

**VOIMAVARAKESKUS  
MONIKA**

Hotline is open

**24 h****(09) 692 2304**[info@monikanaiset.fi](mailto:info@monikanaiset.fi)[www.monikanaiset.fi](http://www.monikanaiset.fi)**Are you an immigrant woman?  
Do you know your rights in Finland?**You have a right to a life free from violence!  
You are also entitled to help!**Monika - Naiset liitto ry****Are you an immigrant woman? Do you know your rights in Finland?**

Have you been assaulted or threatened in your home or elsewhere?  
Are you afraid that your husband or somebody close to you might be violent towards you?  
Have you been stopped from meeting your friends or relatives, or prevented from being on touch with them?  
Do you have to ask permission to handle errands outside of your home, e.g. to go to the shop, to the post office, to attend a class, to visit doctor or to go elsewhere?  
Do you recognise these characteristics in your life?

This is violence. Violence is a threat against your fundamental human rights and according to Finnish legislation, violence is a crime.

There are many different forms of violence against women. **Physical violence** is when someone throws things at you, hits you, shoves you, kicks you, strangles you, twists your arm.

**Psychological violence** is when someone threatens you, blames you, calls you with names, follows you, watches you, humiliates you. You are also being subjected to violence if you are prevented from sleeping, taking care of your children or from using the phone.

**Economic violence** is economic exploitation and control targeted at you, when you are lied to about economic matters, extortion and when you are prevented from using and handing your own money.

**Sexual violence** is forceful sex and intercourse, rape and when someone touches you against your will.  
You have the right to a life free from violence.  
You are also entitled to help.

You can call us anonymously  
**Monday to Friday 10-14 hours.**  
Our phone numbers are:  
**(09) 692 2304 (Helsinki) 24 hours**  
**(09) 839 35013 (Vantaa)**  
**045 114 7595 (Kemi)**  
**(09) 692 2304 (Turku)**  
**045 237 5014 (Espoo)**  
**045 237 5010 (Kainuu)**

Services are available in Arabic, Estonian, English, Finnish, French, Hindi, Kurdish, Persian, Portuguese, Somalian, Spanish, Russian, Tagalog, Thai and Turkish with us.  
Our trained support persons will answer your call. You can talk to us about your current situation and we will assist you in finding additional help for solving your situation.

**Monika – Naiset liitto ry**

Monika – Naiset liitto ry, Multicultural Women's Association, was founded in 1999. The aim of the Association is to assist women and their children who are victims of violence. The Association is also engaged in distributing information with the purpose of preventing violence against women. The Association also aims at facilitating the integration of immigrants in Finland.