





Do you feel overwhelmed, anxious, harassed, or need to consult with a therapist or an academic professional?

Aalto provides various services for you!

- ✓ You can reach the **Wellbeing Desk** which is an easy-access service desk where Aalto personnel can receive advice on work well-being and workability. [Wellbeing Desk \(aalto.fi\)](https://aalto.fi/wellbeingdesk) 
- ✓ You can **talk to an ombudsperson**, who is a voluntary professor with solid experience in academic practices whom doctoral students can contact confidentially in challenges related to their thesis work. [Ombudspersons for doctoral students \(aalto.fi\)](https://aalto.fi/ombudspersons) 
- ✓ You can contact **Aalto university's study psychologist for doctoral students**, Marja Turunen (marja.turunen@aalto.fi). If you feel continual stress, exhaustion, or anxiety regarding your thesis work.
- ✓ You can **get help from mediator pair** in a challenging situation related to professional issues, or conflict if you feel you are not treated equally among your colleagues. Contact to tyoyhteisosovittelu@aalto.fi or anne.petroff@aalto.fi or your school's/unit's HR Manager. [workplace mediation for solving conflicts \(aalto.fi\)](https://aalto.fi/workplace-mediation) 
- ✓ You can contact **Aalto's harassment contact persons** if you experience harassment or inappropriate conduct: anne.petroff@aalto.fi and mikko.raskinen@aalto.fi.
- ✓ In cases of questions regarding harassment issues contact inappropriateconduct@aalto.fi and read the info on [How to intervene to harassment and inappropriate conduct \(aalto.fi\)](https://aalto.fi/how-to-intervene-to-harassment-and-inappropriate-conduct). 
- ✓ You can also discuss with the **harassment contact persons** on every **Monday at Wellbeing Desk in Otakaari 1, room Y163.**