

## WHEN YOU HAVE EXPERIENCED SEXUAL VIOLENCE

- Do not wash yourself, do not change your clothes.
- Contact the SERI Support Centre for Victims of Sexual Assault, even if you do not have visible wounds. Contact information for the support centre in your area can be found at [www.thl.fi](http://www.thl.fi)
- Contact the free helplines hosted by Rape Crisis Centre Tukinainen or contact us online at [www.nettitukinainen.fi](http://www.nettitukinainen.fi).
  - You may remain anonymous if you wish.
  - Information about your contact with Tukinainen will be handled confidentially.
  - After receiving information about your options, you are free to choose whether the assault will be reported to the police, and you decide about all other matters as well.
- Contact the police.



RAPE CRISIS CENTRE TUKINAINEN  
PO BOX 160, 00131 HELSINKI



OFFICE:

(09) 5860 360

E-MAIL: [OFFICE@TUKINAINEN.FI](mailto:OFFICE@TUKINAINEN.FI)

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INFORMATION, SUPPORT  
AND ADVICE FOR VICTIMS  
OF  
SEXUAL CRIME

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

[WWW.SENJANETTI.FI/EN](http://WWW.SENJANETTI.FI/EN)

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

TUKINAINEN IS A NON-PROFIT ASSOCIATION.

## ANYONE CAN BECOME A VICTIM OF SEXUAL VIOLENCE

Sexual violence and/or abuse often have physical, psychological and social consequences.

Sexual violence, coercion, abuse and harassment may also occur in close relations.

Experiences of sexual violence and abuse in childhood are often activated later as the victim reaches adulthood.

## SEXUAL CRIME

A sexual crime is an act that violates the sexual integrity of another person and is committed either against the victim's will or under circumstances where consent cannot be given.

Sexual crimes include offences such as rape of a child or adult, sexual harassment, sexual abuse of a child or adult, enticement of a child into sexual acts, indecent touching, and sending a picture with sexual content without permission.

## SUPPORT AND ASSISTANCE FROM RAPE CRISIS CENTRE TUKINAINEN

Rape Crisis Centre Tukinainen offers therapeutic and legal support and assistance to all victims of sexual crime and those close to them. The support and assistance are provided free of charge.

You may inquire about opportunities for individual meetings with a crisis worker and/or lawyer.

Up-to-date information on support groups and other activities can be found at [www.tukinainen.fi/en](http://www.tukinainen.fi/en).



### FREE CRISIS HELPLINE 0800 97899

MON-THU 9 AM-3 PM

SAT-SUN 3-9 PM

PUBLIC HOLIDAYS AND THEIR EVES 3-9 PM

Guidance and advice concerning sexual violence. Information on various forms of available help.



### FREE LEGAL HELPLINE 0800 97895

MON-THU 11 AM-4 PM

Information and advice on legal aspects of sexual crime. You may contact the helpline already before reporting a crime to the police and even if you choose not to report it.

Individual appointments and legal consultation.



### NETTITUKINAINEN - CONFIDENTIAL HELP ONLINE [WWW.NETTITUKINAINEN.FI](http://WWW.NETTITUKINAINEN.FI)

Information, support and advice on matters pertaining to sexual violence.

You may register as a user of Nettitukinainen anonymously.