GBV Referral Pathways: Podlaskie Voivodship

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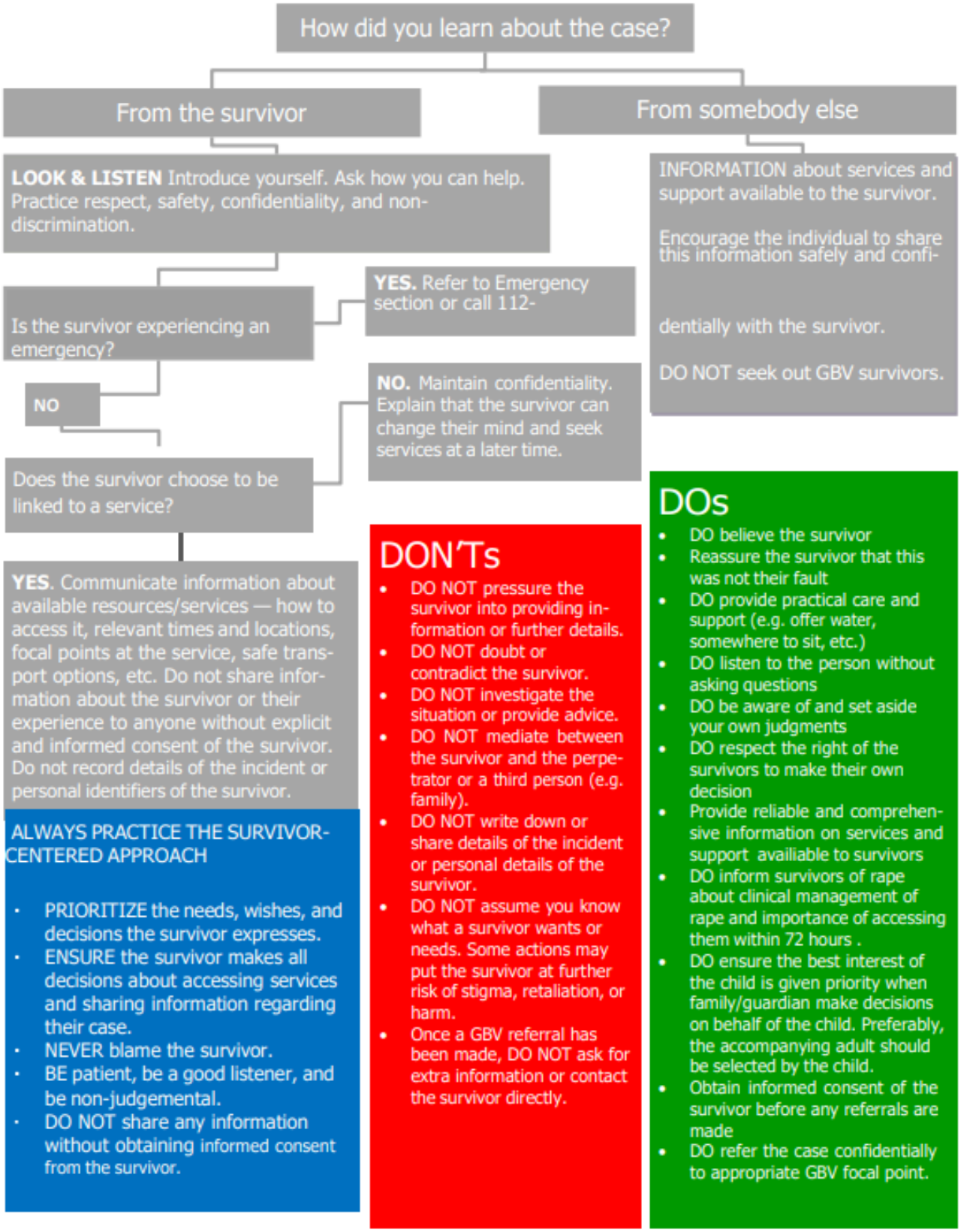

GBV Referral Pathway I Podlaskie Voivodship, Poland

Emergency support

National emergency numbers
General emergency number 112
Emergency 999
Police 997
(PL/EN/UA)

The Justice Fund helpline
Tel: +48 222 309 900 (24h/7; PL/UA/EN)
24-hour helpline for victims of crime; support psychological, legal assistance, material assistance.

Infoline of the National Health Fund (NFZ)
Tel: +48 800 190 590 (PL/UA/EN/RU)
Registration for hospital, doctor, information on medical services.

Hospital Emergency Departments
Białystok
Hospital Emergency Department Provincial Hospital in Białystok: SP ZOZ Wojewódzki Szpital Zespolony im. Jędrzeja Śniadeckiego; Maria Skłodowska-Curie, 15-369 Białystok, Tel: +48 857 488 100
Regional Ambulance Station in Białystok, Poleska 89, 15-874 Białystok, Tel: +48 856 637 350
Łomża
Regional Ambulance Station in Łomża, Szosa Zambrowska 1/19, 18-400 Łomża, Tel: +48 862 166 215
Suwałki
Hospital emergency ward / admissions office, Szpitalna 60, 16-402 Suwałki, Tel: +48 875 629 244

Crisis Intervention Centre
Włókiennicza 7, 15-464 **Białystok,** Tel: +48 858 797 946, **+** 48 858 797 947, +48 858 797 948. Psychological support, Social support, Legal support, Psychotherapy (PL)
Wojska Polskiego 161, 18-400 **Łomża,** Tel: +48 862 169 820, Mon-Fri, 8:00 a.m. – 6:00 p.m. Specialist support for psychological problems, counteracting domestic violence. (PL)
Filipowska 20B, 16-400 **Suwałki**, Tel: +48 875 652 891 (PL)

Comprehensive support

FEMINOTEKA - National helpline for women experiencing violence and a support point for women who have experienced sexual violence
Tel: +48 888 88 79 88 - Mon-Fri, 14:00-19:00 (UA)
Tel: +48 888 88 33 88 - Mon-Fri, 11:00-19:00 (PL, ENG)
Psychological support, long- and short-term psychotherapy and Trauma therapy, medical support, legal advice, social support, empowerment workshops.

Support for reproductive health

FEDERA - Foundation for Women and Family Planning
Tel.+48 22 635 93 95 - Mon-Fri, 9:00-17:00 (PL/UA)
Tel: +48 22 635 93 92 - Helpline (psychologist, gynecologist), Mon-Fri, 4pm -20:00
info@federa.org.pl, pomocprawna@federa.org.pl
Reproductive and sexual health support, legal support on matters of related to reproductive health.

HIV & AIDS Helpline run by the National AIDS Centre
Tel.:800 888 448 (Mon-Fri 9:00-21:00, weekends 24h/7) (Pl, UA)

Legal support

Association for Legal Intervention (SIP)
Tel: +48 880 145 372 (Mon-Fri 15:00-16:00, PL, UA, RU, ENG)
Email: porada@interwencjaprawna.pl

Helsinki Foundation for Human Rights
Tel: +48 22 556 44 40 (Mon-Fri, 10:00-14:00, PL, UA, RU, ENG)
Email: refugees@hfhr.pl

Ocalenie Foundation
6/14a Krucza St.
Tel: +48 22 828 0450 (Mon-Fri 11:00-17:00, PL. UA, RU, ENG)
Email: cpc@cpc.org.pl

Mental health support

Blue Line - Polish National Referral Service for Victims of Family Violence (Institute of Health Psychology)
Tel: +48 22 668 70 00 (24h/7) and Tel: 116 123 (24h/7)
Psychological support and legal aid.

Blue Line - Polish National Referral Service for Victims of Family Violence (Association for the Prevention of Family Violence)
Tel.:800 120 120 (24h/7, PL; Mon 18:00-22:00 ENG; Tues 18:00-22:00 RU)
Psychological support and legal aid.

116 123 Crisis Hotline

Material Support

Stowarzyszenie DROGA, Tel: +48 856 756 406, ul. Proletariacka 21, 15-449 Białystok.
ELEOS Orthodox Centre of Charity of the Diocese of Białystok-Gdańsk
Tel: +48 781 001 071 Św. Mikołaja 5, 15-420 Białystok.
Caritas of the Diocese of Łomża, +48 86 216 68 20

Specialist support

Empowering Children Foundation (FDDS)
Helpline for children and adolescents (UA, RU): 116 111 Mon-Fri, 14:00-20:00; 24h/7 (PL)
Online help: https://116111.pl/ua
Psychological, legal, medical assistance to children and adolescents victimised by crime, primarily with experience of violence and sexual abuse.

La Strada - Foundation Against Trafficking in Human Beings and Slavery
Tel: +48 22 628 99 99 (24h/7) (PL, UA, RUS, ENG)
Helpline for victims of human trafficking, forced labour and slavery. Psychological, legal and social assistance.

Polish Red Cross (PCK) – Podlasie Branch, ul. Warszawska 29, 15-062 Białystok, Tel:+48 857 416 091, +48 509 904 720. Education, information, integration, legal assistance.

Centrum Integracji Społecznej (Centre for Social Integration) – professional and social reintegration
Białystok, ul. Grunwaldzka 76, 15-893, ul. Baranowicka 79/1, 15-554, ul. Kolejowa 26 A, 15-701
Łomża, ul. Dworna 13, 18-400, ul. Farna 1, 18-400, ul. Zielona 21,18-400, ul. Kard. St. Wyszyńskiego 30, 18-400

Fundacja POLZA, Tel: +48 691 681 491; +48 607 044 216 (RU, PL)

Centrum Pomocy Migrantom i Uchodźcom – Caritas Białystok- ul. Mickiewicza 13, 15-213 Białystok, Tel. +48 696 71 61 80, Mon-Fri 10:00-17:00. Material assistance, integration activities, legal assistance, psychological support, Polish language lessons, job placement.

Fundacja Okno na Wschód (Window to the East Foundation) - +48 532 869 442, +48 736 603 108, Mon–Fri, 8:00 a.m.–4:00 p.m. (RU, PL, ENG). Consultations, career counselling, job search assistance, psychological support, document translations, Polish language lessons, legal support.

Family Support Centres
Białystok, ul. Borsucza 2,15-569, Tel: +48 857 403 911
Łomża, ul. Szosa Zambrowska 1, 18 – 400, Tel: +48 862 156 942
Suwałki, ul. Świerkowa 60 16-400, Tel.: 87 565 92 80

Social Welfare Centre (OPS)
Support in terms of safe shelter, psychological assistance and legal advice; material and social assistance.
Białystok, Tel: +48 857 322 052
Augustów, Tel: +48 876 445 430, +48 876 433 765
Bielsk Podlaski, Tel: +48 857 308 990, +48 857 302 006
Brańsk, Tel: +48 856 551 007, +48 857 375 363
Grajewo, Tel: +48 862 730 860, +48 862 730 861
Hajnówka, Tel: +48 856 822 011, +48 856 822 011
Kolno, Tel: +48 862 782 849, +48 862 782 849
Łomża, Tel: +48 862 164 260, +48 862 165 851
Sejny, Tel: +48 875 162 113, +48 875 162 055
Siemiatycze, Tel: +48 856 556 957, +48 856 561 226
Suwałki, Tel: +48 875 628 970, +48 875 628 971
Wysokie Mazowieckie, Tel: +48 862 752 709, +48 862 752 709
Zambrów, Tel: +48 862 713 251, +48 862 713 251