

## WHO CAN HELP ME ?

You are not alone, the following services can help you :

To be **LISTENED to**, to have **INFORMATION, GUIDANCE** (finding shelters, legal services, social or psychological support, etc.)

**0800/30 030** (24/7, free and anonymous) or **chat** on [www.ecouteviolencesconjugales.be](http://www.ecouteviolencesconjugales.be)

**IN CASE OF DANGER.** Call the **police** at **101** or **the emergency services** at **112**.

## I AM A MIGRANT AND A VICTIM OF DOMESTIC VIOLENCE



YOU CAME TO BELGIUM TO LIVE WITH A RELATIVE AND YOU HAVE BEEN FACING VIOLENCE AT HOME?

Écoute Violences Conjugales  
**0800 30 0 30**  
24/7 + GRATUIT + ANONYME



This leaflet is inspired by the «*I am a migrant and victim of domestic violence, what are my rights?*» brochure, produced by the "CIRE" and the Brussels associative platform "ESPER".

## WHAT IS DOMESTIC VIOLENCE?

Domestic violence can be :

**ADMINISTRATIVE**  
threat to withdraw documents or send you back to your country of origin



**FINANCIAL**  
leaving someone with no money, no food, no heating



**PHYSICAL**  
hitting, shoving, strangling



**SEXUAL**  
imposing or forcing sexual intercourse



**VERBAL**  
insulting, threatening



**PSYCHOLOGICAL**  
threatening, locking up, preventing from studying and/or working, humiliating and belittling



## YOU AND YOUR CHILDREN HAVE RIGHTS

You have the right to **live free from violence**. Domestic violence is punishable by Belgian law.



You have the right to **talk about it to people around you who can help and guide you**: your family, your doctor, pre-birth and child services (O.N.E.), your children's school...



You also have the right to **call the emergency services and to report to the police**.



Even if your residence permit depends on living with your partner or family, you have the right to **leave the house**.



Request and keep pieces of evidence of abuse: medical certificates, police reports, testimonials, photos, e-mails, text messages, recordings...

You must meet certain requirements to keep your **residence permit**. A lawyer or specialised services can assist you.

