

Wellbeing @ HIP in Kumpula

HOW TO discuss challenging situations

0. Remember that everyone has the right to feel safe and respected at work

Kumpula Campus Code of Conduct [see QR code]:

helsinki.fi/en/faculty-of-science/faculty/kumpula-campus-code-of-conduct

– applies to everyone visiting or working on the Kumpula Campus.



1. In case of bullying, abuse, harassment, or other unpleasant behavior CONTACT:

- a. Your supervisor (@HIP: Djurabekova, Huitu, Rummukainen, Tuominen, Tuomisto, Voutilainen, Väihkönen, Österberg)
- b. Your supervisor's supervisor, @HIP: director Katri Huitu
- c. UH harassment contact persons: Timo.Valtonen@helsinki.fi, Terhi.Somerkallio@helsinki.fi
- d. Kumpula HR manager: Hanna.Nurmela@helsinki.fi
- e. UH occupational safety officer: Pirjo.Kekalainen@helsinki.fi
- f. Kumpula occupational safety representative: Pirkitta.Koponen@helsinki.fi, deputy Seija.Lemettinen@helsinki.fi
- g. Your union representatives (depends on your union, check Flamma)
- h. The Kumpula Physics wellbeing group [see QR code]: www.hip.fi/wellbeing



2. In case of stress, burnout, or issues in your personal life, etc. CONTACT:

- a. Mehiläinen occupational health nurse @ Kumpula: Jaana.Koskinen@mehilainen.fi
- b. Worry Chat in OmaMehiläinen application

[Grant-holders: only public health centers]

3. More info @ UH webpage

- a. Equality, diversity and accessibility at the University:
<https://studies.helsinki.fi/instructions/article/equality-diversity-and-accessibility-university>

4. More info @ Flamma:

- a. Suomeksi: Flamman pääsivu: "Palvelut ja ohjeet": "Hakemisto A-Ö":
 - i. H: "Haastavat tilanteet työyhteisössä"
 - ii. T: "Työsuojeluorganisaatio"
 - iii. Y: "Yhteistoiminta ja luottamusmiehet"
- b. English: Flamma main page: "Services and instructions": "Directory A-Ö":
 - i. C: "Challenging situations in the work community"
 - ii. O: "Occupational safety organisation"
 - iii. C: "Collective agreement, joint consultation and union representatives"

Visit <https://wiki.helsinki.fi/display/WellBeing/Wellbeing+@+HIP>

or scan the QR code for the latest version of this information.

