



Turvakoti Hertha Shelter
044 4777 180 (24/7)

Turvakoti Tilkka Shelter
050 565 0636(24/7)

Turvakoti Pellas Shelter
040 457 3840(24/7)

Domestic Violence Counselling Unit

On-call duty Mon 1 pm to 3 pm
and Wed 10 am to 12 noon

044 493 7445



paakaupunginturvakoti.fi



Pääkaupungin turvakoti ry

A non-governmental organisation working
at the core of domestic violence work

24/7 Safety

Member of the Federation of Mother
and Child Homes and Shelters



Pääkaupungin turvakoti ry

Pääkaupungin turvakoti (1978) works to prevent and remedy the damage caused by domestic violence and supports individuals and families at risk of exclusion.

The association operates in the field of domestic violence work through two well-established forms of activity: shelters and a domestic violence counselling unit. They offer high-quality professional institutional and outpatient services for all parties of domestic violence.

We also do project work:

- **Seniorin salaisuus – vapaaksi väkivallasta** (Senior's secret – freedom from violence) 2024–2026 (STEA) seeks out and helps elderly victims and perpetrators of domestic violence together with Suvanto ry

- **Väkivallattomuuden tukijat** (Supporters of non-violence) 2024–2026 (ESF) develops new methods to prevent, identify, address, and end dating violence together with ETKL (The Federation of Mother and Child Homes and Shelters) and its member organisations

- **Väkivaltatyötä pitkittyneissä erotilanteissa** (Violence work in protracted separation situations) 2025–2027 (STEA) is developing an intervention model for families experiencing domestic violence related to children's custody, living, and visiting disputes and provides support to families in these situations

Clients of our services are:

- Children or adults who have experienced domestic violence
- Perpetrators of domestic violence
- People close to victims or perpetrators of domestic violence

You can support the association's activities by making financial or material donations, becoming a member, or volunteering for the association.

Työnjohtajankatu 7 C, 00880 Helsinki

Further information of the association and its operations is available at
www.paakaupunginturvakoti.fi

Contact:

toimisto@paakaupunginturvakoti.fi

Executive Director 044 275 3006

Shelters for victims of domestic violence

Shelters for victims of domestic violence offer immediate crisis help and round-the-clock secured living as well as psychosocial support, counselling, and guidance in acute situations. The shelter services are free of charge and meant for all victims of domestic violence or those at risk of it, regardless of sex and age, when it is not possible to stay at home because of violence, threats, or fear. The shelters are meant to be a short term place of safety for the duration of an acute crisis. The employees' professional support is available for clients round the clock.

In addition to crisis help, the shelters also provide support and information in practical matters. Minors stay at the shelter with a parent. Children receive support to get through their experiences with the help of child-oriented methods for dealing with violence. The employees help make the children's experiences visible and give the family information about the impacts of violence. The shelters' employees answer telephone calls related to domestic violence round the clock.

Turvakoti Heritta Shelter

Työnjohtajankatu 7 C, 00880 Helsinki

044 4777 180 (24/7)

Social worker in charge

050 563 6220

Turvakoti Tilkka Shelter

Mannerheimintie 164, 9th floor 00300 Helsinki

050 565 0636 (24/7)

Social worker in charge

050 576 3365

Turvakoti Pellas Shelter

Kuninkaantie 40 A, 02940 Espoo

040 457 3840 (24/7)

Social worker in charge

040 457 3842

Domestic Violence Counselling Unit

The Domestic Violence Counselling Unit provides conversational support for all family members, victims, and offenders – whether they be men, women, or nonbinary, children or adolescents – when a family is experiencing or has experienced domestic violence or the threat of it. The purpose of the work is to identify and end violence as well as to work through violent experiences. The working methods are individual, couple, and family meetings, various groups, and collaboration with other professional actors who help families. Couples can receive help together. The services of the Domestic Violence Unit are free of charge.

Domestic Violence Counselling Unit

Sturenkatu 4, 2nd floor 00510 Helsinki

On-call duty

Mon 1 pm to 3 pm and Wed 10 am to 12 noon

044 493 7445

Schedule an appointment

www.paakaupunginturvakoti.fi

Executive Director 044 275 3006

Adult Work

Domestic Violence Counsellor 050 526 0344

Domestic Violence Counsellor 050 324 9168

Domestic Violence Counsellor 050 407 3968

Domestic Violence Counsellor 040 457 1449

Work with children and young people

Domestic Violence Counsellor 050 592 3026

Seniorin salaisuus – Väkivallasta vapaaksi project

(Senior's secret – freedom from violence)

Domestic Violence Counsellor 044 7448434

Väkivallattomuuden tukijat project (Supporters of non-violence)

Domestic Violence Counsellor 050 592 3026

Väkivaltatyötä pitkittyneissä erotilanteissa project

(Violence work in protracted separation situations)

Project Manager 050 301 0748

Domestic Violence Counsellor 044 794 2767



Finnish institute for
health and welfare