

Violence against women can take many forms, not all of them easy to recognize.

- **Physical violence:** beatings, slaps, punches, kicking, choking
- **Psychological violence:** threats, intimidation, isolation, insults, humiliation, extreme jealousy
- **Sexual violence:** rape, harassment, coercive sexual acts
- **Economic violence:** financial control, denying access to money, forbidding attendance at school or work
- **Digital violence:** cyberstalking, revenge porn
- **Witnessing violence:** children witnessing violent behavior of the father against the mother

A support network is here for you



58*

Anti-violence
centres

27

Anti-violence
networks

174*

Shelters

Anti-violence centres provide prevention services and assistance, free of charge and anonymously, to all women affected by male violence or at risk of it.

In case of emergency, or when the Anti-violence centre operators consider that there is a real and imminent threat, **free shelters** can be guaranteed for women and their children.

**data collected in July 2025. Numbers are subject to ongoing updates*



FIND THE CLOSEST ANTI-VIOLENCE CENTRE
SCAN THE QR CODE

#YOUARENOTALONE

#YOUARENOTALONE

YOU ARE NOT ALONE

WHAT YOU CAN DO



REPORT ANY ABUSE

If you are a victim or witness of violence, please call the **European emergency number 112** or the **anti-violence and stalking number 1522**



SUPPORT VICTIMS

Help women in need, share information about **available services**



ENCOURAGE RESPECT

Encourage respect
Promote **respect and gender equality** in your everyday life



Fighting violence against women.
Lombardy stands with you.

USEFUL CONTACTS



112 - European emergency phone number (NUE)
for emergencies and immediate assistance

1522 - Anti-violence and stalking helpline
free of charge, active 24 hours a day, available in several languages



APP YouPol
App Where Are U



www.nonseidasola.regione.lombardia.it

Discover services and support measures for women who are victims of violence



Visit the website
nonseidasola.regione.lombardia.it



Regione
Lombardia

**Male violence against women is a crime, in all its forms.
You are not alone, the law protects you.**