

# Starting Point of Wellbeing

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Aalto new student orientation  
5.9.2019

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Students



Aalto-yliopisto  
Aalto-universitetet  
Aalto University



# What we do

- **The Starting Point of Wellbeing offers students advice and guidance on services related to wellbeing**
- **No appointment needed**
- **Open on weekdays 9–15**
- **Located in room Y199c (Otakaari 1)**

# Who we are

- **Finnish Student Health Service (FSHS)**
- **Aalto study and career planning psychologists**
- **Study counsellors**
- **Aalto chaplains**
- **UniSport**
- **Student union AYY**

# Starting Point of Wellbeing

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
<b>Morning 9–11.30</b>	Study and career planning psychologists	Finnish Student Health Service (YTHS)	UniSport	Finnish Student Health Service (YTHS)	Aalto harassment contact person
<b>Lunch break 11.30–12.30</b>	Lunch break 11.30–12.30	Lunch break 11.30–12.30	Lunch break 11.30–12.30	Lunch break 11.30–12.30	Lunch break 11.30–12.30
<b>Afternoon 12.30–15</b>	Study and career planning psychologists	Finnish Student Health Service (YTHS)	Study counsellors	Finnish Student Health Service (YTHS)	Aalto Chaplains



# For example..

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[bit.ly/wellbeingAalto](https://bit.ly/wellbeingAalto)

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