

PSYCHOLOGICAL SERVICES AS SUPPORT FOR VANTAA EMPLOYMENT AND INTERNATIONAL CUSTOMERS

Vocational choice and career counseling for the young and adults

When should I seek guidance?

Guidance may benefit you when you are facing difficulties, uncertainty, or feel you are stuck with your professional situation. You may consider further education or re-education, changing your vocation or workplace, or returning to the labor market. You may also face health-related challenges setting limits to your career options, prolonged unemployment, or the threat of unemployment..

Work approaches:

The most important work approach of guidance is discussion, which can be supported by tasks and psychological tests, as required. During guidance, your situation is charted together with a psychologist, perspectives and alternatives are sought, and their aptitude is assessed. Vocational guidance constitutes cooperation between the customer and the psychologist, and the result is based on dialogue and joint work.

The length of the guidance process depends on the customers' individual needs. The duration of one meeting is from 45 minutes to one hour. Guidance can be arranged face-to-face on Vantaa Employment Services' customer premises or by remote access. Guidance is provided in Finnish, English, Bengali and Hindi, as well as other languages with the assistance of an interpreter.

Applying for guidance:

Ask your own employment or integration specialist about your possibility of vocational guidance. You can contact your own employment specialist, for example, through Työmarkkinatori's (JobMarket Finland) transacting service, <https://tyomarkkinatori.fi> -> E-services. Foreign-language-speaking customers not included in job seeking can contact: kotoutuminen@vantaa.fi

Other considerations: If you are a full-time student, your first guidance contact is your educational institution's student counseling. If you are applying for vocational rehabilitation, or if you already have a decision on it, contact your pension provider to gain clarifying guidance and advice regarding your rehabilitation plan.



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