

Specialized support for Gender-Based Violence survivors

Centrum Praw Kobiet (Center for Women's Rights)

Information, general and specialized support for all women who have experienced gender-based violence (GBV), including those who fled Ukraine. Phone operators have received basic GBV training, can facilitate referrals to GBV specialists, and arrange face-to-face psychological and legal counseling.

National hotline:

- +48 800 10 77 77 (UKR language), Monday – Friday 10:00-18:00
- +48 600 070 717 (POL language), 24 hours / 7 days per week

CPK centers:

Warsaw, Poznań, Łódź, Gdańsk, Wrocław, Kraków

Feminoteka

Hotline for women and adolescents who experience violence including sexual violence. Referrals for psychological, social support, and legal assistance.

- +48 888 88 79 88 (UKR and RUS languages), Monday – Friday 14:00-17:00

FEDERA

Sexual and reproductive hotline for all including refugee women and girls from Ukraine.

- +48 573 185 626 (UKR language), Monday, Wednesday, Friday 17:00: 21:00

National Intervention and Consultation Center for Victims of Human Trafficking (KCIK)

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

Operated by [La Strada organization](#).

- +48 22 628 01 20 (POL, UKR, RUS languages), 24 hours / 7 days per week ([KCIK](#))
- +48 22 628 99 99 (POL, UKR, RUS, ENG languages), 24 hours/ 7 days per week [La Strada](#)
- +48 605 687 750 (POL, UKR, RUS, ENG languages), 24 hours/ 7 days per week [La Strada](#)

NATIONAL EMERGENCY LINES

- **112** (general emergency line)
- **999** Ambulance
- **997** Police

Centrum Pomocy Prawnej im. Haliny Nieć/ Legal Aid Assistance

Legal advice services

- +48 725449374; 0048 693390502 Monday-Friday 9:00-15:00 (POL, UKR, RUS, ENG languages)

Stowarzyszenie Interwencji Prawnej/Association of Legal Intervention

Legal advice services

- +48 880145372, Monday- Friday 14:00-16:00 (POL, UKR, RUS, ENG languages)

Centrum Koordynacji Pomocy Prawnej/ Centre of Coordination of Legal Help

Legal advice services

- +48 800 088 544, Monday- Friday 9:00- 19:00 (POL, UKR, RUS, ENG languages)

Niebieska Linia/ Blue Line

Hotline managed by a team of psychologists, psychotherapists, psychiatrists, and lawyers. Provision of psychological short-term intervention and long-term therapies; legal aid and other forms of assistance

- +48 22 668 70 00 / 7 days a week, 10:00-20:00 (POL, UKR languages)

Polskie Forum Migracyjne/ Polish Migration Forum

Psychological counseling and a general hotline provided for refugees from Ukraine

- +48 222552202/ 7 days a week, 12:00- 22:00 (UKR, RUS languages)
- +48 221100085; Monday-Friday 10:00-18:00 (POL, UKR, RUS languages)