

# TURN THE PAGE. I'M FINE.

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Many times in life the hard part is to ask for help. Even harder is to admit one needs help. Whatever happens we endure.

More than 20% of Finnish youth suffer from mental health issues and resulting social exclusion. Most of them refuse the help and suffer alone.

For those young people the first step in recovery is to admit that there is something wrong. But how do you admit that to someone else when it pains to admit it even to yourself?

Helsinki Missio's youth crisis center and Voima project are easily accessible for anyone in danger of exclusion.

We help young people to cope with social situations and mental health issues anonymously and free of charge.

Now we need you to help us help them. Donate and help those who are too ashamed to admit they need help.

*Donate 10 € now via textmessage. Send text: "10 YKSIN" to 16301  
Or visit us on: [lahjoita.helsinkimissio.fi](http://lahjoita.helsinkimissio.fi)*

**NUORTEN  
KRIISIPISTE  
HELSINKIMISSIO**

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