



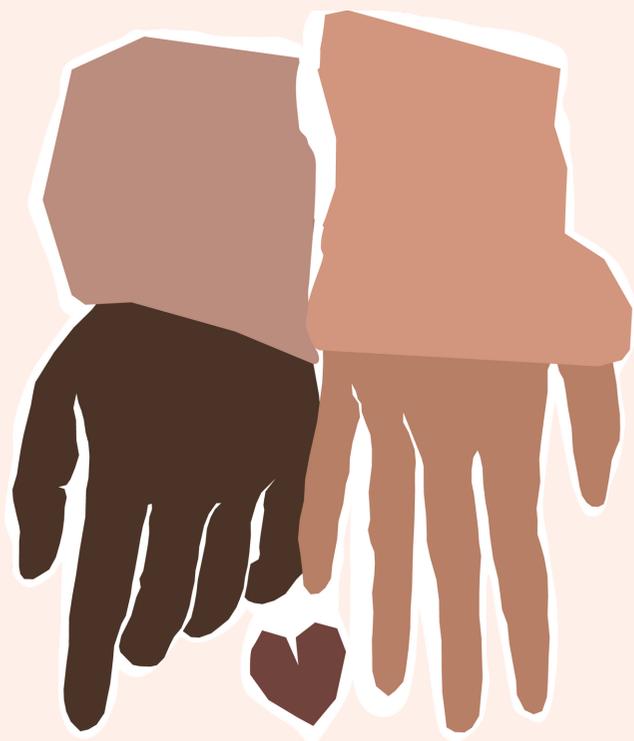
HOW TO SEEK HELP FOR DOMESTIC VIOLENCE IN VANTAA-KERAVA





This guide helps you to:
Identify domestic violence.

As well as seek for help for yourself
and those around you who are exposed to
domestic violence.



Together
we are safe

I hope that
this guide will encourage you to seek help for
yourself and loved ones when you are in danger.
Remember that you are not alone and that there are
services put in place to help you live a secure and
fulfilled life in Finland.

The need for a domestic violence guide for
multicultural families in Vantaa arose during my
work placement for work development at Koivula.
there Wasn't one booklet in English that clearly
explained to non-Finnish speakers what intimate
partner domestic violence is and how to seek help
when in danger.

Sincerely,
Hope Nwosu
March 2023





What is

Domestic

Violence

Domestic violence happens within family or close relationships.

Most of all domestic violence causes emotional pain, fear, shame, hopelessness and increases inequality



Domestic violence is a human rights violation.

Violence against women and domestic violence are found in all cultures, in all social classes and in all age groups.



Physical violence: shoving, punching, kicking, pulling the hair, hitting the head, scratching, tearing, shaking, using a firearm or edged weapon, threatening physical violence.

Psychological violence: subjugation, criticism, name-calling, disdain, control, restriction of social interaction, morbid jealousy, isolation, breaking things, harming pets, or threatening any of the above or suicide.

Sexual violence: rape, attempted rape, coercion into various forms of sexual activity or sexual intercourse, threatening sexual violence, sexual debasement, forcing into pornography, prohibiting use of contraception, forcing an abortion, restricting sexual self-determination.

Financial violence: preventing independent use of money, preventing participation in financial decision-making, or forcing the handing over of own money to another person, threatening financial violence or blackmail.

Stalking: repeated unwanted contacts, spreading false information, destroying property, intimidation, following, spying, theft and misuse of personal data

Abuse or negligence: leaving a child, elderly person, or disabled person without care, help or treatment in situations where the victim depended on them, harming another person with drugs, intoxicants, chemicals, or solvents.

Cultural or religious violence: forcing compliance with a religious conviction, threat of violence or use of violence with references to religion to culture as justification, e.g., honor violence, threats rooted in religion.

Domestic violence leaves a scar on the victims.
That is why you should always speak out and seek for help when
you encounter domestic violence.

The effects of domestic violence includes the following:

- 
- Emotional stagnation
 - Decreased functional ability.
 - Lack of prospects and opportunities
 - Shame, guilt, self-blame, suspecting one's own thoughts and
mental condition.
 - Low self-esteem and distorted self-image.
 - Physical symptoms of stress and traumatization, depression and
anxiety, sleeping disturbances
 - Lack of trust in other people
 - Social isolation and loneliness
 - Problems in sexuality and intimacy
 - Phobias
 - Emotional numbness





Effects

of

Domestic

Violence

What should you do when
faced with domestic
violence?

1. Always speak out against any form of violence
2. Seek help for you or anyone around you who is exposed to domestic violence.
3. Find a way to remove yourself or your loved ones from the violent environment.
4. Break the cycle of violence: Talk to someone and to get help.
5. Open the curtain of violence and you will have a chance of breaking free. from hopeless situation.
6. 3. Help for the whole family is only a phone call away. Even when you don't a fluent Finnish or Swedish language skills, be assured that you will get the help you need to scale through your present situation.
7. It is possible to request for an interpretation service when seeking for help.

Without an intervention, domestic violence tends to recur and become more frequent and more severe. This is why you need to seek for help when faced with domestic violence. Those who have been exposed to domestic violence are not left on their own in Vantaa.

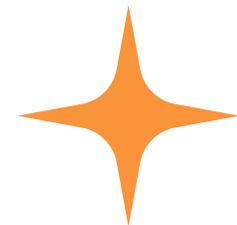


TALKING
is the first step to stop
violence

In Finland you are not left alone with your experience of domestic violence.

There are various forms of help and support for victims and survivors of domestic violence throughout the country with a particular reference to Vantaa.

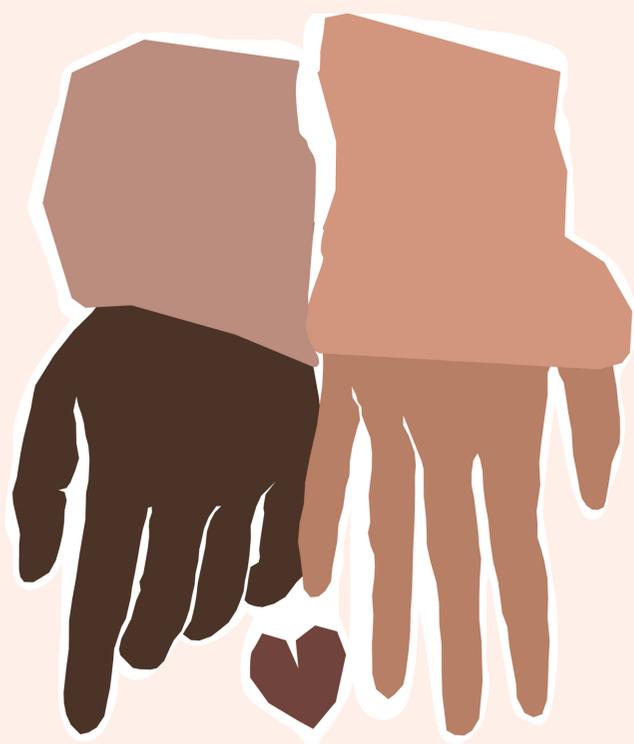
It is not your fault that you found yourself in such a situation.





Vantaa shelter association is a part of The Federation of Mother and child homes and shelters. (Ensi - ja Turvakotien Liitto).

Vantaa Shelter Association is a non-governmental organization that works to promote safety in individuals' close personal relationships.



Together
we are safe

VANTAA SAFE SHELTER



OPEN 24/7

CALL
040 4555 543

WHEN IS THE RIGHT TIME TO GO TO SAFE SHELTER?

When your home is unsafe
because of violence,
intimidation or fear.

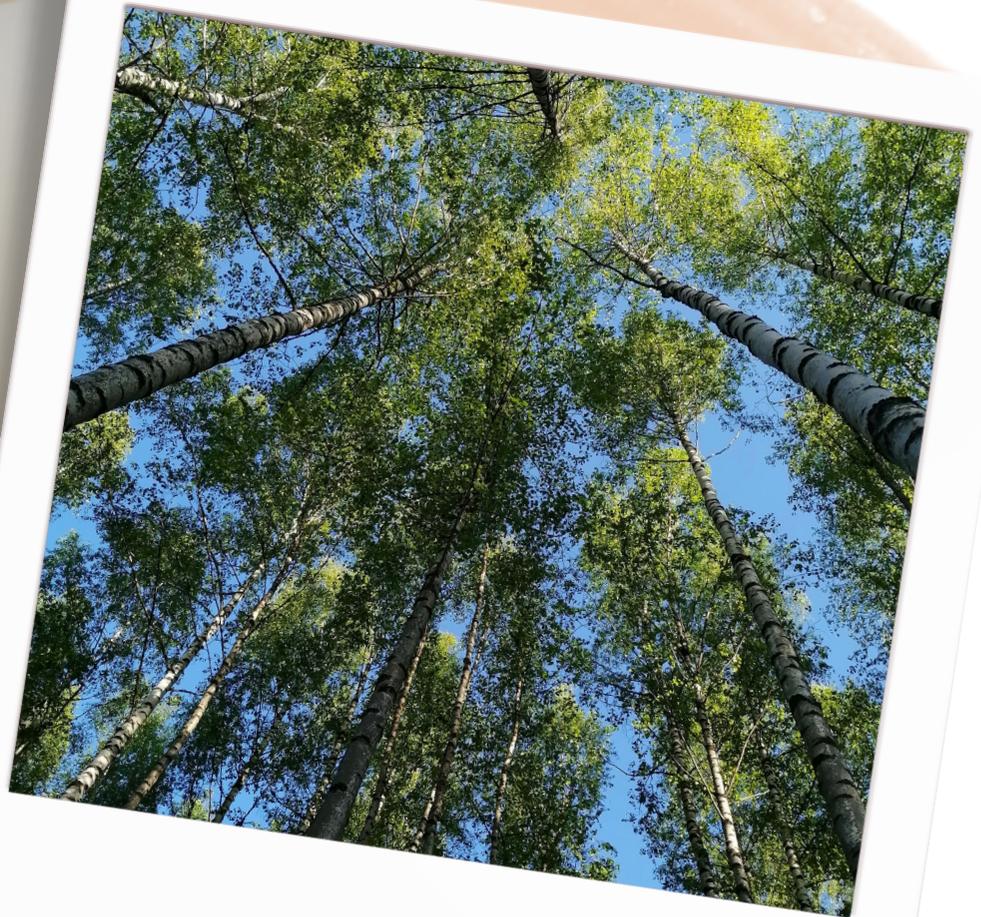
SERVICES

Safe housing during crisis
Psycho-social support
Services guidance
Professional help for
everyday matters



Short-term protection for people
who are being subjected to
violence or the threat of violence.
The Shelter is open every day
throughout the year.

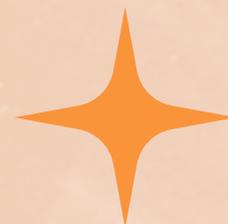
OPEN CARE UNIT



OPEN MON-FRI
P. 040 773 1063

SEND MAIL:
AVOPALVELUT@VANTAANTURVAKOTI.FI

- Care for them who have faced domestic violence in close relationships or who are in difficult divorce situation.
- Free and low-threshold crisis support, therapeutic conversations, counseling, support and guidance.
- Clients are victims, survivors, perpetrators and children.
- Meetings are arranged individually, with couple or with the whole family.
- Open care has peer support and group counselling as well.
- Being a client is voluntary and is based on trust.
- Services in Finnish, and English
- Interpreters are provided to clients who speak other languages.



The main aim is

- to identify and stop domestic violence in all of its forms.
- to increase safety
- to help surviving the effects of violence
- to support the alternative non-violent behavior



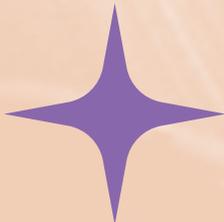


Expand
your
Social
Network

- Often times, people who move from abroad have smaller social networks compared to those born in Finland.
 - There are various places where one can go and meet new people in Vantaa.
 - Majority of the meeting places equally offer low threshold guidance services both for multicultural families as well as for native-born residents.
 - In Vantaa-Kerava Wellbeing services county (Vantaan ja Keravan hyvinvointialue), there are a total of sixteen open meeting places for families.
 - Apart from meeting new people at the meeting places, one can get service guidance and advice, drink a cup of coffee/tea and children can play with others
- 
- An immigrant sometimes has to leave family and friends behind to (re)build a new network in their new home.
 - To integrate and socialize in the new society, a person who moves to Finland must be willing to learn and interact with people in their new environment.
 - Meeting new people and learning about the new environment helps relieve the stress of moving to a new country and culture.
 - Expanding your social networks in your new home will equally equip you with the tools you need when you are faced with a difficult situation, for example, in case of domestic violence.

- At some of the meeting places, for example, in Koivukylä, Hakunila, it is possible to get help with filling official papers like Kela applications.
- There are also different services providers offering “walk-in” services for visitors and families needing various services.

At Koivukylä, families have a possibility to meet Vantaa service providers such as:



- Healthcare nurse
- Early Childhood Education
- Family coach
- Domestic violence work experts
- Dental Care Nurse
- Any many more

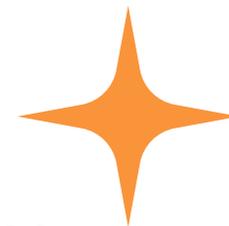
In addition to the services provided, Koivukylä open meeting place also offers tangible help to visitors namely:

- Lunch (Wednesdays)
- Breakfast (Fridays)
- Food bags (Tuesdays)
- Recycle center for clothes and toys.



The aim of outreach work done at the open meeting places in Vantaa and Kerava is to bring services closer to families as well as remove the barriers to services and make it easier for families to receive early and preventive help when in need.

**Open meeting places for families
in Vantaa and Kerava wellbeing services county in 2023.**



Avoim kohtaamispaikka **Auringonkukka** Aurinkokivenkuja 1, 01700

Avoim kohtaamispaikka **Niittyvilla** Lammaslamentie 3, 01710

Avoim kohtaamispaikka **Vaskikello** Ojahaantie 1, 01600

Avoim kohtaamispaikka **Pakkala** Illenpiha 6, 01520

Avoim kohtaamispaikka **Soittorasia** Raiviosuonmäki 2 F, 01620

Avoim kohtaamispaikka **Karhunkolo** Ahokuja 2, 01690

Avoim kohtaamispaikka **Pikku-Hepo** Hiirakkokuja 5, 01200

Avoim kohtaamispaikka **Ukko-Pekka** Aniskuja 3, 01300

Avoim kohtaamispaikka **Länsimäki** Suunnistajankuja 2, 01280

Hakunilan lasten ja perheiden yhteisö Laukkarinne 6, 01200

Koivukylän avoin kohtaamispaikka Karsikkokuja 17, 01360

Avoim kohtaamispaikka **Saturnus** Kaakkoisväylä 8, 01480

Avoim kohtaamispaikka **Onnila** Paasikivenkatu 12, 04200

Residents' Park **Korson** asukaspuisto Korsontie 11, 01450

Nissaksen asukaspuisto Nissaksentie 9, 01200

Vihertien asukaspuisto Vihertie 56 E, 01620



If you need help:

Vantaan turvakoti 24/7 p. 040 4555 543

Lähisuhdeväkivaltatyö: mon-fri, 9-15 p. 040 773 1063



[nettiturvakoti.fi](https://www.nettiturvakoti.fi)

-Chat services, tests to clear out your situation, safety plan, more information

[ensijaturvakotienliitto.fi](https://www.ensijaturvakotienliitto.fi)

[thl.fi](https://www.thl.fi)

More info about Shelters for victims of domestic violence

Youtube: Väkivallaton Vake- channel.





In emergency, call 112.

Nollalinja 080 005 005 (aukioloajat?)

Naisten Linja in english on friday 16-18: 0800
02400

Nettipoliisit

SPR Youth Safehouse p. 09 871 4043

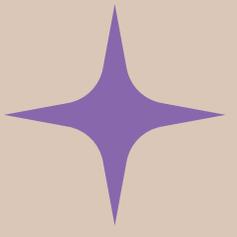
tukinainen.fi

riku.fi





TALKING
is the first step to stop
violence



SHELTER FOR VICTIMS OF
DOMESTIC VIOLENCE

OPEN 24/7

CALL: 040 4555 543

TURVAKOTI@VANTAANTURVAKOTI.FI

OPEN CARE UNIT

CRISIS HELP, COUNSELLING FOR ALL
PARTIES OF DOMESTIC VIOLENCE

MON-FRI

P. 040 773 1063

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