

Stay safe

To understand your rights and entitlements in this country, you can contact any of the following helplines to receive independent and accurate information.

Before your call

- Make sure to be in a safe place, having enough time to complete the call.
- Make sure your phone is charged.

During your call

- Ask for an interpreter.
- The call should be confidential.
- You can ask for an advice and your rights on safety, immigration, accommodation, protection and financial support.

After the call

- You are being very brave for seeking help.
- Take some time to understand the information given.
- You are not alone.



Safe Women in Migration

swim-project.alberodellavita.org

NATIONAL DOMESTIC ABUSE HELPLINES



National Domestic Violence Helpline **0808 200 247**
Galop (LGBTQ+) **0800 999 5428**
Men's Advice Line **0808 801 0327**

Other European partners

					
Italy Associazione Croce Rossa Italiana	Great Britain British Red Cross	France France Terre d'Asile	Italy Fondazione ISMU	Romania Asociația Alternative Sociale	Sweden Svenska Roda Korset



This brochure was founded by the European Union's Rights, Equality and Citizenship Programme (2014-2020).

The content of this brochure represents the views of the author only and is his/her sole responsibility. The European Commission does not accept any responsibility for use that may be made of the information it contains.

In partnership with
 **BritishRedCross**



Co-funded by the European Union's
Rights, Equality and Citizenship
Programme (2014-2020).



Do you feel safe?

- ❖ Are you often afraid of someone or a member of your family?
- ❖ Have you ever been hit, kicked, shoved, punched, bitten, choked, spat at or had things thrown at you by anyone?
- ❖ Does anyone demean you, threaten to hurt you or put you down consistently?
- ❖ Has anyone been using fear, intimidation, threats and/or name calling to hurt and control you?
- ❖ Do you have to ask anyone permission to spend your money, going out or socialise with your friends and family members?
- ❖ Does anyone ever threaten to hurt your children or to take them away from you?
- ❖ Does anyone ever touch you in a way you don't want to be touched?
- ❖ Are you or do you ever feel pressured to have sex with your partner or someone else against your will?
- ❖ Has anyone ever destroyed your belongings in order to control or scare you?
- ❖ Is somebody deprived you of your passport or other important documents
- ❖ Have you been blackmailed by anyone and are you afraid to seek for help?
- ❖ Are you getting married against your will?

If you answer yes to any of the following questions, you might be in an abusive and controlling relationship or situation.

It is not your fault

Abuse can happen to anyone regardless of gender, sexual identity, age, ethnic groups, nationality, culture, religion, disability, economic status or location.

Using abusive and controlling behaviour is never acceptable. You have the right to protection from abuse and violence and access to justice and support in all European countries.

Remember: *you are not alone and you are not the person to blame for the abuse/violence you are experiencing!*

