

## Let's make the world a better place together

Principles of the Red Cross

**HUMANITY**

**IMPARTIALITY**

**NEUTRALITY**

**INDEPENDENCE**

**VOLUNTARY SERVICE**

**UNIVERSALITY**

**UNITY**

**Please contact us or pay us a visit.**

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Finnish Red Cross



*Everyone's right  
to safe people*

Finnish Red Cross  
Youth Shelters





## There is a solution to every problem

Do you need help in sorting out something in your life? Is there something going on at home or elsewhere that you would like to change?

Contact the Youth Shelter.

- You can receive help from us quickly and free of charge.
- We are here for you.
- Let's find the solutions together!

Red Cross professionals and volunteers help young people and their parents at the Youth Shelter.



**” I can get help for exactly the right things, exactly when I need it.**

*A young person, Tampere*

## Help and guidance is available around the clock

You can ask us about anything related to adolescence or parenting. We help people deal with various types of problems, be it an everyday occurrence or an emergency.

### Temporary accommodation

If necessary, a young person can spend the night at our shelter. We assist young people and families in finding help and solutions in challenging situations.

### Discussion support

We provide discussion support in order to assist young people and their families. Together with a young person, their family and other parties offering their support, we will look for suitable solutions. Also parents can receive help from us with parenting.

Sometimes, a short discussion is enough to resolve a problematic situation, but we will lend our ears for however long is needed.

### Fixing a sleep pattern

We will help a young person correct a disrupted circadian rhythm that is interfering with their school performance and daily life in general.

### Support for independent living

We help young people with moving out on their own and becoming independent.

### Support online

We are part of the chat project Sekasin, where young people can talk to reliable adults about anything that may be on their minds.

## Local support and volunteer activities

We conduct civic activities that enhance the well-being of young people and families. We provide opportunities for people to make the world a better place.

