

# More information

Benefits and services

[www.kela.fi/en](http://www.kela.fi/en)

Kela's Centre for  
International affairs

[www.kela.fi/internationalaffairs](http://www.kela.fi/internationalaffairs)

Information about Finland  
in your language

[www.infofinland.fi](http://www.infofinland.fi)

International House Helsinki

[www.ihhelsinki.fi](http://www.ihhelsinki.fi)

# Kela at your service

- **Online service**  
[www.kela.fi/e-services](http://www.kela.fi/e-services)
- **Ask for advice**  
[kysykelasta.kela.fi](http://kysykelasta.kela.fi)
- **Estimate benefit amounts**  
[www.kela.fi/calculators](http://www.kela.fi/calculators)
- Call our phone service
- **Book an appointment**  
office visit or phone service  
[www.kela.fi/appointments](http://www.kela.fi/appointments)

**Kela**<sup>fi</sup>

# Kela's phone service

## Phone service in English

Monday to Friday 9 am to 3 pm

If your matter concerns conscripts, families with children, housing, social assistance, students or unemployment call **020 634 2550**

If your matter concerns the death of a family member, disability, Kela card, European Health Insurance Card, pensioners, rehabilitation or sickness call **020 634 2650**

Moving to or from Finland and other international situations  
**020 634 0200**

## Phone service in Russian

Monday, Wednesday and Friday  
10 to 12 am & 1 to 3 pm  
**020 6344 901**

## Phone service in Arabic

Tuesday to Thursday  
10 to 12 am & 1 to 3 pm  
**020 6344 902**

## Phone service in Somali

Monday and Friday  
10 to 12 am & 1 to 3 pm  
**020 634 4905**

Customers with a protection order  
**020 635 3500**

Check opening hours and numbers online [www.kela.fi/phone-services](http://www.kela.fi/phone-services)