

Psychologist services at Helsinki Employment Services

A psychologist specialised in career counselling and planning supports you and provides guidance in choices and possible challenges related to your career and training.

You can turn to a career counselling psychologist, for example,

- to help you clarify your strengths, resources, interests or occupational wishes
- to choose a field of study
- because of challenges in working life
- because you are no longer interested in your current field
- when health issues, a particular life situation or learning difficulties limit your options

Guidance provides you with an opportunity to stop and think about your situation and wishes together with the psychologist, and to gain new perspectives. The purpose of the guidance is to support you and help you make decisions about your future. Psychological guidance is a confidential service that is also free of charge. Guidance is available in Finnish, Swedish, English and through an interpreter for other languages. Customers are served face-to-face, through telephone or video connection.

You can book an appointment with a psychologist by contacting your contact worker in the employment services.

