



Finnish Red Cross

Don't be alone

The Red Cross's voluntary friend service assigns volunteer friends. Please do not hesitate to contact us!

A Red Cross volunteer friend

- cheers up people who feel lonely
- works without pay
- has been trained for the activity
- is reliable
- is bound by confidentiality.

Each volunteer does things their own way, with the skills of an ordinary person, according to the preferences of the person in need of a friend.

A friend can provide company at home and outdoors, or be asked to accompany their client to a prearranged meeting, for example.

A Red Cross volunteer friend will NOT

- do household work (e.g. clean or cook)
- administer medication
- provide medical care.

Contact us:

redcross.fi/helpwithloneliness