

- **In case of rape or any other form of sexual assault you can approach the "Acute Centers (Rooms)":**
If the sexual assault happened recently (in the last 7 days), it is highly recommended to receive treatment at designated treatment centers called "acute centers (rooms)", which exist in a number of hospitals in the country. These rooms are designed to treat victims of sexual assault both in terms of medical care and in terms of gathering legal evidence when needed.
 1. If possible, it is best to go there **before** you take a shower or wash your hands, so that evidence can be gathered against the person who harmed you.
 2. You can come with someone who will accompany you.
 3. You do not need to pay any fees for the treatment.

It's Important to get a copy of the medical report on the injuries. It can help you to prove what you went through if you decide later to report the violence.

Tiberias: The medical Health Center Poria, "Merkaz Tana", Ramat Poria, St 768 (near the city Tiberia), Tel 04-6652481

Haifa: The medical Health Center Bnei Zion, "Room 10 (10 חדר)", St Eliyahu Golomb 47, Hadar Ayalon, Tel: 04-8359210; 04-8359300 (Social Service)

Jerusalem: Hospital Hadassah Ein Kerem, Tel Emergency Room: 02-6777222, Tel Social Services: 02-6422758

Holon: Hospital Wolfson, "Room 4" (4 חדר), St Ha'Lohamim 62, Holon, Tel Emergency Room: 03-5028313, Tel Social Services: 03-50284545

Beer Sheva: Hospital Soroka, Treatment Center for Victims of Sexual Assault, St Ragar, Tel Emergency Room: 08-6400462, Tel Social Services: 08-6400327, 08-6403799.

Eilat: Hospital Joseftal (the emergency room for victims of sexual assault is located next to the emergency department but the entrance to it is completely separate), Tel: 08-6358011

Treatment and Rehabilitation

Getting out of the cycle of violence is possible but requires professional care and accompaniment by qualified professionals in the field of domestic violence.

One of the existing options for treatment operated by the Ministry of Social Services is centers for the prevention and treatment of domestic violence: The centers operate in the community by experts in the field and provide solutions ranging from emergency assistance to accompanying the family in order to stop the violent conduct in the family.

The centers can help with risk assessment, construction of defenses, treatment, and rehabilitation for families in the cycle of violence, both for victims and offenders. If you would like to consult about your situation, please approach ASSAF, or local social services.

Domestic violence is a difficult and dangerous phenomenon and must be addressed. It is important to remember that violence has different and varied faces, and it can erupt in any family. Remember, you are not to blame for the violence. If you suffer from domestic violence, or you witness domestic violence, don't stay alone. Contact us so we can help you cope.

This flyer was made with the generous support of the Canadian Embassy. Canada is a global leader in efforts to eliminate violence against women and is committed through its diplomacy and advocacy to support stakeholders around the globe to achieve this goal. In this spirit, the Canadian Embassy to Israel has collaborated with ASSAF in printing this pamphlet, which contains necessary information for women in the refugee community to protect themselves and their children and for the professionals who are dedicated to serve them.



Do you feel that you have lost control over aspects of your everyday life?
Are you told where you can go? Who can you see, what you can wear?

Does he control your money?
Does he make you doubt yourself or abilities?

Are you isolated from your friends and family?

Does he lose his temper easily? Does he change his mood a lot? Do you feel you have to "walk on eggshells" around him? Does he threaten you?
Beat you?

THIS IS NOT YOUR FAULT. YOU ARE NOT ALONE. HELP IS AVAILABLE.

"It can be easy to miss the signs of a coercive, abusive relationship. I didn't know the signs, but I want to make sure that other women do. Please know there is help if you need it." – A., an asylum seeker, and a survivor of domestic violence

Get help before it's too late!

What is domestic violence?

Domestic violence is violence that occurs within a family or a household. Usually women and children are the target of the violence but also men can experience domestic violence.

Domestic violence happens in all cultures, religions, ages and social statuses.

We all have the responsibility to make sure families, women and children are safe.

Domestic abuse takes many forms including (but is not limited to):

- **Physical abuse-** such as choking, pinching, pulling hair, kicking, using a weapon, causing burns, beating, restricting freedom of movement, throwing objects and harming property.
- **Sexual abuse** includes any behavior of a sexual nature committed against your will including unwanted touching of body parts, sexual activity accompanied by physical harm, sexual activity with a third person against your will and using physical force or threats, chest or genital injury, rape, and attempted rape. Sexual abuse can also happen within marriage – a married person has the right to say no to sexual acts with their partner.
- **Verbal abuse:** Verbal violence includes swearing, shouting, humiliating, using insults (especially in front of people), and threats.
- **Emotional abuse-** Emotional violence is any behavior of controlling the victim such as extortion, intimidation, repression, threats, food or sleep deprivation, harassment, humiliation, deprivation of social ties and social isolation, demonstration of total control, contempt, deprivation of affection, demonstration of extreme jealousy, surveillance of any action, Use of manipulations, invasion of privacy, outbursts of anger and false accusations, prolonged and deliberate silences and disregard.
- **Financial abuse-** such as preventing economic decisions, demanding justification for any legitimate expenditure, unjustified accusations of financial problems, withholding information on financial matters and access to such information, prohibition of working outside the home, denying access to financial resources, control of bank accounts, Allocation of money at the discretion of the offender.
- **Neglect:** such as denial of care, appropriate clothing, food, sleep, unattended leaving, economic exploitation and more.
- Domestic violence can include **digital abuse:** using smartphones and social networking to harass and intimidate, publishing shaming posts and hate speeches.
- **Children that are witnessing violence-** even if your partner isn't directly violent to your children, research show that there is a tremendous impact on the children and that it hurts their wellbeing and healthy development.
- **Your rights: Domestic abuse is a violation of the Israeli law no matter what your legal status is.**
- **In Israel there is a legal obligation to report to the police or social services if a child or someone that is considered helpless is at risk.**
- **Many times, the violence escalates over time.** Verbal, emotional violence and neglect can also turn into physical violence at any stage, so it requires intervention and treatment before it gets worse.
- **If you decide to leave your partner it is important to receive professional guidance and advice from experts in domestic violence to make sure that in the process you and your children are safe.**

Your Protection

- **In situations where you and/or your children are in immediate danger, first and foremost contact the authorities to protect your lives!**
- Ask the police for protection- Call 100 or go to the nearest police station.
- 1. You can ask for a **restraining order/ protection order** against the perpetrator. This protection means that the person is not allowed to come close to you. If they come close to you once you have the restraining order, they can get arrested by the police.
- 2. **Shelters for women victims of violence and their children-** in a joint decision with you, you will be offered to go to a sheltered place. These shelters are an emergency temporary solution for women and children that are at risk. The location of the shelters is kept confidential in order to keep you and your children safe. In the shelter you will be helped to build a safety plan for you and your children.
- Contact the welfare services
Tel Aviv- **Mesila**, 66 Wolfson st. Tel Aviv, Tel: 03-6877796. receives clients from Tel Aviv
- Out of Tel Aviv- See the welfare stations listed below
- Contact the Aid organization
ASSAF, 52 Golomb st. Tel Aviv, Tel: 072-2513838; ASSAF receives clients from all over Israel.

Hotlines and Social Services

- Social services hotline: 118 (free call), 077-9208560
- You can also send an SMS to 055-7000128 (Languages: Hebrew, Russian, Amharic, Arabic).
- Sexual Assault Crisis Center: call 1202 or 03-5176176 (English and Hebrew); call 04-6566813 (Arabic); call 02-6730002 (Amharic) Men- 1203
- National social services (according to your place of residence):
- Ashkelon - 08-6754770 | Jerusalem - 02-6551145 | Ashdod - 08-9238767 | Netanya - 09-8648700
Petah-Tikva - 03-9115900 | Rishon Lezion - 03-9689807 | Eilat - 08-6367850

Medical Care

- **If you are injured, get medical treatment immediately!**
- **If you have a serious injury, call an ambulance (101) or go to the nearest hospital**
- If you **have insurance, go to Kupat Holim** (community health services) for medical treatment.
- If you **do not have any insurance**, you can go to the following places for medical treatment:
 1. The Refugee Terem Clinic – Tel Aviv Central Bus Station on the 4th floor, Tel: 03-6394392
 2. Physicians for Human Rights (PHR) - 4 Baruch Sapir st. Jaffa, Tel: 03-5133120
 3. Levinsky Clinic (treating STDs) - Central Bus Station, 5th floor, Tel: 03-5373738 The Levinsky Clinic in Tel Aviv specializes in screening, diagnosing, and treating sexually transmitted infections (STIs) and HIV. All services are free of charge and the patients remain anonymous.