Contact list in Neuchâtel region

For further information, scan this QR code

	Police	117	
	Ambulance	144	
	La Main tendue (Helping Hand)	143	
	Pro Juventute (Children and Adolescents Line)	147	
	Emergency accommodation	0800 880 480	
	Victim Support Service (SAVI)		
Victim support service (listening, psychological support, social and legal a			
	and shelter (accommodation for women and their children)		
	and shelter (accommodation for women and their emitter)		
	Consultation service	032 889 66 49)
	Domestic violence hotline	032 886 46 36)
	Domestic violence notinie	002 000 10 00	
	Service for Authors of Domestic Violence (SAVC)		
	Support group aiming to help authors		
	to end domestic violence, whether physical,		
	verbal, psychological or sexual	032 886 80 08	2
	verbui, psychological of sexual	032 000 00 00	•
	Psychiatric Emergency Center	032 755 15 15	
	1 of ematers 2 mengement denotes	002 700 10 10	
	Neuchâtel Center for Psychiatry – Children and Adolescents (CNPea)		
	Medical and psychological consultations for Children and Adolescents		
	Mountains	032 755 23 51	
	Lakeshore	032 755 23 11	
	Zureonore	002 700 20 11	
	Abusive Couples and Families Consultation		
	Mountains	032 755 24 51	
	Lakeshore	032 755 14 68	
	Luxeshore	032 733 1100	•
	Sexual Health Center – Family Planning		
	Mountains	032 967 61 87	,
	Lakeshore	032 717 74 35	
	LUNCSHOTC	032/11/1433	'





DOMESTIC VIOLENCE IS UNACCEPTABLE AND PUNISHABLE



ASK FOR HELP!

Touches you without your consent, forces you to have sex with CAUTION, SAY STOP! him/her There is violence. Pushes you, pulls you, slaps you, shakes you, hits you, or insults you Threatens you verbally and/or physically Threatens to share intimate photos or videos of you Uses emotional blackmail on you, threatens to commit suicide "Loses it", gets angry when something upsets him/her Insists for you to send him/her intimate photos or videos Belittles your opinions and projects, does not accept opinions that PROTECT YOURSELF! ASK are different from his/hers Controls you, gives you orders, watches everything you do Ignores you, refuses to listen to you, criticises you Is jealous and possessive Mocks you, humiliates you FOR HELP! Isolates you from your friends and family Goes through your phone, your belongings Controls where you are and what you are doing, how you dress, your make-up Your relationship is Asks your opinion to make decisions for the couple Is happy when you feel good Trusts you Accepts your friends and family Respects you, your opinions, your decisions, your interests

RESPECTOMETER

For a healthy couple relationship

THE LAW PROTECTS YOU: CALL THE POLICE!

The police have the right to take to the police station a person who is violent towards a member of his/her family. They can also evict a violent person from his/her home and immediate surroundings for a few days, and prohibit him/her access to some sites and places. It is possible for the victim to ask for a more permanent measure to the court.

Some situations of domestic violence are automatically taken to court (without a complaint).

Filing a complaint enables you to put forth your view in the penal procedure and to have access to the case file.

YOU CAN GET HELP

Even if you do not wish to call on the police, services are available to listen to you, provide counselling, and if you need it

- · organise accommodation in a shelter
- examine possibilities for financial support
- inform you on your rights

You can contact the Counselling Service for victims (Service d'aide aux victimes - SAVI), for example. Consultations are free and confidential, in the presence of an interpreter if necessary.

DO YOU WANT TO LEAVE THE MARITAL HOME?

You have the right to leave the marital home. If you are a victim of domestic violence or if you feel unsafe, the law authorises you to seek protection. Go to a trusted person. Emergency temporary accommodation can also be provided for single persons or persons with children. If possible, ask a doctor for a detailed medical report describing all the marks and wounds due to the assault, including the psychological consequences (shock, anxiety, insomnia). This will constitute evidence that may be useful later on.

Victims of foreign origin do not automatically lose their residence permit in the case of a separation or divorce. A specific examination is undertaken taking into consideration their personal situation and the circumstances specific to each case. Do not hesitate to ask for information!

The first step to bring violence to an end is o talk about it!