RIKUs services are for you if
- You are or suspect you are a victim of a crime
- Your close one has become victim of a crime
- You are a witness of a crime
- You want to discuss your experience and/or get practical advice
- You are a professional who needs advice to support your client

You can contact us by phone or online – also anonymously. You can also ask for a face-to-face meeting at one of our offices.

RIKU's services are also for victims of exploitation or human trafficking
- Is someone (for example a relative, employer, spouse) controlling your movements or your communication with other people?
- Have you been told that you owe someone money for coming to Finland?
- Are you afraid that something bad would happen to you or someone close to you if you disagree with your employer?
- Do you work for free or is the salary you get from your work so small that you can’t pay for your necessary living costs?
- Were you promised a higher salary than the one you really get?
- Do you have to work more than 10 hours almost every day?
- Were you promised a different job than the one you have to do?
- Has someone told you that you will be sent out of Finland or you lose your residence permit?
- Is someone pressuring you to do something criminal or something else that you don’t want to do?
- Are you scared to talk about your situation?

If you or someone you know has experienced one or many of these things, contact your closest RIKU office or send an email to help@riku.fi. All calls and emails are treated confidentially and will not be forwarded to anyone without your permission.
### National Helpline
(mostly in Finnish)
**116 006**
(Mon-Tue 1 PM to 9 PM and Wed-Fri 5 PM to 9 PM)

### Legal Advice Helpline
(in Finnish)
**0800 161 177**
(Mon-Thu 5 PM to 7 PM)

### RIKU Offices
Our offices around Finland provide support and advisory services. Check their contact information at [www.riku.fi](http://www.riku.fi)

### RIKUchat
RIKUchat is a chat service where you can ask questions in real time (mostly in Finnish). You can choose to remain anonymous. You can find the chat at [www.riku.fi](http://www.riku.fi).

### RIKU's web page
RIKU's web page provides more information about RIKU and about the criminal process. Basic information exists in 20 different languages.

Through our office you can also ask for a support person, with whom you can meet and talk confidentially. The support person listens and provides you with practical advice, and can also go with you to the police station or to court.

RIKU's offices around Finland provide support for victims and witnesses of crime **free of cost**. We can always use a trustworthy interpreter who is bound by strict confidentiality. You can find the contact information for the office closest to you on RIKU's website.