

## HOW TO HELP OTHERS

### If you suspect or know that someone is affected by domestic violence:

- listen to them and take them seriously in a non judgmental way,
- be there for them, regardless of the choices they make,
- help them to find support and advice,
- try not to intervene or sort out the situation yourself as this can make things worse,
- respect their confidentiality.
- do not expect them to simply leave, because:
  - they may need help to leave safely,
  - they may not want to leave,
  - they may want the abuser to leave,
  - they may not have the means to do it.

Whatever their circumstances they may need legal, financial and psychological support. Do not put yourself in a dangerous position and be careful not to further endanger them.

You can contact Domestic violence helpline for support and advice at **1440.**



## USEFUL CONTACTS

Emergency service number (police, ambulance): **112**

Association for the prevention and Handling of Violence in the Family Helpline **1440**

- Information and support for anyone affected by domestic violence
- Shelters (Nicosia&Paphos and Limassol)
- PROTEAS, Therapeutic Programme for the Modification of Abusive Behaviour

### 24/7, FREE OF CHARGE

If you prefer, you can write to us an email: [info@domviolence.org.cy](mailto:info@domviolence.org.cy)

**For information visit:**  
<https://www.domviolence.org.cy/>

Domestic Violence and Child Abuse Office (Police): **22-808442**

For complaints: to the nearest Police Station or provincial crimes detection departments.

„The sole responsibility of this publication lies with the author. The European Union is not responsible for any use that may be made of the information contained therein.“

# If you are exposed to violence, it's time to act...

Co-funded by the Rights,  
Equality and Citizenship (REC)  
Programme of the European Union



## WHAT IS DOMESTIC VIOLENCE:

Domestic violence involves threats, violence and coercive control (an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim) or controlling behaviour.

It can happen between partners, within families or shared homes.

Both men, women and children (either directly or indirectly) can be affected.

It happens between people of all cultures, religions or social groups.

It is based on one person having power or control over another, and it often gets worse over time.

Domestic violence takes many forms including physical, sexual, psychological and financial abuse.

It also includes electronic violence (any form of harassment and/or intimidation using electronic means, such as grooming, cyberbullying or violation of privacy).

**NO LONGER LIVE  
IN FEAR. YOU ARE  
NOT ALONE.**

## WE CAN HELP YOU

if you are experiencing domestic violence, we want to help you.

We offer free, confidential support to victims of domestic violence.

People experiencing domestic violence may contact us directly or referred to us by the police or other services.

We will help you, whatever decision you make.

You can also contact us if you know someone who needs help.

**CALL 1440**

If you prefer, you can write to us an email:

**info@domviolence.org.cy**

The details are on the back page of this leaflet.

**If you are experiencing domestic violence  
we want to help you.**

**We will:**

- listen to you in a non-judgmental manner,
- always prioritise your safety and confidentiality if you choose to talk to us,
- put you in touch with other agencies that can help, for example, with housing, benefits and legal advice,
- ensure practical safety advice is given to help increase your safety and that of any children,
- give you time to think, help you explore your options and encourage you to make your own choices,
- offer any continuous support you may require regardless of the choices you make.

**ZERO TOLERANCE  
TO VIOLENCE**

## YOUR SAFETY

If you cannot keep this leaflet at home you may want to cut and keep the detachable card in a secure location with the telephone helpline numbers on the back page of this leaflet.

If you are facing an emergency, call the police on **112**

If you are in serious danger and want to move away from your home, we can help you to ensure a temporary accommodation and discuss your future options.

**DOMESTIC VIOLENCE IS  
UNACCEPTABLE. NO-ONE  
DESERVES TO BE ABUSED.**