

**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

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



CENTRUM PRAW KOBIET (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

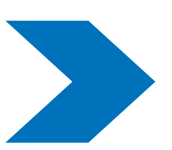
Hotline for women who experience sexual violence.

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 KOBIET 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)

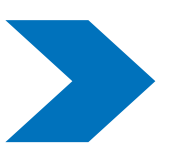


FUNDACJA DAJEMY DZIECIOM SIŁĘ (FDDS)

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)

NATIONAL EMERGENCY LINES

POLICE 997

AMBULANCE 999

EMERGENCY LINE 112

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

