



Благотворительный фонд
"Здоровье и Жизнь"

العنف غير مقبول

خشونت قابل قبول نیست

Насилие недопустимо

Abuse is wrong

La maltraitance est inacceptable

El abuso es condenable



**Remember,
you are not alone
and it is not your fault!**

What is abuse?

Abuse is when another person hurts or mistreats you.

- The abuse can be physical, sexual, emotional, psychological or financial.

The abuser may be a spouse or partner, including former spouse/ partner, or a member of your or your spouse's family. The abuser and the victim may be either male or female.

Examples of physical abuse are:

- Hitting, slapping, pushing, punching, kicking, burning, stabbing or cutting, pulling hair, suffocating and other types of bodily harm

Sexual abuse is sexual activity or sexual contact without your consent .

Some examples of emotional or psychological abuse are:

- threatening to harm you or someone you know
- destroying your belongings
- insulting you or putting you down
- isolating you from your friends or family
- controlling your movements and activities

Financial abuse is when the head of your household:

- does not give you the money for such necessities as food, shelter or medical treatment
- takes the money you've earned without your consent

Help is available

There are people who can help you. If you believe your life or the life of your child is in imminent danger, **CALL THE EMERGENCY – 112!**

You may also contact UNHCR or partners to obtain:

- advice and counselling
- assistance with obtaining protection
- free of charge legal help

In Moscow:

UNHCR and Health and Life Foundation: Metro Pervomaiskaya, Izmailovsky Boulevard 41, Telephone +7 (495) 465-31-01, +7 (495) 965-09-19.

Reception hours: Monday, Wednesday and Thursday 10:00-17:00.

UNHCR Hotline (24 hours) +7 (903) 792-22-79.

Civic Assistance Committee: Metro Prospect Mira or Mar'yna Roscha or Dostoyevskaya, Olimpiisky prospect, b. 22.

Telephone: +7 (495) 681-15-32; +7 (495) 681-05-27, hotline +7 (968) 918-98-65.

Reception hours: Monday, Wednesday and Friday.

In St. Petersburg:

St. Petersburg Regional Branch of the Russian Red Cross:

Metro Ploshad Vosstaniya, Goncharnaya street, b. 19D, +7 (812) 717-35-31, +7 (812) 717-35-34, hotline 8 800 333 00 16