



Heated arguments in the neighbors' apartment. A friend with a black eye. A child experiencing violence at home.

HALT GEWALT



In many situations we are not sure how to react. It takes courage to get active as an outsider. It would be wrong to ignore your suspicions: Doing nothing protects the perpetrators.

**WAS
KANN
ICH TUN** ?

Small gestures can have big effects.
Keep the following advice in mind:



Get help – Tel. 117

- In an emergency, always call the police and keep your distance.
- Interrupt the situation, e.g. ring, call, knock. Do not enter the apartment.
- Contact a **counseling center** such as Opferhilfe (Tel. 061 205 09 10, Mon-Fri 8:30 am-12 pm, 1:30 pm-4:30 pm) or Die Dargebotene Hand (Tel. 143, 24h).
- Do you know a person who is affected? You can accompany them to counseling.



Break the silence

- Doing nothing protects the perpetrators.
- Talk to the person when she/he is alone, at best shortly after a fight.
- Trust is important – who knows the person well? You or a neighbor?
- Do not mediate between the involved parties!



Listen

- Simple gestures are helpful, e.g. empathic listening.
- Be kind if the person does not immediately break everything off. Separations are difficult.
- Do not give unsolicited advice to the person.
- Let the person decide for themselves what they want to do - except in emergencies.



Information

- Want to know more about domestic violence? www.halt-gewalt.bs.ch provides information.
- Share your knowledge by handing out flyers - if possible in person.



Protect yourself

- Be careful not to put yourself and others in danger.
- Don't carry the burden alone - you can network (e.g. on 'Halt Gewalt') or get neighbors involved.
- Counseling services are also open to witnesses.



Support

- Please consult www.halt-gewalt.bs.ch for information on who's involved in the project in your neighborhood or on possible practical help for people concerned.
- Visibility is important: Help us bring domestic violence into the public!

Domestic violence in my neighborhood - What can I do?

Contact:

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