

## IF YOU HAVE BEEN SUBJECTED TO SEXUAL VIOLENCE

- Do not bathe or change your clothes
- See a doctor even if you do not have visible wounds
- Contact Tukinainen by calling one of the free support numbers or by visiting [www.nettitukinainen.fi](http://www.nettitukinainen.fi)
  - If you wish, you may stay anonymous
  - Information about your call will be handled confidentially
  - You have the final right to decide about how the case will be handled, but we can provide you with valuable information that will help to secure your rights
- Call the police

Tukinainen is a nonprofit association.



RAPE CRISIS CENTRE TUKINAINEN  
PO BOX 111, 00121 HELSINKI



OFFICE PHONE:  
**(09) 5860 360**

FAX: (09) 685 1979  
E-MAIL: [OFFICE@TUKINAINEN.FI](mailto:OFFICE@TUKINAINEN.FI)

JYVÄSKYLÄ REGIONAL OFFICE:



OFFICE PHONE:  
**+358 444 024 314**

[WWW.TUKINAINEN.FI](http://WWW.TUKINAINEN.FI)



INFORMATION, SUPPORT AND  
ADVICE FOR VICTIMS OF  
SEXUAL VIOLENCE

[WWW.TUKINAINEN.FI](http://WWW.TUKINAINEN.FI)  
[WWW.NETTITUKINAINEN.FI](http://WWW.NETTITUKINAINEN.FI)  
[WWW.SENJANETTI.FI](http://WWW.SENJANETTI.FI)

## ANYONE CAN BE SUBJECTED TO SEXUAL VIOLENCE

Sexual violence and abuse often has physical, psychological and social consequences for the victim.

Sexual violence, coercion and abuse may occur even in a relationship.

Traumas from violence and abuse experienced in childhood are often activated only as the victim grows up.

## SEXUAL ABUSE IS A CRIME

A sexual crime is an act that violates the sexual integrity of another person and has been done without the consent of that person.

Sexual crimes include rape, sexual harassment, sexual abuse of a child or an adult, attempts to seduce a child, sexual coercion or buying sexual services from a minor.

## THE HELP AND SUPPORT PROVIDED BY TUKINAINEN IS FREE OF CHARGE

Tukinainen offers therapeutic and legal help and support to victims of sexual violence and abuse as well as to their families.

You can ask for a private meeting with a crisis worker and/or a lawyer.

Updated information about our support groups and other services on [www.tukinainen.fi](http://www.tukinainen.fi).



### FREE CRISIS NUMBER 08 009 7899

**MON-THURS** 9-15  
**SAT-SUN** 15-21  
**HOLIDAYS AND  
THE EVENINGS BEFORE THEM** 15-21

Guidance and advice about sexual abuse and violence. Information about different ways to find help.



### FREE LEGAL ADVICE FROM LAWYERS 0800-97895

**MON-THURS** 13-16

Information and advice about sexual crime before report to police and even when you will not report to police. Possibility to private appointments and legal help.



### NETTITUKINAINEN – CONFIDENTIAL HELP ON THE INTERNET [WWW.NETTITUKINAINEN.FI](http://WWW.NETTITUKINAINEN.FI)

Information, support and advice about sexual abuse and violence.

You can log in without revealing personal information.