Magiczny Kraków

React! Say NO to abuse

2024-11-25

If you are experiencing domestic abuse, have witnessed it, or just know about it – you can find out how to get help this website!

How to report domestic abuse

Call the emergency number **112** immediately in cases of danger to life or health.

Call the Blue Line – the Domestic Abuse National Helpline on **800 120 002**.

Call the number for the nearest domestic abuse support institution.

Do you need to get to a shelter?

The Domestic Abuse Specialised Support Centre provides shelter for three months with the possibility of extension for persons experiencing ongoing abuse. You will also receive specialized psychological, pedagogical, legal and social aid at the center. Address: os. Krakowiaków 46, Kraków, tel. **12 425 81 70**.

Reporting matters!

This is a way for you to provide help and safety to victims of abuse!

By reacting you enable institutions that deal with preventing and stopping domestic abuse to take action on their own initiative.

International HELP ME sign

The HELP ME sign is a discreet signal we can send to someone we know or to a complete stranger. It indicates that the person making it is a victim of abuse. The sign “help me” is a call for help that is understood globally, and overcomes language or cultural barriers. It does not require close contact and can even be shown through a window or on the Internet. It’s a simple hand gesture that a victim of abuse can discreetly give for example, to a courier, a salesperson in a store or during a video call. If you see this signal, call **112** immediately and report that the person has asked for help in this way.