

MARSEILLE
04 91 24 61 50

ISTRES
04 42 55 46 87

AIX-EN-PROVENCE
04 42 99 09 86

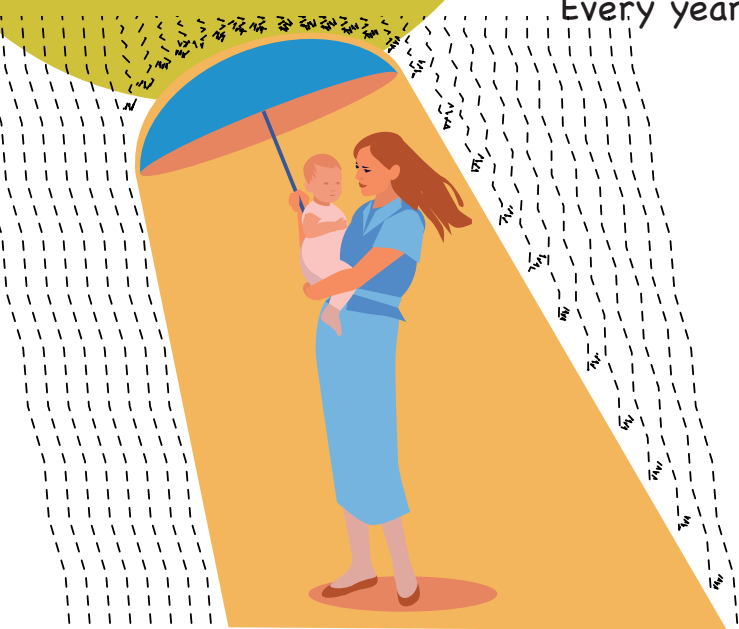


Solidarité femmes 13

EMERGENCY SHEET
www.solidaritefemmes13.org
contact@solidaritefemmes13.org

Getting out of an abusive relationship is hard. But you can do it. Solidarité femmes 13 is an association created in 1976 in Marseille, that helps women, and children, victims of domestic and sexual violences.

Every year, the association helps about 2 300 women.



TO PROTECT YOURSELF

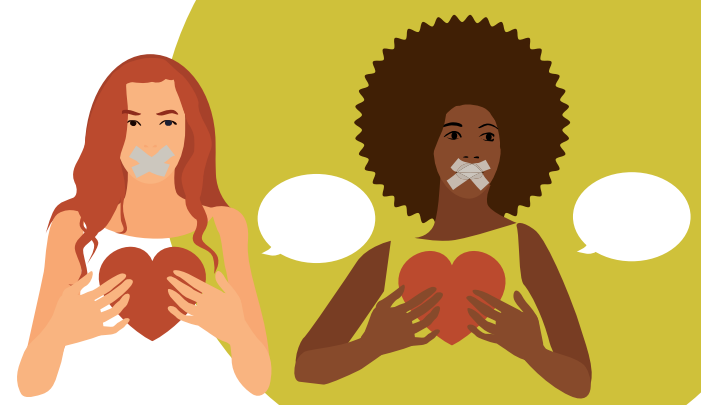
- Memorize important phone numbers: 17 for the police (24/7) and 3919, the national number for victims of domestic violences (in French, English, Spanish or Arabic, from Monday to Saturday).
- Identify safe places or people who can help you in case of emergency.
- Inform your children, if you have any, about what to do in case of emergency.
- Prepare a bag with your important documents, money, clothes, keys and put it in a safe place.

TO BE HEARD

If you have any doubts, if you are a witness or if you feel concerned by domestic or sexual violences, come to see us or contact us by phone.

We are open from Monday to Friday.

We can assist you in all your steps.



TO LEAVE

You have the right to leave your home, whether you are married or not. If you are married, you should take some precautions. Report immediately your departure to the police or gendarmerie. If you have children, quickly contact a family court judge.

Take all your documents with you: ID papers, pay slip, diplomas, child health record booklet, testimonies, complaints...

TO PROVE

- Written testimonies (from parents, friends, neighbors...) with a photocopy of the witness's ID card.
- Medical certificate: it is very important that a doctor notes your injuries. If you can, better go to the emergency service.





Fighting against violence towards young women

THE VIOLENCE METER

What is consent? It's the act of giving your approval consciously, freely and explicitly at any given time for a specific situation.

You can change your mind when you want and according to your own reasons. You do not have to justify yourself or be subjected to pressure.



FEMALE VIOLENCE INFO

CALL 3919*

*Anonymous and free