

ASSISTANCE FOR PEOPLE EXPERIENCING VIOLENCE IN THEIR RELATIONSHIPS AND FAMILIES AT HOME DURING THE COVID-19 CONFINEMENT

If you are in a violent situation at home or you have heard, seen, or suspect a violent situation, here is how you can help or be helped.

YOU SHOULD

1 - CALL THE POLICE :

- call the number 17
- send a text to the number 114
- send an email to :
Local police : victime-toulouse@interieur.gouv.fr
Federal police : bspp.do.rgmp@gendarmerie.interieur.gouv.fr
- go in person to your nearest police station if possible

2 - CONTACT A LAWYER BY CALLING 08 05 01 70 15

National Bar Association : lawyers who specialize in conjugal and domestic violence are available to answer your questions from 9am to 7pm, Monday through Friday

YOU CAN ALSO

➤ Receive information and report violence by :

- **Calling the number 3919**
anonymous and free, from 9am to 7pm Monday through Saturday
- **Going online to arretionslesviolences.gouv.fr**
to report conjugal, sexual, or domestic violence, available 24 hours a day, everyday

YOU ARE NOT ALONE, SUPPORT IS AVAILABLE

➤ If you need someone to listen or to talk to

Association APIAF : assistance by phone is available Monday to Thursday from 1pm to 3pm, and Fridays from 10am to 12pm at **05 62 73 72 62**. Outside of these times you may leave a message and they will get back to you.

Association Olympe de Gouges : assistance by phone is available Monday to Friday from 9am to 4pm at **05 61 25 16 13** or **06 26 47 62 85**. The standard phone line of the association is also available at **05 62 48 56 66**.

➤ If you need to find a solution to protect yourself legally and physically :

France Victimes 31 : professionals are available to assist victims of conjugal, sexual, or domestic violence at **05 62 30 09 82** (if they are unavailable to take your call, please leave a message and you will be called back). You can also contact them by email at contact@francevictimes31.fr indicating at what number and at what time you would like to be called if you need privacy to talk.

CIDFF : email them at cidff31@cidff31.fr to make an appointment indicating the time you are available and your number to discuss legal questions and family mediation.

Association Médi-Pass : support and guidance for victims of conjugal violence who seek new lodging and protection, among other needs. They are also partnered with the police stations in the neighborhoods of Bellefontaine and Bagatelle. They are available everyday, 24 hours a day at: **06 10 45 05 29**

➤ If you need psychological support :

Association FFPE : remote counseling to help with mental health or emotional issues aggravated by your confined situation is offered. Appointments are available by telephone or video calls. You can make an appointment by texting or calling **06 65 67 94 40** or sending an email to vera.c.lourenco@gmail.com

➤ If you need information about contraception or aborting a pregnancy :

Planning familial 31 : get support, information, and guidance by phone at **05 61 25 54 17**. Mondays from 1:30pm to 5:30pm ; Tuesdays 1:30pm to 5pm ; Wednesdays from 1:30pm to 6pm ; Thursdays from 1:30pm to 5pm

➤ If you are being prostituted out of or at your home against your will :

Association Grisélidis : this association helps distribute health information for those working in prostitution. They can be reached at **06 71 59 27 36** or **06 88 13 52 66** from Monday to Thursday from 10am to 6pm

Association Amicale du Nid : you can call them at **05 34 41 57 60**

Association Mouvement du Nid : you can call them at **06 38 75 10 29**

➤ If you need to urgently find housing : call the number 115