

FSHS

FINNISH STUDENT HEALTH SERVICE

2025

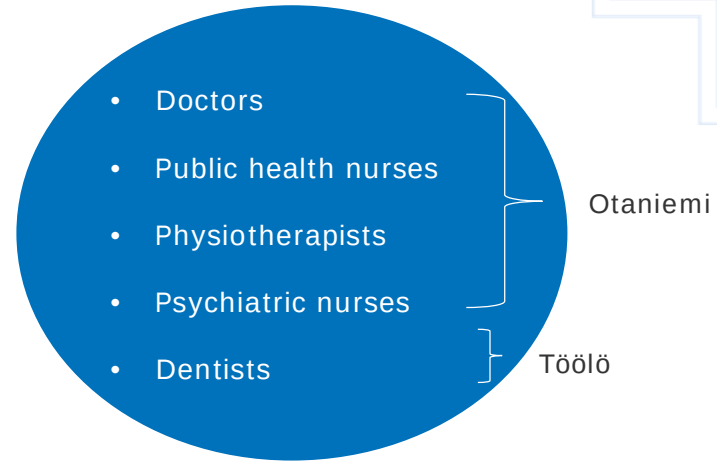


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YLIOPIILAIDEN TERVEYDENHOITOSÄÄTIÖ

Services

- We provide:
 - General health services
 - Mental health services
 - Dental care
- For those bachelor's or master's degree students who have signed up as present at a Finnish university or university of applied sciences.
- Not provided for exchange students



No emergency care!

Health care fee

- The higher education healthcare fee that students pay to Kela covers all FSHS services. The FSHS does not charge for any appointments.
- kela.fi/web/en/healthcare-fee-for-students-in-higher-education

ⓘ Nbi You can use FSHS' s services and the Self online service when you have enrolled as an attending student. The master starting on August 1. Please note that the information regarding your enrollment will be transferred to us from higher education institutions with a delay of approximately two weeks. If you have not log in to Self and your matter is urgent, please contact us by phone. [Read more](#)

Welcome new student!

We support you in matters related to health and well-being during the time of your studies. We also take care of the well-being in study communities.

[Read about our services](#)

BOOK AN APPOINTMENT

In SelfChat or telephone:
General and mental health
+358 46 7101073
Oral health +358 46 7101085

[Instructions for booking an appointment](#)

Self USE SERVICES ONLINE

Look after your health on the quick and easy online service for students.
[Check out the Self-service.](#)

[Log In to Self](#)

SERVICE UNITS

Select service unit

HEALTH RESOURCE PAGES

Search health information

Worried about your health? Find information and self-care instructions in the student health resource pages.

HealthStart questionnaire

- As a first-year student you can fill in the HealthStart questionnaire in the Self online service.
- www.fshs.fi → log into Self
- Read more about the health questionnaire on <https://www.yths.fi/en/services/health-examination/>

You have the right to use our services until the end of the semester when you graduate.

We wish you all the best for your first academic year!