

Estonia: information for victims of rape and sexual assault

This information is provided to help British nationals overseas make decisions about whether and how to seek medical advice and attention; report to local police; and engage with foreign legal authorities following a rape or other form of sexual assault overseas.

For information on support available in the UK, see [Rape and Sexual Assault: Returning to the UK](#).

This guidance contains information about:

First steps	2
The medical examination – what to expect.....	2
Treatment.....	3
If you want to report the incident to the police in Estonia.....	3
Police investigations in Estonia – what to expect.....	4
Court procedures – what to expect.....	5
If you do not want to report the incident to the police in Estonia	6
When you return home to the UK.....	6
If you want to report the incident to the police in the UK	6
Support organisations in Estonia.....	6
Help lines 24/7.....	6
Support centres and shelters.....	6
Sexual health clinics.....	8
Victim support officers	8

First steps

- It is your choice what you do next, but this information may help you in coming to a decision. The most important thing after an assault is to make sure that you are as safe as you can be.

You can:

- Contact the international emergency number 112 to report the incident or to get medical help.
- Seek medical attention as soon as possible. The hospitals that offer first aid with counselling and examination for rape and sexual assault victims are:
 - a) West-Tallinn Central Hospital, Sõle 23, Tallinn
 - b) Tartu University Clinic, L.Puusepa 8 or Tartu Clinic of Sexual Health, Vaksali 17, Tartu
 - c) Pärnu Hospital, Ristiku 1, Pärnu
 - d) Ida-Viru Central Hospital, Ilmajaama 12 Ahtme, Kohtla-Järve
- You can also turn to [any hospital's emergency department](#) for medical help. In Tallinn and Tartu you can also go to sexual health clinics (see contacts below).
- Contact your tour operator if you are travelling with one. They should be able to arrange for someone to support you or accompany you to go to the hospital.
- Contact the [British Embassy in Tallinn](#) or have your tour operator, police, hospital etc do that for you. Embassy staff will be polite, patient, sensitive and non-judgmental, and can provide information on local police and medical procedures. Anything you tell them will be treated in the strictest confidence. They can contact your family or friends for you if you wish, liaise with local authorities, accompany you to the hospital and the police if possible and necessary.

The medical examination – what to expect

- All [hospitals](#) in Estonia treat victims of rape and sexual assault from both genders. Turn to the nearest hospitals emergency department or gynaecologist as soon as possible.
- The hospitals that treat the victims of sexual assault as a priority are West-Tallinn Central Hospital in Tallinn, Pärnu Hospital, Tartu University Clinic, Ida-Viru Central Hospital (see contacts above).
- The hospitals are not obliged to report the incident nor the results of the examination to the local police. If you want the incident to be investigated, you have to report it to the police yourself.
- The examination is carried out by a gynaecologist or emergency doctor on call. There are both male and female gynaecologists available. Most of the Estonian doctors speak English, but you may need a translator, especially in rural areas. The examination entails:

- a) Checking and documenting all the possible injuries. Photographs may be taken if necessary.
- b) Collecting and retaining all forensic evidence (sperm, blood and urine samples, underwear).
- c) Testing against HIV and other sexually transmitted diseases.
- d) If necessary, offering 'Post-exposure prophylaxis', a treatment that can prevent HIV infection.
- e) Offering help in avoiding pregnancy (you can take an emergency contraception (so-called SOS-pill) which avoids the pregnancy if taken within 72 hours after the intercourse. In some hospitals they are available for free).
- f) Offering help to find you a secure place to stay if necessary, including overnight stays.
- g) Asking you to return for check-ups and aftercare.
- h) Supporting you in turning to police if necessary.

Treatment

- HIV prevention medication needs to be taken within 72 hours of the incident for it to be effective. The NHS may be able to commence or continue the 28 day treatment on return to the UK.
- Emergency contraception's can be found in all pharmacies in Estonia. You do not need a prescription or a medical referral to buy them.
- If you have an EHIC card the hospital treatment and the tests are for free. You only need to pay 5 Euros for patient fee. If you do not have EHIC and are not insured in the UK you have to pay for the hospital treatment and tests for yourself.
- If you have had medication administered overseas, you may wish to keep the label or make a note of the name of the medication, so that you let your local health provider know when you return home.

If you want to report the incident to the police in Estonia

- If you choose to report the incident, try to do it as soon as possible, so forensic evidence can be retained. Washing yourself or your clothes may make it difficult for the police to obtain forensic evidence. If you change your clothes, think about taking those you were wearing to the police or to the doctors. The police may keep the clothes you were wearing as an evidence to present them to a forensic expert. You may wish to preserve evidence by retaining items such as condoms, toothbrushes, or texts. If you are still at the scene of the incident, do not try to clean it or rearrange it in any way.
- To report the incident, you will have to make an official statement to the local police. It can be done by calling 112, [online](#) or by going to the nearest [police station \(more options\)](#). It is helpful for the police if the statement contains the description of the

attacker, description or the address of the location, description of what and all the facts and details you can remember. If the attacker was using a car, try to remember the colour, type, number or any other details about the car. Tell the police if you think you have been drugged.

- You do not run any risks of reporting of what happened to the Estonian local police. Extramarital sex or homosexuality is not considered as a crime in Estonia, neither is alcohol consumption.
- There will be male and female police officers available. Most of Estonian local government officials speak English, but you may need a translator, especially in rural areas.
- The police will send you to the local hospital for a forensic examination if you haven't done so already and if the attack happened less than 48 hours ago. If the attack was reported a long time after it happened, the police will not send you to the hospital for examination.
- You have the right to report the incident in English. You can use an official translator or simply the help of someone who can speak Estonian and English. The police may provide the translator to you themselves.
- After you have made the statement in whichever form, you have the right to get a written proof that you have reported it. You have the right to receive the proof in English.
- If you discover or remember anything new let the police know about it straight away.
- You do not need to surrender your passport whilst any investigation is carried out.

Police investigations in Estonia – what to expect

- After you have reported the incident, you will be contacted by the local police and given information what to do next- if and when to come and give additional statements, information could be asked about possible witnesses, etc. If necessary you will also be informed about the means of local victim support and other facilities available. You will also be asked if you would like to submit a civil suit.
- Based on the statements and the evidence collected the police and the prosecutor's office will decide within 10 working days if a formal investigation is going to be held.
- During the process of the formal investigation:
 - a) You will have to give an additional statement to the police, both parties will be interrogated and additional evidence collected.
 - b) Normally you won't be taken back to the scene of the crime but it could happen if you don't know the address of it.

- c) In most cases the attacker is known to the victim and there is no need to identify him/her. If you do not know who the attacker was, there may be a need to identify him or her by using pictures provided by the police.
 - d) The police will try to keep the attacker and the victim separate throughout the whole investigation but in very rare cases it may be necessary to put them face to face with each other.
 - e) You can ask information about your case from the investigating police officer or from the contact person in the local police. The contact details of the police officers who are handling your case can be asked from the Police and Border Guard general information line +372 612 3000, or from websites www.politsei.ee or www.prokuratuur.ee. It may happen that not all the details can be revealed to you in the interest of the investigation. Also, you will not be sent regular updates of the investigation. You will only be notified of the most important details like closing of the case, court dates and other court order information.
- You do not need to stay in Estonia during the investigation.
 - The investigation will not be held if there is no evidence that the incident was a crime, the incident has timed out or the perpetrator is dead.

Court procedures – what to expect

- If there is enough evidence, the prosecutor's office will send them to court.
- You are obliged to testify in court unless it is a short procedure. You may be asked to return to Estonia to give your statements, but in that case you have the right to claim back some of the expenses from Estonian government. A lawyer cannot give statements on behalf of you.
- It is possible to drop charges once they are filed if you wish to do so. There are no legal repercussions. There are legal repercussions if the victim has given false accusations or forged evidence. The alleged assailant can press counter charges claiming false accusations.
- The courts can order the offender to pay compensation for any injuries or losses after they have been convicted in a criminal court or as a result of civil action.
- There is a state-funded compensation scheme (Victim support) to cover physical or psychological injuries suffered as a result of a violent crime, which may apply to British nationals as well if the crime happened in Estonia. More information about it can be found [here](#) and the contacts of the victim support workers (see below)
- During the court procedures a lawyer is not mandatory for you, but you may want to hire one for extra support, for better understanding of the legal procedures in Estonia, appealing if necessary and getting other relevant information if applicable. See the list of [English-speaking lawyers](#) in Estonia.

If you do not want to report the incident to the police in Estonia

- You may want to inform the British embassy about the incident. We will be able to help you to make arrangements to contact your insurance company, your family, travel back to the UK and/or provide you with information on local support in the UK. We can provide you with lists of English-speaking medical facilities, lawyers and translators and help you liaise with local authorities if you want to do so. We can also accompany you to the hospital or the police if possible and necessary.
- If you are travelling with a tour operator, you can report the incident to your tour operator and ask them for assistance. Where possible and if you wish, the tour operator may accompany you to the local hospital.

When you return home to the UK

- You may want to let your GP or a Sexual Assault Referral Centre know what has happened to you so that you can talk about the experience and seek further support and advice.
- If you believe you may be at risk of having contracted a sexually-transmitted infection (STI), you should ask your local health provider to test you, even if you have been tested in the country that the assault took place in.
- The Estonian police will not inform the UK police about the incident even if you have reported it. It may happen only if both, the victim and the attacker are UK citizens.

If you want to report the incident to the police in the UK

- It is possible to report the crime to police in the UK. However, it is for foreign police forces to decide whether to investigate a crime in their jurisdiction. UK police forces cannot investigate crimes committed overseas. Foreign police forces can decide to request assistance from the UK police, but this cannot be guaranteed and is a very lengthy process. It can therefore be very difficult to guarantee that any justice can be accessed without reporting the crime locally. Please see [Rape and Sexual Assault: Returning to the UK](#) after rape or sexual assault abroad for more information.

Support organisations in Estonia

- It is your choice to let people know. If you are ready to talk about it the following organisations may be able to help you.
- Most help lines, support organisations; police officers etc speak English at some level. There might be difficulties with finding English-speaking staff in rural areas.

Help lines 24/7

- Support line 1492
- Tallinn Women's Crisis Centre +372 5264697 – support available in English
- Tallinn Women's Support Centre +372 57570911 support available in English

Support centres and shelters

You can seek emotional support, information how to get help, a safe place where to go to, support where to turn to and how to fill in all the necessary documents. The services are open to the victims as well as their affine no matter their nationality.

County	Support Centre	Telephone number	E-mail address/website
Harjumaa	Tallinn Women's Crisis centre	+372 5264697, +372 5396 9834	tallinn@naisteabi.ee
	Tallinn Women's Support centre	+372 57570911	tallinnanaistetugi@gmail.com
Hiiumaa	Hiiumaa Women's support centre	+372 51977170	hiiumaanaistetugi@gmail.com
Ida-Virumaa	Ida-Virumaa Women's support centre and shelter	+372 53332627	naistetugikeskus@gmail.com
Järvamaa	NGO Lifeline	+372 551 5491	varjupaik@eluliin.ee
	Järvamaa Women's support centre	+372 58133755	jarvanaistekeskus@gmail.com www.jarvanaistetugi.ee
Jõgevamaa	Jõgevamaa Women's support centre	+372 5860 0170	jogevamaanaistetugikeskus@gmail.com
Läänemaa	Läänemaa Women's support centre	+372 5042300	laanenaistetugi@gmail.com www.laanenaistetugi.ee
	Tallinn Women's Crisis centre	+372 526 4697, +372 5515491	tallinn@naisteabi.ee , varjupaik@eluliin.ee
Lääne-Virumaa	OÜ Keerub	+372 5615 5924, +372 5684 6601	info@keerub.eu
	Virumaa Women's support centre	+372 53868698	virunaistekeskus@gmail.com www.virunaistetugi.ee
Pärnumaa	Pärnumaa Women's support centre	+372 5398 1620, +372 53650260	naistevarjupaik@gmail.com
Põlvamaa	Põlvamaa Women's support centre	+372 58849494	polva@naistetugi.ee
Raplamaa	NGO Lifeline	+372 551 5491	varjupaik@eluliin.ee
	Raplamaa Women's centre	+372 58137153	raplanaistekeskus@gmail.com
Saaremaa	Pärnumaa Women's support centre	+372 5309 8919	saaremaanaistetugikeskus@gmail.com
Tartumaa	Womens support and	+372 5594 9496	info@naistetugi.ee

	information centre		
	Tähtvere open women`s centre	+372 5682 4768, +372 744 8706	naistekeskus@gmail.com http://www.naistekeskus.ee
Valgamaa	Valgamaa Women`s support centre	+372 53032544	valgamaanaistetugikeskus@gmail.com
Viljandimaa	Viljandimaa Women`s support centre	+372 58050535	viljandinaistetugi@gmail.com
Võrumaa	Võrumaa Women`s support centre	+372 52 83 615	vorunaistetugi@gmail.com
All Estonia	NGO Lifeline	+372 6558 088 +372 6555 688	varjupaik@eluliin.ee www.eluliin.ee
	Children helpline	116111 +372 646 0770	www.lasteabi.ee www.lapsemure.ee
	Trust line	126 (Estonian) 127 (Russian)	www.usaldus.ee

Sexual health clinics

Tallinn:

Mardi 3, I floor
Telefon: 666 5123
Mobiil: 51 22 388
E-mail: seksuaaltervisekliinik@estl.ee

Tartu

Vaksali 17, III korrus
Tartu 50410
7442086

Victim support officers

Victim support officers offer emotional support as well as information about supporting means from the Estonian government. They can help and guide you how to apply for benefits and services from local governments and from the state as well as other relevant organisations. Also, if you have been involved in human trafficking, sexual exploitation or prostitution, please contact the victim support officers.

County	Telephone number	E-mail address
Harjumaa	+372 664 0172	tallinn.oa@sotsiaalkindlustusamet.ee
All Tallinn	+372 664 0196	
Tallinn city centre	+372 641 0017	
Tallinn Lasnamäe and Pirita	+372 600 9059	
Tallinn	+372 655 5626	

Kristiine, Mustamäe, Haabersti, Nõmme and West-Harjumaa	+372 655 5068	
East-Harjumaa	+372 600 6204	harju.oa@sotsiaalkindlustusamet.ee
Hiiumaa	+372 463 6116	hiiu.oa@sotsiaalkindlustusamet.ee
Ida-Virumaa Narva	+372 357 9022 +372 357 9028	iviru.oa@sotsiaalkindlustusamet.ee
Kohtla-Järve	+372 339 5712	iviru.oa@sotsiaalkindlustusamet.ee
Jõhvi	+372 337 0778	iviru.oa@sotsiaalkindlustusamet.ee
Järvamaa	+372 387 8699	jarva.oa@sotsiaalkindlustusamet.ee
Jõgevamaa	+372 776 2745	jogeva.oa@sotsiaalkindlustusamet.ee
Läänemaa	+372 474 1151	laane.oa@sotsiaalkindlustusamet.ee
Lääne-Virumaa	+372 327 8384	iviru.oa@sotsiaalkindlustusamet.ee
Pärnumaa	+372 445 1145	parnu.oa@sotsiaalkindlustusamet.ee
Põlvamaa	+372 799 5071	polva.oa@sotsiaalkindlustusamet.ee
Raplamaa	+372 489 0455	rapla.oa@sotsiaalkindlustusamet.ee
Saaremaa	+372 455 5864	saare.oa@sotsiaalkindlustusamet.ee
Tartumaa	+372 730 3069	tartu.oa@sotsiaalkindlustusamet.ee
Valgamaa	+372 764 0664	valga.oa@sotsiaalkindlustusamet.ee
Viljandimaa	+372 434 0343	viljandi.oa@sotsiaalkindlustusamet.ee
Võrumaa	+372 786 4640	voru.oa@sotsiaalkindlustusamet.ee

The contacts of the support organisations in the UK and guidance what to do after you have returned home can be found [here](#).

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