

# Violence in a partnership or between people living together can have many faces.

## There is help!

### **Several acts of violence are well known:**

Punches (with or without objects), kicks, deliberate shaking and pushing, deliberate injury, holding, tying or restraining, locking up or locking out, shouting, threats, insults, sexual assault (= sexual acts without the explicit consent of the other person), rape...

### **Other acts violent are less visible:**

Constant criticism, insult and humiliation, obscene remarks, body-shaming, slander, emotional blackmail, discrediting of the other person's opinion, silence, withholding information, denial of available financial means, deliberate exclusion or restriction of social contacts, constant surveillance without according personal space, persecution and spying, searching goods or means of communication (SMS, e-mails, post...), administering certain unnecessary or harmful substances and much more.



**Some people experience single violent acts, others experience a variety of them. Some people stay in these relationships for a long time, others leave them quickly. Sometimes, but not always, their physical or psychological suffering is visible.**

## **Violence hurts all these people.**

Violence can occur in all living and residential communities, among people of all genders, nationalities, educational levels and social environments. Anyone can be affected.

## **There are various ways of helping or intervening in the event of violence.**

At counselling centres, a specialist will listen to you and work with you to find a solution. These meetings are strictly confidential, your protection is always the most important goal.



## **You can receive help both when you experience violence and when you are prone to violence yourself.**

The police are also a point of contact in cases of domestic violence. The police can provide you with information, advice and you can file a complaint against the person threatening you. Under certain conditions, the police can initiate an eviction procedure that compels the violent person to leave the home for a specified period of time.



**For living together in peace.**

A campaign by:



# Violence?

## There is help!

### Domestic violence helpline

☎ 2060 1060

Daily from 12:00 → 20:00

[info@helpline-violence.lu](mailto:info@helpline-violence.lu)

[www.helpline-violence.lu](http://www.helpline-violence.lu) | [www.violence.lu](http://www.violence.lu)

### infoMann

Counselling centre for men

☎ 27 49 65

[info@infomann.lu](mailto:info@infomann.lu) | [www.infomann.lu](http://www.infomann.lu)

### Police Lëtzebuerg

☎ 113

Police Station Dudelange

30, rue Jean Wolter L-3544 Dudelange

[www.police.lu](http://www.police.lu)

### Riicht Eraus

Counselling centre for perpetrators of domestic violence

☎ 2755 5800

[riichteraus@croix-rouge.lu](mailto:riichteraus@croix-rouge.lu)

[www.croix-rouge.lu/fr/service/riicht-eraus](http://www.croix-rouge.lu/fr/service/riicht-eraus)

### Espace Femmes, Fondation Pro Familia

Counselling centre for women, women's refuge

☎ 51 72 72 440

[femmes@profamilia.lu](mailto:femmes@profamilia.lu) | [www.profamilia.lu](http://www.profamilia.lu)

### Service d'Aide aux Victimes du Parquet Général

Counselling and support for people who want to file  
a complaint or have done so

☎ 47 58 21 627 — ☎ 621 326 595

### ALTERNATIVES, Fondation Pro Familia

Counselling centre for children and young people  
affected by domestic violence

☎ 51 72 72 500

[alternatives@profamilia.lu](mailto:alternatives@profamilia.lu) | [www.profamilia.lu](http://www.profamilia.lu)

### UMEDO

Medical-legal service for the documentation of violent assaults

☎ 621 85 80 80

Date arrangement | 24/24

[www.umedo.lu](http://www.umedo.lu)

**DO YOU EXPERIENCE VIOLENCE?**

**Ask for help!**

**DO YOU TEND TO ACT VIOLENTLY?**

**Ask for help!**

**ARE YOU A WITNESS OF VIOLENCE?**

**Do not close your eyes!**

**For living together  
in peace.**



A campaign by: