

Dear people arriving from Ukraine, welcome to Estonia!
You may rely on our help and support in these troubled times.



Please be careful!

Some of the people offering their help or operating as volunteers may not have good intentions and may not be acting in your best interests.

Some may take advantage of your situation through offering help.

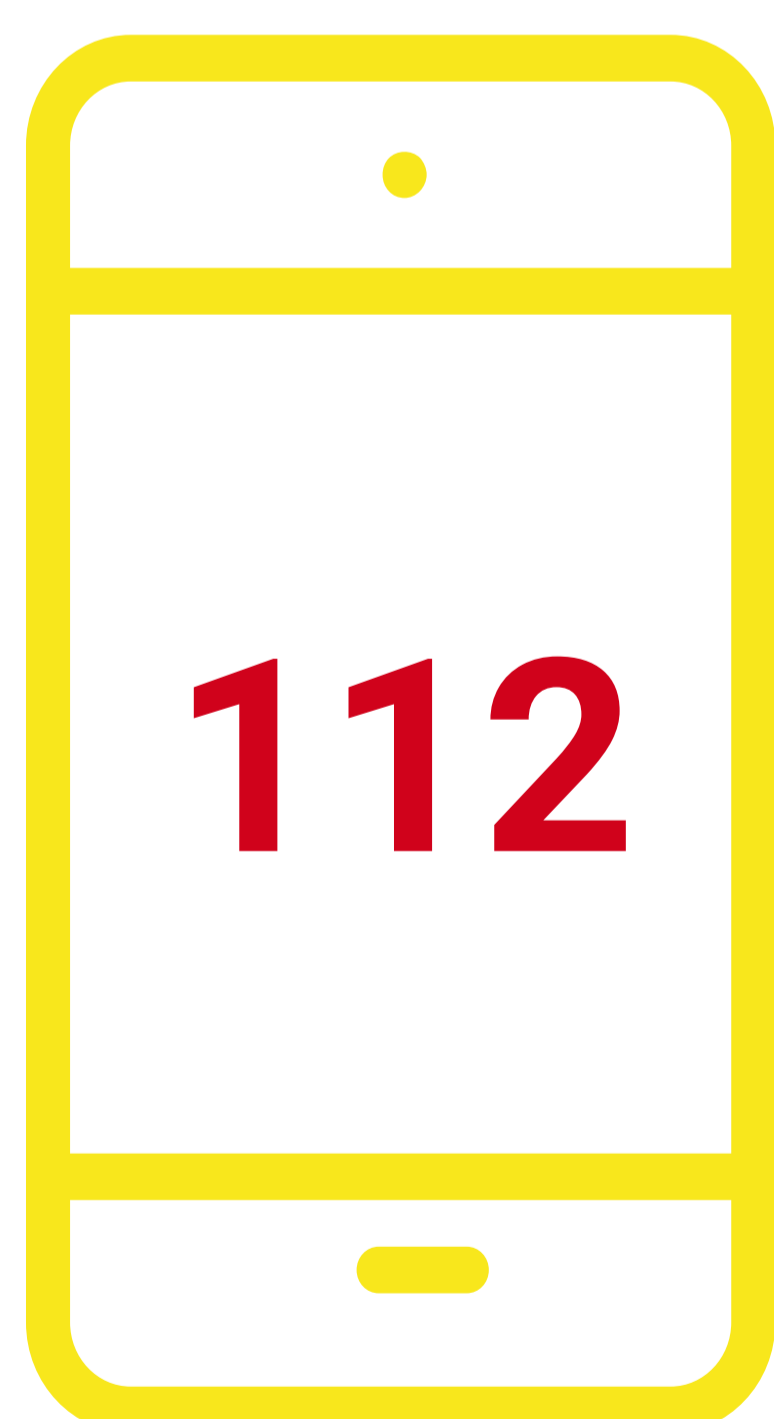
Do not accept any help before you make sure what it entails.

For example, you may be offered accommodation for free or under very favourable conditions, an easy job, or some other way to earn money quickly.



Please keep in mind that you are not required to pay anyone for getting a job – this is a scam.

We advise you to formalise any agreements in writing in a language which you understand and add the contact details – first name and surname, telephone number, and address – and the signatures of both parties.



**Emergency
number**

If you are unsure about your safety or need advice:

Please call Social Insurance Department, human trafficking prevention and assistance helpline:

+372 6607 320

Victim support helpline is available 24/7

+372 116 006.

If the situation is critical and you are in danger, please call **emergency number 112.**

**You can never be too careful!
Please take care of yourself and
children!!**