



Ålands hälso-  
& sjukvård

# When Love Hurts



**Violence In Close Relationships**

# WHEN LOVE HURTS - VIOLENCE IN CLOSE RELATIONSHIPS

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## What is meant by violence in a close relationship?

All forms of violence infringe upon the victim's physical, psychological and social rights, integrity and innermost being. Violence is a form of abusive power and control. It is also a crime.

Violence in close relationships often occurs in a range of actions, from oblique gestures to brutal crimes, from being subjected to ridicule to being seriously threatened, raped, or even killed.

## Violence can be

**Psychological abuse** – for example humiliation, oppression, belittling, abuse, criticism, vilification, derision, name-calling, scaring, threatening, controlling, forcing, pressuring, bullying, social isolation or restriction (e.g. from one's friends, family, hobbies, etc.); showing possessiveness; destroying things; hurting animals; threatening to commit suicide; keeping someone from seeking help or medical attention.

**Physical abuse** – for example restricting someone's freedom of movement or hitting, pounding, shaking, pushing, dragging, and clawing; pulling on someone's hair, clothes or body parts; choking someone; kicking; threatening with a weapon; throwing things; pounding on doors or otherwise scaring someone or showing one's fury and dangerousness; using firearms or cutting weapons.

**Sexual abuse** – for example to force someone to perform sexual acts against their will; to sexually disgrace or scorn someone; to coerce someone to participate in pornographic productions; to forbid someone to use contraceptive devices; to force someone to have an abortion; to restrict someone's sexual integrity; to rape someone, attempt to rape someone, or threaten someone with sexual violence.

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**Economic abuse** – for example controlling the use of someone else's assets; using someone else's money/assets without their permission; coercing someone to give away his/her assets; coercing someone into economic dependency or threatening someone with economic violence or extortion.

**Maltreatment or neglect** – for example abandoning someone who is in a position of dependency, such as a child or an elderly, sick or disabled person, leaving them without adequate care, help or treatment; damaging someone by giving them medicine, drugs, chemicals or solvents.

**Maltreatment of children** – for example depriving a child of adequate care and attention; leaving a child alone for unreasonably long periods of time in terms of his/her age; emotional abandonment, abusing one's power over the child; psychological or physical abuse.

**Cultural or religious abuse** – for example coercing a person to adopt a religious conviction; threaten someone with violence or carry out acts or violence connected to religious or cultural practice, e.g. honor violence; religious persecution or religion-based exclusion; threatening with things embedded in a religion.

## Violence occurs in all social groups

**Violence and abuse occurs** in all social groups, age groups and cultures. Anyone can become the victim of abuse. Acts of violence can affect children, adults, couples, parents or the elderly, any living creature, really - even pets.

Violence in close relationships is often continuous and can grow with time. It is typically connected to guilt, shame, fear, secretiveness and silence. Abuse most often occurs in the home, where no one else can see or hear it happen.

The presence of violence within a family is ALWAYS harmful for children, even when they are not directly subjected to acts of violence.

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### **Everyone is responsible!**

Violence in close relationships is something that is difficult to discuss with others or seek help for. If you come across or suspect abuse of any kind, address the issue with the persons involved and encourage them to ask for help.

If you witness violence or hear sounds that suggest violence being carried out, for example from a neighbor's home, call the emergency number 112.

Break the vicious circle - break the silence – seek help!

You are not alone with your experiences! Talk about what you are going through to someone you trust. Seek information - through violence helplines, the internet, books and authorities. No one should be subjected to violence or threats of violence. The victims of any kind of abuse can receive protection and support. You are not at fault if you have been hit/abused.

The perpetrators can also receive help in order to stop acting abusively. The person who threatens, hits and oppresses others is always responsible for his/her own actions.

Persons seeking help to stop violence in close relationships may be:

- Victims of or witnesses to violence
- Perpetrators of violence
- Worried on account of a relative, neighbor or friend who has been subjected to violence.

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## Help is available! Contact any of the following

|                               |             |
|-------------------------------|-------------|
| <b>Emergency number</b>       | 112         |
| <b>Emergency headquarters</b> | 018-19 000  |
| <b>Police</b> 8 am–4 pm       | 018-527 100 |
| Other hours                   | 112         |

You can speak with the police without reporting a crime!

### **Åland Health Care Services (ÅHS)**

|   |             |
|---|-------------|
| Counselor, contact via the switchboard at ÅHS                       | 018-5355    |
| Health care center in Mariehamn                                     | 018-538 500 |
| Health care center in Godby   | 018-535 819 |
| Switchboard<br>(can connect you for example to emergency reception) | 018-5355    |

|   |               |
|---|---------------|
| <b>Tallbacken</b> Shelter for victims of violence | 018-532 842   |
| Open all hours                                    | 0457-378 0018 |

**Your municipality social secretary** Contact information is available in the telephone catalogue/online.

Both victims of violence in close relationships and citizens concerned for the welfare of children can call.

### **Kvinnofridslinjen** 018-25 500

Only local calling rate is charged though they are located in Uppsala, Sweden. Kvinnofridslinjen is a Swedish national telephone helpline for women subjected to physical, psychological or sexual violence.

You can remain anonymous, and the charge for the call won't show up on your telephone bill.

They will answer in Swedish but can also provide an interpreter.

### **Family counseling at Folkhälsan**

|                                    |             |
|------------------------------------|-------------|
| Support group for victims of abuse | 018-527 048 |
|------------------------------------|-------------|

### **Crisis line**

Help and support in difficult situations: 09-25 25 0112

Telephone time Mondays & Wednesdays at 4 pm–8 pm,

Tuesdays, Thursdays & Fridays at 9 am–1 pm, [www.regeringen.ax](http://www.regeringen.ax)

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**Brottsofferjouren på Åland (Victim support helpline)** 0457-345 5777

Helpline in Swedish Wednesdays 1 pm–5 pm 116006

Helpline in Finnish Mondays and Tuesdays 1 pm–9 pm,  
Wednesdays, Thursdays and Fridays 5 pm–9 pm 116006

**The web service RIKUchat (anonymously)**

Weekdays 9 am–3 pm, also Mondays 5 pm–7 pm. [www.riku.fi](http://www.riku.fi)

**Nollalinjen (in Finnish, Swedish & English)** 080 005 005

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

**Kvinnolinjen (in Finnish, Swedish & English)** 0800 02 400

Mon–Fri 4 pm–8 pm, Sat–Sun 12 pm–4 pm

[www.naistenlinja.fi](http://www.naistenlinja.fi)

**Tukinainen**

Rape crisis centre for the sexually assaulted or abused

Mon–Fri 9 am–3pm, Sat–Sun 3 pm–8 pm 0800 97 899

[www.tukinainen.fi/english](http://www.tukinainen.fi/english)

**Tukinet** Support online, only in Finnish [www.tukinet.fi](http://www.tukinet.fi)

**NET online shelter (Finnish, Swedish, English)**

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

**Crisis center Monika**

Multicultural Women’s Association, assistance via telephone and online.

The national helpline 0800 05058

(free-of-charge) Mon–Fri 9 am–4 pm

The chat is open on Monday at 6 am–8 pm and

Mon–Thu 10 am–12 pm <https://monikanaiset.fi/en/>

Service in several languages.

**Alternative to violence**

Treatment for perpetrators of violence 0457-529 1041

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## **Maria Akademi Demeter**

Help and support for women who are violent or afraid of becoming violent. Anonymous and free of charge.

Call: 09 7562 2260

Finnish & English Tue & Thu 4 pm–6 pm,

Swedish 12 pm–2 pm

You can also contact the above-mentioned number if you are worried that someone you know is a victim of abuse.

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Med stöd från Europeiska unionen



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