

## Domestic violence in my neighborhood - What can I do?

Contact:

Halt Gewalt  
c/o Verein frau sucht gesundheit  
Zähringerstrasse 18  
4057 Basel  
Telefon: +41 77 438 99 10  
E-mail: koordination@halt-gewalt.ch  
www.halt-gewalt.ch



Design: Studio HE

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



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 (Tel. 117).
- 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, 24h). Women can also seek shelter in a women's shelter.
- There is also counseling available for perpetrators of violence



## Break the silence

- 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?
- Condemn the violent behavior, not the person who committed it.
- Do not mediate between the involved parties!



## Listen

- Simple gestures are helpful, e.g. empathic listening. Do not give unsolicited advice to the person.
- Be kind if the person does not immediately break everything off. Separations are difficult.
- Focus on and condemn the violent actions, not 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.ch](http://www.halt-gewalt.ch) provides information.
- Are you unsure? Document the incidents and seek advice.
- 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 bystanders.



## Support

- Do you know a person who is affected? You can accompany them to counseling.
- Consult [www.halt-gewalt.ch](http://www.halt-gewalt.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!