

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

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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.

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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!