

What is substance abuse prevention about?

- Promoting well-being by reducing the harmful effects of substance abuse, gaming and gambling
- Strengthening everything that protects people against substance abuse problems and reducing related risk factors
- Meeting people in educational institutions, homes, workplaces and free-time activities
- Believing in people's ability to make choices that are good for them
- Producing and distributing information and creating new operating models
- Joining forces and working together
- Inviting everyone to participate in this work



Facts about substance abuse, gaming and gambling

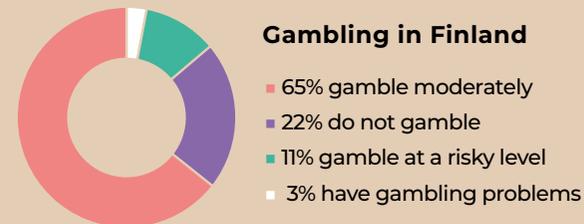
 **2.6 million**

Finns have experienced harmful effects caused by other people's drinking among their loved ones or in public premises.

(Source: Alcohol, tobacco, drugs and gambling in Finland. Background report for the Substance Use and Addiction Strategy, 2021.)

 **12%** of 20–64-year-old Finns smoke daily.

(Source: Tobacco statistics 2020, THL.)



(Source: THL 2020.)

Read more about EHYT, the Finnish Association for Substance Abuse Prevention and its operations: ehyt.fi/en



Let's prevent substance abuse and gaming problems before they emerge



EHYT Finnish Association for Substance Abuse Prevention

Substance abuse prevention concerns everyone

Substance abuse or gambling problems overshadow many people's lives in one way or another even if they personally do not have problems. Prevention is the **most efficient way** to fight substance abuse and gaming problems for both individuals and society. That is why substance abuse prevention is needed everywhere: in educational institutions, workplaces and families.

EHYT is a national **non-governmental** expert organisation specialised in substance abuse prevention. We have more than 120 member associations around Finland. Together, we do important work among people of all ages and backgrounds, from schoolchildren to the elderly.

Our tasks also include offering the latest **reliable, research-based information** to support both substance abuse prevention and decision-making and introduce the aspect of people's well-being into substance abuse discussions.



87% find the reduction of substance abuse problems important.

(Source: EHYT & KANTAR, 11/2021.)

Substance abuse prevention takes place everywhere

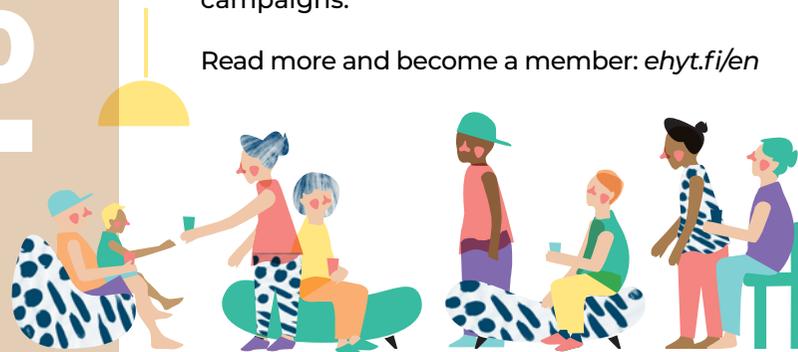
Substance abuse prevention is carried out in educational institutions, homes, workplaces and free-time activities. We provide activities and services for children, adolescents and their parents as well as students, working-age people and the elderly.

We strengthen the substance abuse prevention skills of professionals and volunteers in social and healthcare services, youth work and education and many other fields by organising diverse training sessions and other events.

Our regional work experts work around Finland and support regional and local substance abuse prevention. In all regions, we cooperate closely with municipalities, well-being services counties, organisations and networks to strengthen substance abuse prevention.

EHYT has more than 120 member associations, supported by organisational activities through training, expert and communications services. We cooperate extensively with our member associations in meeting place activities, projects and campaigns.

Read more and become a member: ehyt.fi/en



Diverse activities and services for all of us

- Substance abuse prevention and game education: training and content for schools and educational institutions
ehyt.fi/en
- Prevention of the harmful effects of gambling: support and methods for identifying and talking about potentially harmful gambling
ehyt.fi/en/gambling

In Finnish

- BuenoTalk: content about substance abuse and well-being for young people
buenotalk.fi
- Elokolo centres: substance-free meeting places, open to all
ehyt.fi/elokolot
- Huugo: support for workplaces in matters related to substance abuse
huugo.fi
- Pelitaito: information and tools for preventing the harmful effects of digital gaming and gambling
pelitaito.fi
- Substance abuse ombudsman: free guidance in matters related to substance abuse treatment
paihdeasiamies.fi
- Substance abuse helpline: professionals take calls 24/7
paihdeneuvonta.fi
- Volunteering activities: meaningful work in EHYT, e.g. Muruset online grandparents
ehyt.fi/vapaaehtoistoiminta

More information about EHYT's activities and projects: ehyt.fi/en