



**Would you like to talk
about the issue of
female genital
mutilation and its
effects?**

Female genital mutilation (FGM) is prohibited in Finland, but you still have the right to seek help regarding the matter. If you have questions about or problems with FGM, our staff at the Western Uusimaa Wellbeing Services County (LUVN) will be happy to discuss the issue and direct you to the right place.



If you are a client of a maternity and child health clinic, you can raise the matter with the clinic's nurse (tel. 0291512000/LUVN switchboard).



If you are in school or studying, you can discuss the matter with a student welfare nurse, school social worker or psychologist (an employee at your school: tel. 0291512000/LUVN switchboard).



If you have been subjected to FGM and have any pain, problems or discomfort, make an appointment with a health centre doctor. The doctor will assess the need for further treatment. (Appointment booking for health centres: tel. 0291512000/LUVN switchboard).



If you have any difficult experiences, fears or memories that are troubling you, you can make an appointment at the adult mental health services (tel. 0291512295).

Are you afraid that someone close to you is planning female genital mutilation?

In an urgent situation, you can call a child welfare worker:



Espoon keskus: 046 877 1424

South Espoo: 046 877 1868

Leppävaara and Kauniainen: 046 877 2087

Hanko, Inkoo, Kirkkonummi, Raasepori, Siuntio:
040 646 6232

Lohja, Karkkila, Vihti: 050 048 6101

Are you concerned about the family's or relatives' views or attitudes or cultural influences?



You can contact

African Care ry., Batulo Essak (languages Finnish, Somali, English) tel. 0400 671288

The Finnish League for Human Rights, Solomie Teshome (languages Finnish, Amharic, English) tel. 044 7420411



Multi-professional FGM network
of actors in the Western Uusimaa
Wellbeing Services County and
region

Länsi-Uudenmaan hyvinvointialue
Västra Nylands välfärdsområde
Western Uusimaa Wellbeing Services County