

CRISIS CENTER MONIKA

If you have experienced or are afraid of violence or the threat of violence, you can contact Crisis Center Monika for help. You can contact us anonymously without appointment to discuss your situation.

We offer:

- crisis help and psychosocial support
- peer support in a group
- guidance and advice on the services available
- supported housing, for example, after a period in a shelter

Please do not hesitate to contact us!

Free-of-charge advice by phone, Mon to Fri 9am to 4pm
tel. 0800 05058

SHELTER MONA

You can access our shelter if you feel you are not safe to stay living at home or your community because of violence. Shelter Mona is located at a secret address, and offers shelter for immigrant women and their children. You can access our shelter from all over the country.

We offer:

- safe crisis accommodation
- support and company in day-to-day life
- psychosocial support
- peer support in a group
- advice on services available

Please do not hesitate to contact us!

Shelter Mona can be accessed 24h
tel. +358 45 639 6274



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CRISIS CENTER MONIKA & SHELTER MONA

MONIKA – Multicultural Women's Association, Finland is an NGO operating in the field of social affairs. It develops and provides specialized services for immigrant women and their children who have been subjected to violence, and acts as an expert and advocates in issues related to ethnic non-discrimination and violence, as well as promoting integration by supporting civil society activities for immigrants.

www.monikanaiset.fi

Domestic violence includes more than physical abuse, such as hitting so that it leaves a visible mark on the victim. It also includes a wide range of behaviours such as pushing and shoving, pulling hair and throwing or breaking things. Forcing a partner to have unwanted sex is also a form of domestic abuse. Domestic abuse also includes threatening, belittling or controlling behaviour as well as verbal abuse such as name-calling or shaming.

Do you recognize these behaviors in your personal relationship:

1. Does your partner attempt to control how you spend your free time? Have you been stopped meeting your friends or relatives, or even staying in touch with them? Do you need to ask for permission to move outside your home, for example, to go shopping, to visit the post office, attend a course, to see a doctor or otherwise?
2. Is your partner jealous? Does he or she accuse you of being unfaithful?
3. Does he or she verbally abuse or shame you, including when other people are present?
4. Are you afraid of the violent behaviour of your partner or other family member or does your partner threaten you with physical violence?
5. Does your partner make suicide threats?
6. Is your partner's behaviour unpredictable or aggressive?
7. Does your partner break things that are important to you?
8. Does your partner force you to have sex by threatening you, using physical force or by making you feel guilty?
9. Does your partner criticize your appearance, or compare it to someone else's appearance? Does he or she say that nobody else would be attracted to you?

If you answered yes to any of the questions above, it is possible that something is wrong with your relationship. It is not your fault. Anyone can find themselves in this situation. Violence is a crime in Finland and it is a violation of your human rights.

**YOU HAVE THE RIGHT TO GET HELP.
DO NOT HESITATE TO CONTACT US.**



VIOLENCE TAKES MANY FORMS

- *Emotional and psychological abuse* includes threatening, blaming, name-calling, stalking, controlling, belittling and demeaning behaviour. Preventing you from sleeping, looking after your children or using the phone are also forms of abuse.
- *Financial abuse* means financial exploitation, controlling finances, lying about the use of money, blackmail or withholding money and preventing someone from using it.
- *Physical abuse* includes hitting, pushing, shoving, strangling, arm-twisting or throwing things at a person. The abuser often aims to hurt the victim so that it leaves no visible physical marks.
- *Sexual abuse* includes forcing someone to have sex or intercourse, rape or unwanted touching.
- *Honour-based violence* includes physical or emotional violence in a situation where a person is suspected of having breached the community's collective rules of honour.
- *Forced marriage* is a marriage that takes place against the will of one or both spouses. Forcing someone into marriage through the threat or use of violence is a crime.
- *Female genital mutilation or female circumcision* is a procedure carried out on cultural or other non-medical grounds and it typically causes permanent changes, health risks and medical problems as well as lifelong trauma.
- *Human trafficking* is exploitation of an individual for financial gain through, for example, prostitution, sex industry or forced labour.
- In addition to these, immigrant women may be subject to *discrimination and racial violence*.