



Did you know that the Red Cross also helps online?

Sometimes, you face situations in life where you need support from another person. Talking is often helpful. You can find help compiled on a single website.

The Red Cross online help offers:

- Support for young people and their loved ones, provided by professionals and volunteers
- Opportunities for meeting others and help with loneliness for all ages
- Guidance for migrants in difficult situations
- Opportunities for young people to make a difference.



Learn more:

redcross.fi/onlinesupport



Want to help others online?

Many people need support in various situations in life. As an online volunteer, you can help through one-on-one conversations through chat, email or instant messaging apps, or by supporting discussions in online communities, such as group chats and forums.

The Red Cross will train you to support those who need help in their life, with worries big and small.

As an online volunteer, you can support:

- Young people in difficult situations e.g., on the Sekasin chat
- People who feel lonely as an online friend or in an online community
- Migrants as an online advisor
- Young people in expressing their opinions and making a difference.

Whenever and wherever.



Learn more about volunteering:
redcross.fi/onlinehelper