

STEP BY STEP WITH DOMESTIC VIOLENCE

Am I a victim of domestic violence?

Domestic violence is one of the worst forms of oppression, because it is hard to resist it. It takes place behind the walls of homes, carefully hidden from public. Aggressor is one of our loved ones, often the one with whom we share our life in the utmost confidence.

Forms of domestic violence:

- physical attacks
- ridiculing, vulgarity, insulting
- limiting contact with others, monitoring the arrival time
- forced into sex or sexual practices
- financial control
- threats of suicide or picking up children
- threats that without him / her lose the possibility of legal residence

If you are hurt by someone close to you this way, then **it is a domestic violence.**

With the help of an interpreter you can use in our intervention center these services:

(In most cases, we are able to provide an interpreter for free)

- Social, legal and psychological assistance
- Getting to know your rights and options to deal with the situation, assistance in finding a solution
- Information on assistance from the police and court
- Assistance in the preparation and submission of written application to the court
- Mediation to help from other organizations

Our help is free, discreet, and if you want, you can participate anonymously.

You can contact us via e-mail: ic.nymburk@pomocobetem.cz .

Our services we can provide to the districts: Kolín, Kutná Hora, Mělník, Praha východ, Mladá Boleslav, Nymburk.

www.pomocobetem.cz

If the victim lives in a violent relationship, then should:

- always have a charged cell phone and have there stored speed dial
- **confide in trust of friends or family about being attacked at home**
- know how to recognize signs of aggression and identify approaching attack
- **do not let the incident happening in the close space where there are no windows and no exit**
- do not clean after the incident physical evidence to preserve physical violence
- to agree with **friends or neighbors for signs** that will indicate that you need help
- **pack your emergency bag** with money, clothes and important documents
- **consider and plan escape routes**
- **rethink acceptable reasons why you could leave**
- rethink where you can go after getting out from the house and how to get there
- contacts for crisis lines, shelters and specialized counseling for victims of domestic violence

Offer of free help and support for foreigners. If you need a work, social or legal advice or need assistance in completing the forms, you may contact the following organizations:

Center for Integration of Foreigners

www.cicpraha.org

It provides free social and employment counseling and courses of Czech for foreigners. The help points are in Prague, Kolín, Mlada Boleslav and Kutná Hora.

Contacts:

Consulting: +420 222 360 452

Education: +420 312 310 322

e-mail: info@cicpraha.org

META - Association for Young Migrants

www.meta-os.cz

It provides free social and employment counseling, guidance in education, offering courses in Czech. It has free internet and a library where you can borrow free books, magazines and educational materials.

Contacts:

tel./fax: +420 222 521 446

Consulting for foreigners from 16 years: +420 775 339 003

e-mail: info@meta-os.cz

Crisis Asylum House **Mělník** offers a bed (315626439, azyl@socialka.cz) **and** Asylum house for women with children in **Mlada Boleslav** (420 326 723 005, marketa@r-mosty.cz)