

How much psychological violence should you tolerate?  
How long should you keep silent about sexual violence?  
How many blows can be dismissed as an accident?  
None.

# NOLLALINJA

## AGAINST DOMESTIC VIOLENCE AND VIOLENCE AGAINST WOMEN

# 080 005 005

---

**CALL FOR SUPPORT. FREE OF CHARGE.**

A helpline for those subjected to close relationship violence and violence against women.

“A squeezed ball represents the emotional state of a person subjected to violence or threatened by it. The loss of the sense of safety. The loss of personal space and control. Fear. Anxiety. Shame. However, the situation is not hopeless. You can break free. By talking. That’s why you should take the first step and call Nollalinja.”

- Helena Ewalds, Development Manager,  
National Institute for Health and Welfare



## CALLING US HAS BEEN MADE AS EASY AS IT GETS

Nollalinja is a national helpline for everyone subjected to close relationship violence or threatened by it. Close persons and professionals can also call the helpline.

To make seeking help easier, the service is free of charge and the phone call can't be seen in the phone bill.

You can call anonymously and the conversations are confidential. The duty officer can't see the caller's phone number.

## PROFESSIONAL HELP AROUND THE CLOCK AND THE YEAR

On Nollalinja your calls are answered by professionals of social work and health-care who are used to encountering people in difficult conditions. They will listen, support and give advice.

The crisis duty officers are equipped with a service directory with the contact details and opening hours of police, shelters for victims of domestic violence, judicial officers and organizations. If needed, the duty officers will give you information about national or nearby services.

Service is available in Finnish, Swedish and English.

## BASED ON EUROPEAN POLICIES

The Council of Europe Convention on preventing and combating violence against women and domestic violence or Istanbul Convention became effective in Finland in 2015. Nollalinja, a free phone service, is one of the low-threshold services the Convention demands of its member states.

Nollalinja phone service is organized by the National Institute for Health and Welfare.

The service provider is Setlementti Tampere Association. Nollalinja is the state's specialized service which is funded by fees charged of perpetrators.

## FURTHER INFORMATION

[www.nollalinja.fi](http://www.nollalinja.fi)  
#nollalinja

**Remember also  
the emergency number 112.**