

Help and support in the event of violence

IN MARRIAGE, PARTNERSHIP AND FAMILY

DO YOU FEEL UNSAFE IN YOUR RELATIONSHIP OR WITHIN YOUR FAMILY?

Have you been a victim of violence?
Have you been threatened?
Trust yourself and seek help.
The earlier the better.
You are not alone.
Domestic violence is not a private matter.

HAVE YOU BEEN AFFECTED BY VIOLENCE?

In an emergency, contact the police (117).
Domestic violence is against the law. You can
file a complaint at any police station (police
stations listed under www.kapo.gr.ch).

The police will provide protection and support. The police can order a violent person to leave their home for up to 14 days.



Police

117 (24/7), www.kapo.gr.ch

Medical emergencies

144 (24/7)

Victim Support Grisons

081 257 31 50,
www.soa.gr.ch

Women's Shelter Grisons

081 252 38 02 (24/7),
www.frauenhaus-graubuenden.ch

Where can I find help and support?

VICTIM SUPPORT:

Victim Support provides women, men, children and young persons who have been affected by violence with support in personal and legal matters. **The counselling is confidential and free of charge.**

WOMEN'S SHELTER:

If you are no longer safe at home, the Women's Shelter offers refuge, help as well as free and anonymous counselling for women affected by violence along with their children.

DOCTORS / HOSPITAL:

If you have been the victim of physical or sexual violence, you can have a **medical check** and arrange for the **injuries to be documented**. Contact your family doctor, make your way to a hospital accident & emergency unit, or in the case of a medical emergency phone the **ambulance service (144)**.

In crisis situations - pick up the phone instead of falling into despair!

Counselling for people in difficult life situations

143 (24/7), www.143.ch

Counselling for children and the young

147 (24/7), www.147.ch

Emergency hotline for parents - help and advice for parents, families and carers

0848 35 45 55 (24/7), elternnotruf.ch

Violence-free old age - counselling for older people affected by mistreatment

0848 00 13 13, www.alterohnegewalt.ch

What is domestic violence?

All acts of physical, sexual, psychological or economic violence occurring within the family or household or between former or current spouses or partners; irrespective of whether the perpetrator has or previously had the same place of residence as the victim.

- **Physical:** e.g. punching, pushing, shaking, biting, choking, tying up, throwing objects, physical assault up to and including fatality
- **Sexual:** any non-consensual sexual practice
- **Psychological:** e.g. threatening, coercing, deprivation of freedom, stalking, bullying on the internet, witnessing of violence at the parental home
- **Social:** constraints on social life such as patronising behaviour, prohibition or strict control of family and external contacts, confinement, ban on learning the national language
- **Economic:** e.g. ban on working, forced labour, confiscation of earnings
- **Forced Marriage**

Child and Adult Protection Authority (KESB)

You can find your competent Child and Adult Protection Authority under www.kesb.gr.ch. Outside office hours, the Child and Adult Protection Authority may also be contacted in urgent emergency cases via the operations centre of the Cantonal Police (117).

Cantonal Social Services

Personal advice in difficult life situations (e.g. relationship, family, finances, addiction, migration, crises). You can find your competent regional Social Services under www.soa.gr.ch.

Are you violent yourself

OR IS THERE A RISK YOU MAY BE VIOLENT?

ADVICE CENTRE FOR PERPETRATORS OF VIOLENCE:

ARE YOU WORRIED YOU MIGHT LOSE CONTROL? Take courage and do something about it – before it's too late. Perpetrators of violence can turn to the Advice Centre for Perpetrators of Violence, which is confidential and free of charge.



ADDITIONAL COPIES AVAILABLE FROM:



Koordinationsstelle Häusliche Gewalt
Post da coordinaziun violenza a chasa
Servizio di coordinamento violenza domestica

Advice Centre for Perpetrators of Violence in Grisons
079 544 38 63, www.gewaltberatungsstelle.gr.ch



Further information about
domestic violence as well as
help and support services
in Grisons