

SafetyNet Helsinki

The mobile service of SafetyNet Helsinki brings help close to you, your home or residential area. If you wish, we can also meet you at our premises or some other place that is convenient for you. The goal of SafetyNet Helsinki is to help you overcome an abusive relationship and to build the necessary support network for your recovery.

Situations are unique – so is our help

Don't hesitate to contact us!

Call, text or email us

040-645 3622

turvaverkko.helsinki@mll.fi



Helmitorni 3rd floor
Kauppakartanonkatu 7 A 4
00930 Helsinki

www.helsinki.mll.fi

 www.facebook.com/mlt.turvaverkko.helsinki

 www.instagram.com/mlt.turvaverkko.helsinki

SAFETYNET HELSINKI

Help with overcoming domestic violence



Tiina Rönholm



MANNERHEIMIN
LASTENSUOJELULIITON
Helsingin yhdistys

SafetyNet Helsinki

SafetyNet Helsinki is a service for adults and children experiencing domestic violence in the Helsinki Metropolitan Area. SafetyNet Helsinki offers professional support and information about how to overcome abuse. You can contact us directly or be referred through an authority. The service is free of charge.

The service is being organised by The Mannerheim League for Child Welfare's (MLL) Helsinki association, a politically and religiously non-committed organisation.

Goals

- Stop violence and get help
- Build stronger personal safety net
- Improve life management
- Support parenthood
- Recognise children's needs and support their recovery

SafetyNet Helsinki helps in various ways

Every day help offers support with things such as getting an apartment, receiving benefits or organising your financial matters or arranging issues related to divorce.

Strengthening the safety net offers help with analysing your existing support network and making a mutual plan to strengthen it.

Creating a safety plan helps to anticipate threatening or dangerous situations that are caused by the aggressor. The safety plan includes concrete ways of preventing violent situations and leaving them.

Discussions with a trained expert on abuse work offer the opportunity to go through the abusive experience and provide help on how to overcome violence. We offer help to each family member; the abused, the abuser and those who have observed violence closely. When necessary, each party has access to their own experts.

Phone consultation in questions related to violence is available weekly. Check our on-call times at our website <https://helsinki.mll.fi/turvaverkko-helsinki/safetynet-in-english/>.

MLL/Taina Pekkanen



Functional peer support groups for children of different ages offer support with overcoming abusive experiences and aim to build their strength. Themes may include emotional skills, self-awareness, listening to your body and mind and security skills. Children meet in small peer groups.

Functional peer support groups for children and parents together offer a regular opportunity for doing fun things together and get to know other families who have been through similar experiences. The peer support groups are professionally led with experience experts and volunteers offering support. Activities may include excursions, relaxation exercises, cooking, baking or other functional activities that the participants wish to partake in.

Functional peer support groups for adults are professionally led closed groups. Emphasis is on doing things together based on the group's needs and wishes.