

## WILL YOU STAY AT HOME AND FIND HELP (TOGETHER) OR LEAVE?

Whatever you decide, remember you can always ask for help and that you are not alone, even when you are dependent and for example have no income of your own, or your residence permit has been taken away from you.

### If you decide to stay, don't isolate yourself

- Talk to people around you (a neighbour, a friend, a family member) and to professional aid workers who can help you (and your partner).
- Keep important telephone numbers close at hand. Call for 'help' or 'au secours' or call 112 in case of serious violence.
- Decide and plan where you can go should a violent situation arise.
- Make arrangements with your surroundings how you can warn them in case of danger.
- Talk to your family doctor. Have medical certificates drawn up by your doctor detailing the assault, your psychological condition and the duration of your inability to work, even when you are unemployed. Your family doctor is bound by professional secrecy. Keep these documents in a safe place. They can be used as evidence should you temporarily or permanently leave your partner.

### For further advice:

website <http://igvm-iefh.belgium.be/>

Fill out the slip, cut it out and put it in your wallet.

## WHO CAN YOU TURN TO?

Helpline: **02/648.40.14 - 02/647.67.80**  
Marco Perolin (thursdays 9pm-11.30pm): **0477/52.83.20**  
Suzanne Young (Wednesday/Friday evening and weekends): **0487/63.74.48**  
Groupe Santé Josaphat: **02/241.76.71**  
Support-telephone: **106**

Confidential contact person: .....

Doctor: .....

Local police office: .....

In case of emergency: **112** + call for 'help' or 'au secours'.

## IF YOU DECIDE TO GO, BE PREPARED.

- Confide in someone who can offer you the help and support you will need.
- Make copies of important documents (marriage certificate, sis-card, identity card, pay slip, child allowance, contract of hire of proof of property if you are the (co-) owner of your home, current or savings account number, mortgage loans), keep important telephone numbers with you and have spare keys made.
- Try to store some clothes, money and possibly medication for you and the children in a safe place or with someone you trust.
- Try to withdraw a power over your account or open your own bank account.
- Think beforehand about how you can safely leave the house and see to safe lodgings for yourself and the children. If you can't go to family or friends, turn to a refuge or a reception center).
- If you have a low or no income, you can ask the OCMW for financial help.
- Whatever your financial means, you can always call on the services of a lawyer, even without cost.
- Ask your doctor or the hospital for a medical certificate, which proves you are the victim of violence and/or bring along existing certificates. They are important pieces of evidence to assert your rights before a court of law.
- Turn to the police to report the violence or to start legal proceedings against the perpetrator and inform them you have left the conjugal home.
- Know that the law offers you the possibility to leave the home without losing your rights, whether you are married or not. You keep your rights regarding the children, the home and the goods. "



INSTITUTE  
FOR THE EQUALITY  
OF WOMEN  
AND MEN

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## BREAK THE SILENCE BEFORE IT BREAKS YOU!

## VIOLENCE BETWEEN INTIMATE PARTNERS

Talk about it!

You  
don't have  
to face it  
alone

.be

# WHAT IS IT ABOUT? IT'S ABOUT VIOLENCE BETWEEN INTIMATE PARTNERS.

A great number of women, but men also, experience pain and fear in their relationships every day, Humiliations, insults, reproaches, scolding...  
Your feelings are hurt.  
You feel made to look ridiculous, belittled and pestered.

Blows, injuries, bruises...  
Your body screams.

You are not allowed to see family and friends, not allowed to go out working, ...  
Your passport or residence permit is taken away.  
You become isolated.

Forced to perform unwanted sexual acts...  
You feel broken.

You have no say in decisions...  
Your self-confidence is lost.

Fear controls your life.

Don't remain silent about this violence but inform others, so they can help you.

This folder is available in the following languages: Dutch, French, German, English, Spanish, Italian, Chinese, Portuguese, Polish, Servo-Croatian, Lingala, Swahili, Greek, Turkish, Arabic, Russian and Romania.

**For additional copies please contact:**  
Institute for the Equality of Women and Men,  
+32 (0) 2/233.49.47, [gelijkheid.manvrouw@igvm.belgie.be](mailto:gelijkheid.manvrouw@igvm.belgie.be)

Violence between intimate partners happens in all age groups, in all social classes and cultures and in heterosexual and homosexual relationships. The victims are mostly women, but men can also become victims.

Talking about violence between intimate partners isn't easy. It may seem as if you are the only person confronted with it. Sadly this is far from the truth. Violence in private situations is the most frequent form of violence in our society.

Victims often remain silent out of guilt, shame or because they have conflicting or confused feelings for their partner. Often they hope everything will be alright, especially because violent eruptions tend to be followed by more peaceful periods and their partner expresses regret about what has happened.

Violence between intimate partners is unacceptable. No person is allowed to resort to violence for whatever reason. Violence must never be considered as evident or acceptable. Threats, assault, stalking and sexual violence are criminal acts.

*Victims can assert their rights, ask for help and take steps to put an end to the violence.*

# ARE YOU THE VICTIM OF VIOLENCE? WHAT CAN YOU DO? BREAK THE SILENCE.

Deciding what to do is very important, but also very difficult and often frightening. It is important to talk about it, not only with someone you trust, but also with specialized aid-workers, who will listen to you, offer advice and will try to find a solution with you. Talking helps to make you see more clearly what you want to and can do, Understanding what is going on is a condition to be able to improve the situation.

The persons or organizations mentioned below will listen to you without judgement. They will impose nothing. They will listen to you, help you to understand the situation, offer advice and ideas and addresses for further help. This aid is confidential, voluntary and anonymous.

If you want a first anonymous conversation in your own language, call: Tele-onthaal: 106 - Marco Perolini: 0477/52.83.20 (thursdays 9pm-11.30pm) - Suzanne Young: 0487/63.74.48 (Wednesday/Friday evening and weekends) - Groupe Santé Josaphat - Centre de planning familial: 02/241.76.71. Helpline: 02/648.40.14 - 02/647.67.80

## **SUPPORT-TELEPHONE : 106**

For a confidential conversation you can call support-telephone: dial 106 (free, anonymous en 24 hour permanency). Support-telephone also offers help through online conversations at [www.tele-onthaal.be](http://www.tele-onthaal.be)

For free help, advice and information you can contact a CAW in your area. Call 078/150300 or check out [www.caw.be/geweldinhetgezin](http://www.caw.be/geweldinhetgezin).

On the website <http://igvm-iefh.belgium.be/> you can find information on which organisations can offer help in your vicinity.