

WHAT ORGANIZATIONS CAN HELP ME?

1. **Lev Uden Vold** (Live without Violence) <https://levudenvold.dk/> is Denmark's national organisation that works to secure assistance for people who experience intimate partner violence. It also offers legal advisory services and counselling programs. Read more about the organisation at <https://levudenvold.dk/om-lev-uden-vold/om-os/about-us/>
2. **Danner** is a non-government organization focused on violence against women and girls. Their website describes their work to eliminate violence against women through empowerment, protection, prevention and advocacy. Read more here: <https://danner.dk/en>
3. **Offer Rådgivningen** offers help to victims and witnesses of crimes, whether or not the crime has been reported and regardless of when it happened. Read more about their work here: <https://offerraadgivning.dk/english/>
4. **Dansk Stalking Center** is an organization that advises women who report that they are being repeatedly harassed or intimidated by a person who monitors their actions. Read more about stalking here: <https://danskstalkingcenter.dk/>
5. **Mødrehjælpen** is a non-government social-humanitarian organization that offers help to pregnant women as well as mothers in vulnerable situations. Read more about their work here: <https://moedrehjaelpen.dk/forside/english>
6. **Exitcirklen** is a non-government organization offering advice and therapy to people who have experienced psychological violence. Read more about their work (in Danish) here: <https://exitcirklen.dk/>
7. **Interkulturelt Kvinderaad** is an umbrella organization that works to help minority women integrate into Danish society. Read more about their work here: <https://interkultureltkvinderaad.dk/>
8. **Indvandrer Rådgivningen** (Danish Immigrant Counselling) is a non-government organization helping migrants understand Danish immigration laws and how these apply to them. They also offer information and guidance on labour and housing, the social system, separation / divorce, parental custody, etc. Read more about their work here: <https://indvandrerraadgivning.dk/kontakt/contact-info-english>

9. **Kirkens Korshær** offers help to homeless unregistered migrants in Copenhagen. Read more about their work at <https://kirkenskorshaer.dk/koebenhavn/the-compass>.
10. **Your own workplace.** If you encounter violence or abuse at work, reach out to your colleagues for support. You may also wish to talk to your department head, trade union representative or company psychologist. They will be able to give you referral/s to relevant legal offices dealing with VAW, and inform you of your rights, flexibility on the workplace, and availment of other measures.

HOW CAN I HELP THE COMMUNITY TO END VAW?



WHAT IS THE EMBASSY DOING?

Guidance

The Embassy can provide guidance on the courses of action and refer women who experience violence to the appropriate Danish authorities, which can immediately act and provide protection. Should the Filipino wish to urgently go back to the Philippines with her children, the Embassy can issue travel documents and provide urgent civil registration for her children.

Administrative Acts

In certain cases, abusive foreign nationals can be included in a list banned from the Philippines. The Filipino can report to the Embassy with supporting documents, if necessary, and appropriate administrative power will be taken. Inquiries and requests can be sent to philemb.dk@gmail.com and copenhagen.pe@dfa.gov.ph

Increase Awareness

The Embassy is actively campaigning against violence and abuse of women by continuously improving this handout for the benefit of the Filipino community in the Kingdom of Denmark.



**STAY STRONG:
END VIOLENCE AGAINST WOMEN!**

an information campaign jointly produced
by the Philippine Embassy in Denmark,
Babaylan-Denmark, and Kalahi-Denmark
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“Violence against women and girls remains the most widespread and pervasive human rights violation worldwide, affecting more than an estimated 1 in 3 women.”

-- UN Women, unwomen.org

ARE YOU A VICTIM OF VIOLENCE AND ABUSE?

Most women think that violence means being beaten or hit, and do not consider other mistreatments as violence. There are five types of violence against women (VAW) –psychological, physical, sexual, material, and economic—all punishable by law.



Violence and threats of violence can be experienced by every woman regardless of age, skin color, gender identity, ethnicity, religion, disabilities, and economic or social status.

The World Health Organization reports that 23 percent of women in Denmark aged 15–49, have been exposed to physical or sexual violence by their partner. In Denmark, cases of domestic violence are punishable under the Danish Penal Code (§244–246).

In the Philippines, VAW is one of the country's pervasive social problems. The 18-Day Campaign to End VAW is observed annually from November 25 to December 12 as mandated by Proclamation 1172 s. 2006.

This handout is part of the Philippine Embassy's initiative for our community in Denmark—to raise awareness on VAW, to help women act and move forward from it, and to help the community promote Filipino women's wellbeing in general.

WHAT TO DO IF YOU EXPERIENCE VIOLENCE AND ABUSE?

Remember the three A's:

Awareness, Action, and Aftermath

AWARENESS

- Read about the campaign to end Violence Against Women
 1. In Denmark: <https://levudenvold.dk/om-lev-uden-vold/>
 2. In the Philippines: <https://pcw.gov.ph/18-day-campaign-to-end-vaw/>
 3. At the United Nations: <https://www.unwomen.org/en/what-we-do/ending-violence-against-women/unite>
- Do not deny, excuse, or belittle violence against yourself or someone you know.
- Take note of the emergency numbers you can call.
- Take note of sources of help nearest you.

ACTION

- Dial 1888 - 24-hour anonymous hotline for women who experience violence
- Dial 112 - 24-hour police hotline for emergency help
- Call or go to a women's shelter

AFTERMATH

- Seek counselling and psychological help
- Raise awareness in the community

Due to embarrassment, shock or fear, women who experience violence often stay silent. The best course of action is to seek professional help immediately. Call the 24-hour anonymous hotline: 1888. Lev Uden Vold operates the national hotline for people who experience violence, including rape.

Counsellors are ready to listen and provide help. Read more about the hotline at <https://levudenvold.dk/hjaelp-og-radgivning/national-hotline/national-hotline-in-english>.

For grave and urgent cases, call the police by dialing 112.

Danish municipalities are required by law to have crisis centers where women can receive temporary residence, possibly together with their children. Women's shelters are open 24 hours. You can contact them directly or you can get a referral to a shelter from the police, your family doctor, the hospital, or a social worker. The manager of the shelter decides whether you can get a stay depending on need and availability of rooms.

The crisis centers have employees and volunteers who are trained to provide advice on:

- Protection and security
- Practical aspects of building a new life away from an abusive person (housing, finances, work, legal matters, etc.)
- Getting psychological support

LOKK (Landsorganisation af Kvindekrisecentre; National Organization of Women's Crisis Centers; (<https://www.lokk.dk/>) and Lev Uden Vold have compiled a list of crisis centers here: <https://levudenvold.dk/for-fagfolk/krisecentre-og-andre-radgivningstilbud/kvindekrisecentre/>

The price of board and lodging at crisis centers varies. In some places, you have to pay full price for board and lodging, or just pay for your own food. Check the shelters' website or call to get the price.

Always seek counselling and psychological support. Staying silent because of embarrassment and fear will lead to greater trauma in the long run.