Starting Point of Wellbeing

The Starting Point of Wellbeing offers students advice and guidance on services related to wellbeing. Drop in to find out more about the services of the Finnish Student Health Service (FSHS), the Aalto study psychologists, the Aalto chaplains, UniSport and the student union AYY. The Starting Point of Wellbeing is open on weekdays 9–15 in room Y199c (Otakaari 1).

Give us feedback, please!

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning 9–11.30</td>
<td>Aalto psychologists</td>
<td>FSHS</td>
<td>UniSport</td>
<td>FSHS</td>
<td>Aalto chaplains</td>
</tr>
<tr>
<td>Afternoon 12.30–15</td>
<td>Aalto psychologists</td>
<td>FSHS</td>
<td>UniSport</td>
<td>FSHS</td>
<td>AYY harassment contact person</td>
</tr>
</tbody>
</table>

Aalto chaplains, Fridays 9–12

‘Studying is a lot to handle and of course there is more to life than just studying. If you need someone to talk to, you can turn to the Aalto chaplains. The cornerstones of our work are being present, listening and keeping all student discussions strictly confidential. We want to promote our students’ holistic wellbeing. Why not come meet us and hear more about booking a counselling appointment as well as the online chat service, discussion groups, brunches and other activities we have to offer.’

AYY, Friday 12–15

‘The Aalto University Student Union AYY: You can talk to the AYY harassment contact person if you have experienced harassment or misconduct. The appointments are confidential and no measures will be taken without your consent, but if you wish, the harassment contact persons can help you sort out the situation. In addition to individual students, the harassment contact persons provide guidance to student organisations.’

Study and career planning psychologists (student counsellors),

Monday 9–15

‘If your studies have stalled or you are worried about your studies or future employment, come meet the Aalto psychologists to discuss how our services could be helpful to you. You will get information on our courses, groups and online services as well as advice on booking a personal counselling appointment.’

UniSport, Wednesdays 9-15

‘Welcome to UniSport! Life shouldn’t be just about studies or work, so remember to keep yourself moving. UniSport has something for everyone from absolute beginners to experienced enthusiasts. Come talk to us and find the sport for you.’

FSHS, Tue 9–15, Thurs 9–15

‘Are you worried about a health-related issue? An FSHS nurse is available at the Starting Point of Wellbeing on Tuesdays and Thursdays 9–15 for health counselling and needs assessments.’
The Starting Point of Wellbeing offers students also information about the mental wellbeing services provided by Nyyti ry.