IF YOU EXPERIENCE VIOLENCE AND NEED SUPPORT

REMEMBER

YOU ARE NOT ALONE
THIS IS NOT YOUR FAULT
YOU HAVE A RIGHT TO GET HELP

GENDER-BASED VIOLENCE IS A CRIME
By getting enough sleep you won’t feel sluggish and have a lot of energy in the morning.

GET ENOUGH SLEEP

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy.

EXERCISE MORE

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CENTRUM PRAW KOBIEΤ (CPK)

General and specialized support for women who experience violence including sexual violence.

+48 800 107 777, Monday–Friday 10:00-18:00 (UKR)
+48 600 070 717, 24 h / 7 days a week (POL)

FEMINOTEKA

Hotline for women who experience sexual violence. Provision of psychological, and social support, and legal assistance.

+48 888 88 79 88, Monday–Friday 14:00-17:00 (UKR, RUS, POL)
+48 888 883 388, Monday–Friday 11:00-19:00 (POL)

IG: @Feminoteka_UA

FUNDACJA NA RZECZ KOBIEΤ I PLANOWANIA RODZINY (FEDERA)

Sexual and reproductive health hotline for ALL.

+48 22 635 93 92, Monday–Friday 16:00-20:00 (POL)
+48 22 635 93 95, Monday–Friday 9:00-17:00 (POL)
+48 573 185 626, Monday, Wednesday, Friday 17:00-21:00 (UKR, POL) - legal counselling

POGOTOWIE "NIEBIESKA LINIA" (BLUE LINE)

Psychological and legal counselling hotline for ALL who experience domestic violence. 800 120 002, 24h/7 days a week (POL);

Monday 18:00-22:00 (ENG); Tuesday 18:00-22:00 (RUS)

LAMBDA WARSZAWA

Psychological counselling, legal assistance, and shelter for individuals who experience violence or discrimination based on their romantic-sexual orientation or gender identity (LGBTQI)

+48 226285222, Monday–Friday 18:00-21:00 (POL); 14:00-16:00 (UKR, RUS)

FUNDACJA DAJEMY DZIECIOM SIŁĘ (FFDS)

Psychological support for children and teenagers who experience violence including sexual violence.

116 111, Monday–Friday 14:00-20:00 (UKR, RUS), 24h/7 days a week (POL)
800 100 100 Monday–Friday 12:00-15:00 & Thursday 16:30-20:30 (POL) – hotline for parents and guardians of children

LA STRADA

Hotline for victims of human trafficking, forced labor, and slavery. Psychological, legal, and social assistance.

+48 22 628 99 99, 24h/7 days a week (POL, UKR, RUS, ENG)
+48 605 687 750, 24h/7 days a week (POL, UKR, RUS, ENG)

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**NATIONAL EMERGENCY LINES**

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NATIONAL INTERVENTION (+48) 22 628 01 20
CENTER FOR VICTIMS OF HUMAN TRAFFICKING

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[Logos and contact information for various organizations]

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IF YOU NEED SUPPORT, CONTACT CONFIDENTIAL AND FREE-OF-CHARGE SERVICES