

For Victims of Crime

You are not alone.

We care about you.



Ishikawa Prefectural Police



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Understanding your mind and body's response



Symptoms listed below appear, not to all victims but to many. It is not an abnormal response. It is natural to occur after a big shock.

✿ Your physical symptoms

- Insomnia
- Recurring dreams about the incident
- Loss of appetite
- Headaches
- Tiredness

✿ Your memory

- Flashbacks of the incident
- No memory of the incident
- Trying to recall unremembered things causes panic
- Being unable to remember or decide

✿ Your emotions

- Full of anxiety
- Getting frightened by recalling the incident
- Anger
- Annoyed
- Not wanting to do things
- Poor concentration
- Self-blame
- Wondering “why me?”
- Others are untrustworthy
- Feeling nobody understands me
- Lack of feeling happy or sad

✿ Your behaviour

- Can't go out alone
- Not wanting to meeting or talking with people
- Avoiding reminders of the incident
- Increased alcohol/ tobacco consumption
- Irregular lifestyle

✿ Your senses

- Absent-minded
- Startle response to small noise
- Insensitivity to pain, cold or hot
- No sense of reality that the incident happened



The symptoms will disappear gradually but recovery is different for each person and mental illnesses such as PTSD might occur. PTSD (Post Traumatic Stress Disorder) is a complex mental health condition that can develop in response to an extremely distressing situation. The typical symptoms are mentioned above.



How to help a child victim

Children may suffer from physical and psychological symptoms listed below after traumatic events. They hurt the feelings of children as well as adults.

✿ Physical symptoms

- Loss of appetite
- Abdominal pain, diarrhoea and nausea
- Insomnia
- Nightmares

✿ Psychological symptoms

- Fear of being alone
- Timid, startle response
- Reluctant to talk about the incident
- Avoidance of incident-related things or particular places

✿ Daily life and behaviour

Being hyperactive, talkative and restless
Behaving like a baby and desperately seek affection
Decline in learning ability
Declining interest in activities previously enjoyed



How to communicate with your children



- Talk with them in a manner to make them feel safe. They feel safe with someone they trust or parents. Tell them it is natural to feel sad, angry or anxious.
- Help your child to maintain their normal routine in a safe manner. They feel safe by maintaining their normal routine.
- Believe what they say.
- Don't yell at them.
- Take time to listen to them.
- Try not to question them heavily.



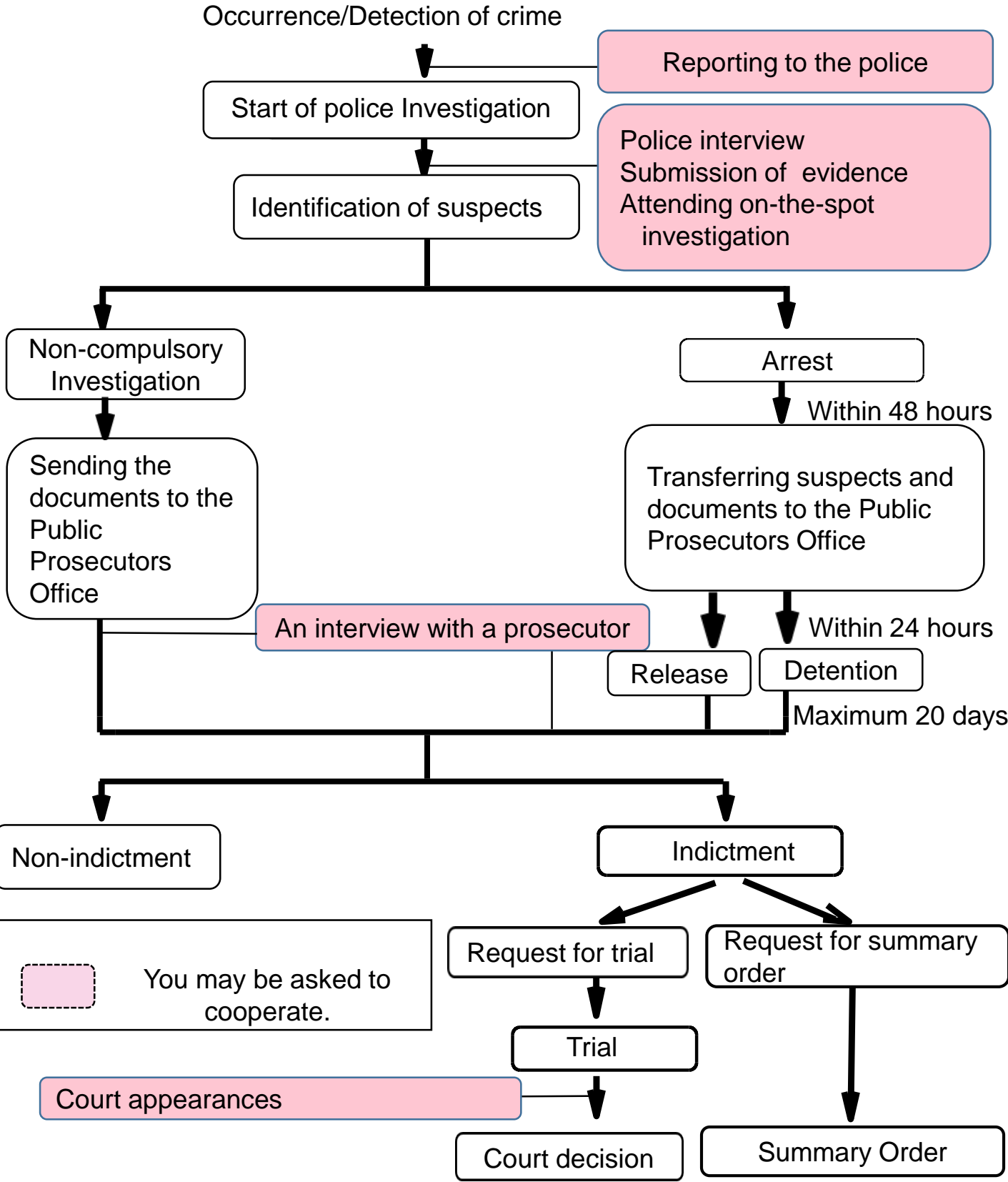
Take Care of Yourself



It is normal for family members of child victims to get confused and hurt by an unexpected incident.

It is important to take care of yourself so that you can support your child. You can talk to someone you trust or professionals without dealing with it alone (See pages 12-14).

Criminal Procedure Flowchart



Important information to protect yourself and to understand the role of victims in investigation



Possible health issues:

It is important to get medical help as soon as possible if you are injured or there are risks of sexually transmitted infections (STIs) or pregnancy.

Even if you have no symptoms, a check-up for STIs following a doctor's instructions is important as you can have no symptoms.

It will most likely that "morning after pill" within 72 hours of the sexual assault prevent pregnancies. (Please see financial assistance on page 8)

Police ~The victim's role in investigation by the Police:~

Submission of evidence

The police or a doctor may need to collect forensic evidence such as hairs, body fluids or urine from your body, which could help them to identify the offender.

The police may also ask you to submit your clothes or belongings if they are to be used as evidence.

Police interview, written statement

The officer in charge will ask you in detail about the damage that you have suffered or the action that the offender has taken. We understand that there are things you do not want to recall or talk about, but your answers are indispensable to solve the case. We appreciate your understanding and cooperation.

The officer will make a written statement based on your statements.

Attending on-the-spot investigation

We might ask you to accompany officers to understand what happened, double-checking the crime scene and damage suffered.



We can assign an officer after hearing your requests such as gender.



The role of victims in the Public Prosecutors Office and the Court



The Public Prosecutor's office

~ the victim's role after transferring the case ~

An interview with a prosecutor, written statement

The prosecutor may ask you questions about the case and make a written statement based on your statements.

The Court ~ the victim's role after indictment ~

Court appearance, testifying in the court

You might be asked to appear in the court and testify.

You may ask to screen yourself from the defendant or testify outside the court through a TV monitor in a cable-ready separate room (video-link system).

Notes

Ishikawa Prefectural Police Support Services

● Providing information to crime victims

The police officer in charge will inform you about the criminal procedure, status of the investigation, arrest of the offender and disposition of the case.

● Financial assistance system

To reduce your emotional and financial burden, the below medical, counselling and other costs will be paid at public expense:

Medical expenses

First visit fee

Medical treatment (First visit only)

STI testing cost (Please refer to page 15 to arrange testing in advance)

Medical certificate fees

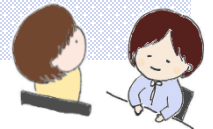
Counseling costs

Please inquire for details.

Other (Cost for renting temporary shelter/counselling room)

● Counselling services

Police officers and/or staff qualified as Certified Public Psychologists and Certified Clinical Psychologists offer free victim support counselling services. Counsellors will take your feelings into account and work out what can be done to help you recover. They may also accompany you to investigation meetings. Please see the contact list (page 15) or call the 'Helpline for Sex Crime Victims' #8103 (toll-free) (page 13) to apply.



● Special patrols

The police will work to ensure your safety by launching special patrols of the areas where you live depending on the situation.

● Police visits and communication

If needed, community police officers responsible for your residential area will visit your home to provide crime prevention and recovery guidance, as well as to listen to any requests you may have.

● 110 emergency call support system

By registering your contact details and other information in advance, a system is in place to ensure that police officers can attend the scene quickly and take appropriate protective measures when you call 110.

Financial Assistance System for STI testing

Financial Assistance System for victims in Ishikawa covers the cost of STI testing to reduce anxiety in victims. Please see page 8 for more information.

The system covers the first and the second test besides the first visit fee and the first treatment. Please note that they can't cover the follow-up visit fee and the subsequent treatment.

We recommend the six most common Sexually Transmitted Infections (STIs) listed in the below table to get tested for those who need advice.

We recommend you to get tested twice for each STI, considering the incubation period.

The first test: When you see a doctor after reporting to the police for the first time time.

The second test: After incubation period which is the minimum recommended time from unprotected sex to test.

The six recommended STIs tests are available through medical institutions. Feel free to ask the contact person (page 15) to accompany you if it is hard to go there alone.

<The Common STIs>

Infectious Disease Name	The Incubation Period	Specimen	Early symptoms
Gonorrhea	About 7 days	<ul style="list-style-type: none"> • Fluid from the infected area • Urine • Gargled liquid 	Early symptoms include painful or frequent urination, increased smelly vaginal discharge, lower abdominal pain and fever but gonorrhoea often has no symptoms.
Chlamydia			Early symptoms include increased vaginal discharge and lower abdominal pain but chlamydia often has no symptoms.
Hepatitis B	About 3 months	Blood	Early symptoms include flu-like symptoms, fatigue, weariness, insomnia and loss of appetite.
Hepatitis C			Flu-like symptoms but people with hepatitis C can often have no symptoms.
Syphilis			The red chancre (ulcer) appears at the location where syphilis entered the body and lasts 4 to 6 weeks, and it heals without treatment. Many women with syphilis don't notice it.
HIV/AIDS			Most people with HIV don't experience any symptoms.

Benefits and Financial Assistance from the Government of Japan and/or your municipality

● Benefit system for crime victims

The Government of Japan has a system to pay benefits to the families of deceased victims and victims who suffer serious injuries or sickness, or those who became disabled due to intentional criminal acts.

【Benefit types, eligibility and amounts】

1. Bereaved family benefits

Bereaved family members of the first order will receive benefits based on factors such as age and earnings of the deceased victim.

The order of those eligible for benefits: (1) spouse; (2) children; (3) parents; (4) grandchildren; (5) grandparents; and (6) siblings of a victim.

2. Serious injury or sickness benefits

A victim who was affected by serious injury and/or illness (medical treatment for one month or more and hospital admission for 3 days or more); in the case of mental disorder (medical treatment for one month or more and the condition prevents the person from working for 3 days or more), will receive benefits based on out-of-pocket medical costs and lost wages up to 3 years.

3. Disability benefits

A victim with aftereffect will receive benefits based on the disability (grade 1 to 14).

【Important notes】

Benefits may be reduced or not payable, considering circumstances such as a victim was partly responsible for the consequences or a crime was committed against relatives. If a victim got public support such as workers' compensation or compensation for damage, the amount of benefits will be adjusted.

No benefits will be granted, however, if the victim neither possessed Japanese nationality nor resided in Japan at the moment of the crime.

【Time limits for applying】

An application should be filed within two years after the applicant became aware of a death, serious injury or illness, or disability due to a criminal act or within seven years after such damage actually occurred. However, if an application was not filed within the period due to inevitable reasons, the application can be accepted within six months after the reasons ceased.

For details, please ask the contact person on page 15 or see page 13 to find the best way to contact the police.

● Consolation money by your municipality

There are systems to pay consolation money to victims in Ishikawa prefecture.

For details, please ask the contact person on page 15 or see page 13 to find the best way to contact the police.

How to cope after a traumatic event

✿ Don't hesitate to see a doctor if you are worried about your health.

Don't hesitate to see a doctor if you feel sick such as insomnia or worried about the risks of STIs or pregnancy. You can also consult with the Yogo teacher (School Nurse) or a school counsellor if you are a student.

✿ You can cry whenever you feel you need to

When you feel sad or you want to cry, cry without holding back your tears. Honestly expressing how you feel will help you recover mentally.

✿ Talk to a reliable person

Try to express your emotions to people you trust. In many cases, victims can relieve the pain a lot easier by talking with others about the incident repeatedly.

✿ Getting back to your routine gradually

Re-establish a normal routine such as eating and having a bath little by little once you feel calm without pushing yourself. These tips will recover your mental and physical health.

✿ Don't blame yourself.

Aren't you reproaching yourself, maybe thinking that, "If I had not done such a thing....."? Your conduct at the time of the incident can never be a justifiable reason for the damage that you suffered.

✿ Relax

Allow yourself to relax even if things don't work out as before.

Create a relaxing atmosphere by enjoying your favourite music and scenery.

Do something that will help you relax, such as taking a few deep breaths and EFT (Emotional Freedom Technique) Tapping.

Exhaling slowly, imagining you are OK, will make you feel calm.



Start with what you can do without pushing yourself.

Multilingual Consultation Services



Japan Legal Support Center(JLSC) (also known as Houterasu)

- Providing information on victim support and attorney referral
- Selecting a court-appointed attorney for a participating victim
- Civil Legal Aid for people having financial difficulties

Monday to Friday 9am to 5pm

If you do not speak Japanese, please contact the multilingual information service (0570-078377).

If you speak Japanese, please call the Crime Victim Support Line (0120-079714).

For more information, please see the website.

<https://www.houterasu.or.jp/en/index.html>

Curetime (The Cabinet Office of Japan)

<https://curetime.jp/>

SNS consultation “Cure Time” on sexual violence

Anonymous consultations in foreign languages are available through SNS daily from 5pm to 9pm

Ishikawa Foundation for International Exchange (IFIE)

Website (<https://www.ifie.or.jp>)

【For Inquiry & Reservation】

Ishikawa Foundation for International Exchange

3/F Rifare Bldg., 1-5-3 Hon-machi, Kanazawa

TEL:076-262-5932 FAX:076-222-5932

IFIE provides a consultation service for foreign residents concerning several issues including residence procedures, employment, medical care, welfare, childbirth, child-rearing, and children's education.

Sexual Violence Support Services in Ishikawa

Please note that staff will speak Japanese when you call phone numbers listed on page 13 and 14. Interpreters are not always available except for an emergency telephone number. It might take time to look for an interpreter or to return a call. If possible, please call with someone who can speak Japanese.

For information and/or inquiries in English, please see page 12. Cure Time, Houterasu (Japan Legal Support Center) and IFIE (Ishikawa Foundation for International Exchange) listed on page 12 provide information and answer questions in English.

Ishikawa Prefectural Police

The helpline for sex crime victims is available 24 hours a day.

Dedicated female staff will answer questions from 9am to 5:45pm, from Monday to Friday.

#8103 (toll-free)

0120-010-783 (toll-free)

Tel: (076) 225-0281

If you are in immediate danger, call 110, toll-free emergency number.

Feel free to go to your nearest KOBAN (Police Box) or police station if you need to talk to someone about crime. If a police officer is not there, pick up the telephone receiver in the police box, and you will be connected to the police station.



The crime Victim support
symbol mark
"Gyutto-chan"(hold tightly)

Ishikawa Prefecture

Purple Support Ishikawa

(Ishikawa Sexual Violence Victim Support Center)

Services include:

- Consultations
- Psychological support(counseling)
- Coordination of support

Supports coordination (contacting related organizations such as police, clinics, and Bar Association, accompanying to consultations)

Monday to Friday 8:30am to 5:15pm (The emergency out of hours service is available if you need urgent help after 5:15pm until 8:30am)

#8891 (toll-free)

Tel: (076) 223-8955

Victim Support Services in Ishikawa

Ishikawa Prefectural Police has agreements with Kanazawa Bar Association and Ishikawa Victim Support Center for collaborative support.

With your consent, the police can pass on information such as an outline of victimization to them to provide the necessary support.


Kanazawa Bar Association (legal consultation to support crime victims)

Tel: (076) 221-0242 Monday to Friday 9am to 5pm

This system provides telephone or face-to-face consultation services by an attorney who are well-versed in assisting crime victims (the first time, free of charge).

- ◆ When a female victim prefers a female attorney, a female attorney will support her.
- ◆ When an attorney represents a victim, following services are available (fees will be charged):
 - Filing a criminal complaint and/or a damage report as a representative of a victim
 - Accompanying a victim and/or contacting/requesting the police and/or public prosecutors office
 - Responding to the attorney on the part of the offender, including settlement negotiations
 - Accompanying a victim to the court to attend trials and/or to assist for expressing opinions
 - Dealing with the media
 - Claiming Damages at Civil Trials
- ◆ The system of “legal assistance for victims of crime” provides legal support by attorneys to those who have difficulty in bearing the attorney’s fees if they meet certain requirements.

If a victim receives compensation from the other party as a result of the procedure, she/he might be asked to repay a certain amount of money.

 PIIA (public interest incorporated association) The early-assistance-providing organization designated by Ishikawa Prefectural Public Safety Commission

Ishikawa Victim Support Center

provides support through

- telephone consultations and interviews with victims
- legal consultations by an attorney
- accompanying victims to the court, the hospital and the police

Tel : (076) 226-7830 Monday to Friday 10am to 4pm

Our consultation services are free of charge and confidential. (Interviews are by appointment)

Please click “foreign language” on Ishikawa Prefectural Police website to view “Help and Support for Victims of Crime” for more consultation services. <https://www2.police.pref.ishikawa.lg.jp/index.html>

【Police headquarters · Police station】

Ishikawa Prefectural Police headquarters 0 7 6 – 2 2 5 – 0 1 1 0

Kanazawa-naka Police Station	0 7 6 – 2 2 2 – 0 1 1 0	Hakusan Police Station	0 7 6 – 2 1 6 – 0 1 1 0
Kanazawa-higashi Police Station	0 7 6 – 2 5 3 – 0 1 1 0	Tsubata Police Station	0 7 6 – 2 8 9 – 0 1 1 0
Kanazawa-nishi Police Station	0 7 6 – 2 6 6 – 0 1 1 0	Hakui Police Station	0 7 6 7 – 2 2 – 0 1 1 0
Daishoji Police Station	0 7 6 1 – 7 2 – 0 1 1 0	Nanao Police Station	0 7 6 7 – 5 3 – 0 1 1 0
Komatsu Police Station	0 7 6 1 – 2 2 – 0 1 1 0	Wajima Police Station	0 7 6 8 – 2 2 – 0 1 1 0
Nomi Police Station	0 7 6 1 – 5 7 – 0 1 1 0	Suzu Police Station	0 7 6 8 – 8 2 – 0 1 1 0



The contact person

Name _____
Tel.
Ext.

If you have any questions, please feel free to contact me.



You can access this brochure,
“For Victims of Crime “,
by scanning the QR code.

Notes

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