

## Peer support groups and help by telephone

### Peer support groups

There are several peer support groups for those with substance abuse problems and their family members in Finland. Here are a few examples:

- Alcoholics Anonymous (AA) is a group for those with alcohol abuse problems to share experiences and support each other. Attending AA meetings is free of charge. Information on AA's activities and meetings is available on the [Alcoholic Anonymous](#) website. There are a few AA groups in [Swedish](#), [English](#) and Russian in Finland.
- Narcotics Anonymous (NA) is a group for those with drug problems where former drug users offer support to each other and those aiming to stay clean. Information on NA's activities and meetings is available on the [Narcotics Anonymous](#) website. Most groups are in Finnish, but there is also a group in English in Helsinki.
- Al-Anon is an organisation for the family members of alcohol addicts to share experiences. The activities are very diverse. Information is available on the [Al-Anon](#) website. Most groups are in Finnish, but there is also a group in [English](#) in Helsinki.
- Nar-Anon is an organisation for the family members of drug addicts. Information is available on the [Nar-Anon](#) website. Nar-Anon operates in a very small scale and the only group is in Finnish.

If there is no English group nearby, you might want to contact the meeting organiser to ask if you can come to the meeting anyway or if it was possible to organise meetings in English, for example, in the area.

### Helplines

You can call a helpline to discuss your problems with an employee confidentially. There are several helplines in Finland, often maintained by various associations. Remember that some helplines are subject to a charge. Below are a few examples of helplines:

- AA has a help line that is open from 9 a.m. to 9 p.m., tel. 09 750 200, and a number of [local helplines](#) listed on the AA website.
- [NA's](#) helpline is open from 6 to 8 p.m., tel. 050 370 7597.
- A list of Al-Anon's helplines is available on the [Al-Anon](#) website.
- [Irti huumeista ry's](#) helpline offers support, assistance and information, tel. 010 80 4550.
- [Ehkäisevä päihdetyö EHYT ry's](#) helpline offers 24-hour service, tel. 0800 900 45. The helpline is free of charge.
- [Foreigner's Crisis Centre](#) assists with mental health and social problems free of charge 09-4135 0501
- [Monika - Multicultural Women's Association in Finland](#) offers services to immigrant women and children who have been victims of violence. You can call them any time, also anonymously, or visit their centres. The centres are located in Helsinki, Espoo, Vantaa, Kajaani, Kemi and Mikkeli. 24-hour helpline: 09 692 2304

Many municipalities and churches offer their own helplines. You can browse the Internet for information on them. You can call and request help in English.

link

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