

List of selected institutions providing help to persons affected by domestic violence

- ▶ Specialist Support Centre for Domestic Violence Victims (SOW), **Białogard**, ul. Grunwaldzka 49, tel.(94) 311 32 50;
- ▶ SOW, **Chorzów**, ul. 3-go Maja 4/1, tel. (32) 345 28 10;
- ▶ SOW, **Elbląg**, ul. Związku Jaszczurzego 17, tel.(55) 255 00 01,(55) 230 60 00;
- ▶ SOW, **Gdynia**, ul. Wejherowska 65, tel. (58) 664 33 66, 664 34 50;
- ▶ SOW, **Gorzów Wielkopolski**, ul. Okrzei 39, tel/fax. (95) 483 33 23, 721 41 60;
- ▶ Specialist Support & Social Rehabilitation Centre, **Gorzycy**, ul. 11-go Listopada 12, tel. (15) 836 23 70;
- ▶ SOW, **Jaksice**, ul. Sportowa 4, tel.(52) 357 89 32;
- ▶ SOW, **Kędzierzyn-Koźle**, ul. Skarbowa 4, tel/fax .(77) 483 33 23, 481 02 82;
- ▶ SOW MOPR, **Kielce**, ul. 1-go Maja 196, tel. (41) 368 18 67, (41) 366 10 52, free: 19513;
- ▶ SOW, **Kolno**, ul. Wojska Polskiego 69, tel.(86) 278 12 99;
- ▶ SOW, **Korytniki** 14, tel. (16) 671 85 94;
- ▶ SOW, **Lublin**, ul. Bazylianówka 44, tel. (81) 747 37 50;
- ▶ SOW „SOS”, **Lesko**, ul. Jana Pawła II 18B, tel.(13) 492 72 53, 663 327 000;
- ▶ SOW, **Łódź**, ul. Franciszkańska 85, tel. (042) 640 65 91;
- ▶ Support Centre Complex in **Mława**, ul. Słowackiego 18, tel. (23) 654 52 29;
- ▶ SOW, **Nowa Sarzyna**, ul. Łukasiewicza 3, tel. (17) 241 38 13;
- ▶ SOW, **Olecko**, ul. Gołdapska 23, tel. (87) 520 34 30, 520 34 37;
- ▶ SOW, **Olsztyn**, ul. Bałtycka 37a, tel. (89) 527 57 11;
- ▶ SOW MOPR, **Opole**, ul. Małopolska 20a, tel. (77) 455 63 90;
- ▶ Support Centre Complex in **Piastów**, ul. Ks. Jerzego Popiełuszki 24, tel. (22) 753 45 56;
- ▶ SOW, **Piła**, ul. Rydygiera 23, tel. (67) 349 09 69, 349 09 70;
- ▶ SOW at Municipal Crisis Intervention Centre in Poznań, ul. Dolne Chyby 10, **Przeźmierowo**, tel. (61) 814 22 71 ext. 2;
- ▶ SOW, **Rusocin**, ul. Rataja 10, tel. (58) 691 19 36;
- ▶ Crisis Intervention & Violence Victim Support Centre in **Tarnów**, ul. Szarych Szeregów 1, tel. (14) 655 66 59;
- ▶ SOW, **Tuchola**, ul. Przemysłowa 6, tel. 664 721 527;
- ▶ SOW, **Tyszowce**, ul. Wielka 101, tel. (84) 661 95 87;
- ▶ SOW at District Family Support Centre, **Suwałki**, ul. Świerkowa 60, tel. (87) 565 92 82;
- ▶ SOW, **Świętochłowice**, ul. Zubrzyckiego 36, tel. (32) 345 21 65, 509 398 668;
- ▶ SOW, **Świnoujście**, ul. Dąbrowskiego 4, tel.(91) 322 54 81;
- ▶ SOW, **Wałbrzych**, ul. Ogrodowa 2a, tel. (74) 846 75 58;
- ▶ SOW, **Warszawa**, run by Women's Rights Centre (safe shelter, ambulatory advice), tel.606 256 790;
- ▶ District Specialist Support Centre for Domestic Violence Victims, **Wodzisław Śląski**, ul. Wałowa 30, tel. (32) 455 60 32;
- ▶ SOW **Wrocław**, ul. Bora-Komorowskiego 31, tel. (71) 352 94 03;
- ▶ SOW, Crisis Intervention Centre, **Zakopane**, ul. Makuszyńskiego 9, tel. (18) 206 44 54;
- ▶ SOW, **Zduny**, ul. Strzelecka 10, tel. (62) 721 52 73, 602 384 357.

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- ▶ Aid Centre for Victims of Crime (OPOPP) Silesian Blue Cross Foundation, **Jaworze**, ul. Dzwonkowa 138, tel. (33) 498 69 48;
- ▶ OPOPP Mediation and Social Activation Centre in Elbląg, **Elbląg**, ul. Związku Jaszczurzego 17/101, tel. (55) 642 44 25;
- ▶ OPOPP Crisis Intervention Centre in Gdańsk **Gdańsk**, Pl. Ks. Gustkowicza 13, tel. 801 011 843, (58) 511 01 21/22;
- ▶ OPOPP Caritas of the Archdiocese of Gniezno, **Gniezno**, Os. Orła Białego 20, tel. (61) 425 57 82;
- ▶ OPOPP Caritas of the Diocese of Kielce, **Kielce**, ul. Urzędnicza 7B, tel. (41) 366 48 47;
- ▶ OPOPP Social Organisation Forum in Cracow **KraFOS, Kraków**, ul. Bora-Komorowskiego 12, tel. (12) 421 32 41, 421 22 88;
- ▶ OPOPP Catholic Association of Help to Persons in Need „AGAPE”, **Lublin**, ul. Bernardyńska 5, tel. (81) 534 38 87;
- ▶ OPOPP Association of the Unemployed and Persons Acting to the Benefit of the Unemployed “All together – in Corpore”, **Łódź**, ul. Franciszkańska 15, tel. (42) 639 72 03;
- ▶ OPOPP Human Resource Support Association, **Rzeszów**, ul. Leszczyńskiego 3, tel. 668 667 554;
- ▶ OPOPP Social Activity Centre “Prism”, **Suwałki**, ul. Noniewicza 91, tel. (87) 565 02 58;
- ▶ OPOPP “SOS for Family” Association, **Szczecin**, ul. Energetyków 10, tel. (91) 433 03 39;
- ▶ OPOPP “Asylum” Association for Help to Women and Children – Violence Victims in **Toruń**, ul. Brzozowa 9, tel. (56) 657 58 61, 600 201 114;
- ▶ OPOPP Polish Nationwide Emergency Service for Victims of Domestic Violence “Blue Line”, **Warszawa**, ul. Korotyńskiego 13, tel. (22) 823 96 64, 824 25 01;
- ▶ OPOPP Aid Association AKSON, ul. Bora-Komorowskiego 31, **Wrocław**, tel. (71) 352 94 03;
- ▶ OPOPP Lubuskie Voivodeship Association for Women BABA, **Zielona Góra**, ul. Stary Rynek 17, tel./fax, (68) 454 92 32, 457 10 45, 692 064 061.



MINISTRY OF JUSTICE

- ▶ Counselling Service of the Women's Rights Centre (legal, psychological and social advice), **Warszawa**, ul. Wilcza 60/19, tel. (22) 622 25 17

List of institutions providing help to the victims of domestic violence together with valid telephone & address data may be found on the website www.mpips.gov.pl and www.ms.gov.pl in the tabs “Counteracting Domestic Violence”.



MINISTRY OF JUSTICE

CHARTER OF RIGHTS OF A PERSON AFFECTED BY DOMESTIC VIOLENCE

Domestic violence - means all one-off or repeated activities or omissions of your immediate family member sharing a flat/house or sharing the housekeeping, forcing you to act against your will, particularly exposing you to the risk of loss of life or health, infringing your dignity or bodily inviolability, including sexual one, causing damages to your physical or psychical health as well as causing suffering and moral harm.

Domestic violence may assume various forms, for example:

- ▶ physical violence (e.g. when someone beats you, pushes you, pulls you, kicks you or strangles you),
- ▶ psychical violence (e.g. when someone offends you, abuses you, humiliates you in the presence of other people, deprives you from contact with your intimates, controls you or constantly criticizes you),
- ▶ sexual violence (e.g. when someone forces you to the intercourse or to sexual behaviors which you do not accept).

Domestic violence victim may be for example:

- a child,
- a spouse,
- a partner,
- a disabled person,
- an elderly person,

With co-participation of:



Ministerstwo Pracy i Polityki Społecznej



REMEMBER!

Nothing justifies the acts of violence!

The offender of each type of violence shall be held criminally liable.

For your safety as well as for the safety of other person, start activities allowing for holding the person using the violence liable:

- ▶ **in situation of a threat to life or health quickly notify the Police (997, 112)** or public prosecutor; your quick reaction will enable protection of you and of your intimates, institution of relevant procedures as well as protection of event evidence;
- ▶ **in case when you have suffered bodily injuries go to the doctor** in order to be provided with medical help; **you may demand** issuance of a **free medical certificate** on the reasons and type of bodily injuries connected with the use of domestic violence;
- ▶ **if you need help, free legal advice or psychological support in connection with violence in your family**, or if you need to be provided with information on support places in your close vicinity, **you may dial the number 801-12-00-02** of the Polish Nationwide Hotline for Victims of Domestic Violence **„Blue Line“**, (Mon-Sat 8.00 a.m. – 10.00 p.m., Sundays and holidays 8.00 a.m. – 4.00 p.m.);
- ▶ **in order to obtain complex help you may turn to a relevant institution, for example:**
 - Social Aid Centre,
 - District Family Aid Centre,
 - Crisis Intervention Centre,
 - Support Centre,
 - Specialist Support Centre for Domestic Violence Victims (SOW),
 - Aid Centre for Victims of Crime (OPOPP),
 - Municipal Commission for Resolution of Alcohol-Related Problems.

REMEMBER!

It is not you that have to move out of the house!

It is the person using the violence that must take into account the fact that he/she will have to leave the flat himself/herself.

You have right to demand protection and being ensured with safety from the Police, from the public prosecutor's office or from the court, in particular through isolation of the person using violence.

You may demand:

- detention of the person using the violence by the Police,
- an order for this person to leave the place currently shared with you, issued by the public prosecutor or court,
- a prohibition for this person to contact you or to approach you in specific distance, issued by the court.

You have right to **demand to start institution of the „Blue Card“ procedure** by representatives of organizational units of the social aid, municipal commissions for resolution of alcohol-related problems, Police, school teachers or healthcare.

You have also right to **file a motion for ordering the offender** of domestic violence **to leave the flat** shared with you to the civil court, also in the case when you have not decided to notify the Police yet.

If you witness domestic violence:

React! Don't be insensible!

Notify the services dealing with domestic violence prevention (e.g. the Police or institutions providing specialist help) or **talk to the person affected by domestic violence** and **convince him/her**, that he/she is entitled to look for help.

If you witness a situation, in which **life or health of a child is endangered in connection with domestic violence**, independently from notifying the Police, **report this case to the family court**, which may pass relevant protective orders in order to protect the child.

YOU HAVE RIGHT TO:

- ▶ Live in a violence-free family.
- ▶ Legal protection of your life, health, honour and good name as well as to decide on your own private life by yourself.
- ▶ Demand protection of yourself and your child against violence or cruelty, including violence or cruelty done by a person who is your immediate family member, from public authorities.

In particular, you have right to:

1. Help of public authorities, inter alia in the form of:
 - providing you and children under your custody with shelter in a specialist support center for domestic violence victims, without any committal and regardless of your income, for the period of up to three months with extension possibility in cases justified by your personal situation,
 - providing you with immediate psychological and legal help as well as immediate arrangement of access to medical help for you if required by your health condition,
 - provision of medical, legal, psychological and social counseling.
2. Medical help, including free issuance of a medical certificate by a primary care physician on the reasons and types of bodily injuries connected with the use domestic violence.
3. Demand the law enforcement agencies to institute a preparatory proceeding against the person using violence in your family as well as his/her isolation if needed.
4. Active participation in the proceeding before the public prosecutor and before the court as a party, including inter alia access to case files, submission of formal motions (e.g. for hearing of some persons indicated by you) or appealing against the awarded judgements.

Detailed information on the rights and obligations vested to you may be found in **the Guidebook for Person Affected by Domestic Violence** available on the website:

www.ms.gov.pl, www.pokrzywdzeni.gov.pl, www.mpips.gov.pl