



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

**VIOLENCE IS
NOT A PRIVATE
MATTER.
BREAK THE
SILENCE.**



**One criminal offence in
three is committed
within a family or a couple.**

**Trust your instincts:
seek help.**

You are not alone.

www.gr.ch/haeusliche-gewalt





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

Domestic violence involves the use or threat of violence within the family, or against a current or former partner.

Violence has many forms, such as for instance:

Physical violence: hitting, shoving, shaking, biting or grabbing

Psychological violence: insulting, threatening, offending or causing anxiety

Sexual violence: forcing a person to be involved in a sexual act and all sexual acts by adults and adolescents on or in front of children.

Economic violence: taking away money or forbidding someone from working

Social violence: confining a person or preventing them from meeting family or friends

Domestic violence is not tolerated and is a criminal offence.

Where to find help

Police

Call **117** in an emergency

Children and young people

Help available from **147** any time of day or night (telephone, WhatsApp or email).

Further information: www.147.ch.

Help for survivors

Support for survivors of violence and their relatives. Free and confidential.

For further information visit www.soa.gr.ch or call **081 257 31 50**; for a brief consultation call **081 25 77 142** at any time of day or night (from November 2025).

Women's refuge

Protection for women and their children. For further information visit www.frauenhaus-graubuenden.ch or call **081 252 38 02**.

Forensic nursing consultation

Medical investigation and documentation of injuries. Free and confidential.

For information and appointments visit www.ksgr.ch/forensic-nursing or call **079 923 11 44**.

Advice for the perpetrators of violence

Free and confidential. For further information visit www.gewaltberatungsstelle.gr.ch or call **079 544 38 63**.

Witnesses

Call the police immediately if anyone is in danger (**117**). For information and advice visit www.gr.ch/haeusliche-gewalt.

Important telephone numbers

Police: 117 (24h)

Ambulance: 144 (24h)

Children and young people
147 (24h)

Opferhilfe Graubünden
Support for survivors in Grisons
081 257 31 50
081 25 77 142 (24h from November 2025)

Women's shelter in Grisons

081 252 38 02 (24h)

Forensic nursing consultation

079 923 11 44 / forensicnursing@ksgr.ch

Further assistance for children, young persons, women, men, parents, the elderly, acquaintances and specialists is available at www.gr.ch/haeusliche-gewalt