

WHO CAN HELP ME ?

You are not alone, the following services can help you :

To be **LISTENED to**, to have **INFORMATION, GUIDANCE** (finding shelters, legal services, social or psychological support, etc.)

0800/30 030 (24/7, free and anonymous) or **chat** on www.ecouteviolencesconjugales.be

IN CASE OF DANGER. Call the **police** at **101** or **the emergency services** at **112**.

I AM A MIGRANT AND A VICTIM OF DOMESTIC VIOLENCE



YOU CAME TO BELGIUM TO LIVE WITH A RELATIVE AND YOU HAVE BEEN FACING VIOLENCE AT HOME?

Écoute Violences Conjugales
0800 30 0 30
24/7 + GRATUIT + ANONYME



This leaflet is inspired by the «I am a migrant and victim of domestic violence, what are my rights?» brochure, produced by the "CIRE" and the Brussels associative platform "ESPER".

WHAT IS DOMESTIC VIOLENCE?

Domestic violence can be :

ADMINISTRATIVE
threat to withdraw documents or send you back to your country of origin



FINANCIAL
leaving someone with no money, no food, no heating



PHYSICAL
hitting, shoving, strangling



SEXUAL
imposing or forcing sexual intercourse



VERBAL
insulting, threatening



PSYCHOLOGICAL
threatening, locking up, preventing from studying and/or working, humiliating and belittling



YOU AND YOUR CHILDREN HAVE RIGHTS

You have the right to **live free from violence**. Domestic violence is punishable by Belgian law.



You have the right to **talk about it to people around you who can help and guide you**: your family, your doctor, pre-birth and child services (O.N.E.), your children's school...



You also have the right to **call the emergency services and to report to the police**.



Even if your residence permit depends on living with your partner or family, you have the right to **leave the house**.



Request and keep pieces of evidence of abuse: medical certificates, police reports, testimonials, photos, e-mails, text messages, recordings...

You must meet certain requirements to keep your **residence permit**. A lawyer or specialised services can assist you.

