

# What can I do if I think I am a victim of violence?

You should go to receive some information about the courses you can follow. If the situation is not urgent, you can call to the social services or to the equality ones (Bilbao 94 4204838, Vitoria 945 161345, Donostia 943 481400) and explain your situation.

If the situation is urgent, you can call to one of these telephone numbers:

## For all the community

Ertzaintza

**112**

Assistance service by phone 24 hours  
**900840111016**

### Álava

Social emergency service

**945 134444**, 24 hours

Victim assistance service

**945 004895**

### Vizcaya

Social emergencies

**94 4701460**, 24 hours

Victim assistance service

**900400028**

### Guipúzcoa

Emergency service

**943 224411**, 24 hours

Victim assistance service

**900100928**

## WOMEN AGAINST GENDER VIOLENCE

# D'ont let them violate your rights!



[www.sosarrazakeria.org](http://www.sosarrazakeria.org)



ENPLEGU ETA GIZARTE  
GAJETAKO SAILA  
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Immigrazio Zuzendaritza

DEPARTAMENTO DE EMPLEO  
Y ASUNTOS SOCIALES  
Viceconsejería de Asuntos Sociales  
Dirección de Inmigración

# WOMEN AGAINST GENDER VIOLENCE

## D'ont let then violate your rights!

### **What is gender-based violence against women?**

Any act that implies physical, sexual or psychological suffering to women, whether occurring in public or in private life. This type of behaviours are prosecuted.

### **Which types of violence does it include?**

**Physical:** pushes, beats or other aggressions.

**Sexual:** non-consensual sexual relations, unwanted touch, harassment (at home, at work, at school), rape and force the woman to prostitute herself, etc.

**Psychic:** threats, insults, humiliations, disdain towards the woman, etc.

**Economic and social:** money control, work or study prohibition to the woman, isolation of the woman, etc.

### **How can I know if my partner is assaulting me?**

- If he does not take into account your opinions and if he devalues you.
- If he is jealous and does not allow you to go out or if he controls your mobile phone.
- If he does not give you money or controls it.
- If he destroys you in public, if he blackmails you or if he acts as if you did not exist.
- If he usually picks on you with the way you are, how you dress or you think.
- If he forces you to have sexual relations when you do not want.
- If he insults, beats, pushes you or threatens you with doing so.

Sometime family and friends think that these are normal things that have to be accepted because it has always been so. However, they cannot be tolerated because they cause us suffering.

### **Which are my rights if I am a victim of violence and a foreigner?**

- To receive help, both you and your children.
- To denounce and to ask for a protection order.
- To ask for an independent residence permit, even if you are in an irregular situation.
- To receive information, be advised and accompanied.
- To be accommodated if you leave your house or you have nowhere to go.
- To receive free help from lawyers and interpreters If you have no money.
- To have access to economic aid if you have been registered for six months.
- To psychological therapies for you and your children.