **BRIS (Children's Rights in Society)**
 - For children and young people up to age 18
 - Phone: 116 111
 - Website: bris.se
- **Mind Sweden**
 - Suicide Prevention Hotline: 90101 (all ages)
 - Website: mind.se
- **UMO (Youth Health Online)**
 - Health advice for people aged 13–25
 - Website: umo.se



DENMARK

- **Børnetelefonen**
 - For children and young people
 - Phone: 116 111
 - Website: bornetelefonen.dk
- **Livslinien**
 - Suicide prevention helpline
 - Phone: 70 201 201
 - Website: livslinien.dk
- **Headspace Denmark**
 - Free counseling for young people
 - Website: headspace.dk



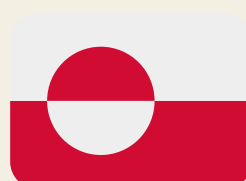
ICELAND

- **1717 Hjálparsíminn (The Red Cross Helpline)**
 - Phone: 1717 (24/7)
 - Website: 1717.is
- **Píeta Samtökin**
 - Suicide prevention and support
 - Phone: 552 2218
 - Website: pietasamtokin.is
- **Geðhjálp (Icelandic Mental Health Alliance)**
 - Website: gedhjalp.is



FAROE ISLANDS

- **Sinnisbati**
 - Mental health organization for all ages
 - Website: sinnisbati.fo
 - Email: sinnisbati@sinnisbati.fo
- **Barnahúsið**
 - Child advocacy and support center
 - Website: barnahusid.fo
 - Phone: +298 356868



GREENLAND

- **Tusaannga**
 - Free, anonymous support for all ages
 - Phone: 801180 (within Greenland), +299 801180 (from abroad)
 - SMS: 1899
 - Website: tusaannga.gl
- **Kalaallit Nunaanni Politiit (Greenland Police)**
 - Emergency: 112