

# It won't stop until you act

For Advice or to Report Domestic Violence and Child Abuse.

**Need help? Call 0800 -2000 - free and available day and night**

## Veilig Thuis is there for everyone

Veilig Thuis is there for children, young people, adults and the elderly, whether you are a victim, know someone who is or may be a victim, or are violent yourself. Any form of violence is reason enough to call.

Domestic violence and child abuse are common, at all ages and in all cultures. If you are a victim, you are not alone.

## What is Veilig Thuis?

Veilig Thuis—which means a Safe Home—offers advice and support on matters concerning domestic violence and child abuse. Veilig Thuis is a place for people who are looking for help or who are worried about others. This often concerns problems that have existed for a long time, which you cannot solve without the help of others. It may also concern suspicions: you think that people or children are not safe, but you are not sure.

Veilig Thuis works with the people involved and exerts pressure when necessary. Help is important because violence will not stop on its own. Someone has to take the first step! Is that you?

## What does Veilig Thuis do?

- Veilig Thuis advises you on what you can do in the case of domestic violence or child abuse or suspicion thereof
- Anyone can report domestic violence or child abuse or suspicion thereof to Veilig Thuis
- Veilig Thuis investigates the situation
- Veilig Thuis intervenes in unsafe situations and sets people in motion
- Veilig Thuis organises the necessary help

### If you are afraid of what will happen

If you are dealing with domestic violence and child abuse, remember that we are here for you. We will listen to you, give you advice, and put you in touch with people who can help you in your area. You will speak to experienced people who understand the situation.

### If you do not want to leave your partner

*Calling us does not mean that you have to leave your partner.  
Often, help for both of you can improve the situation.*

## What happens if you call?

You can call for advice or help. An employee will listen to your story attentively and answer your questions and give you advice. They can also help you determine whether professional help is needed, and which help is best. If you are in doubt, you can also call anonymously for advice. If you don't call, nothing will happen, and the violence will continue.

If advice is not enough, you can report your concerns about domestic violence and child abuse, about yourself or someone else, to Veilig Thuis. If you want or need to, you can remain anonymous. After a report, Veilig Thuis employees will decide which follow-up steps should be taken, depending on several factors. Are there already care providers involved with the people concerned? Are the concerns so serious that Veilig Thuis must remain in control to gain insight into and restore safety?

Sometimes, the problems are clear, and the required help can be determined easily. In that case, Veilig Thuis will organise assistance right away. However, the situation is not always immediately clear. Sometimes it may be necessary to find out whether domestic violence or child abuse is really happening first. In that case, Veilig Thuis will conduct an investigation. Veilig Thuis also works with the people involved as much as possible during the investigation. If that is not an option, Veilig Thuis can also conduct an investigation without the agreement of the parties involved, for example, if it is necessary for the safety of children or adults.

## Conditions & Continuation

Besides giving advice and investigating reports, Veilig Thuis may also decide to work with you to determine what is needed to achieve safety by setting conditions immediately. We call this Conditions & Continuation. We do this together with the people involved, and, if necessary, others who are important to you and who can be of help in making the situation at home safe again. Should it still be necessary after that, we can hand your case over to the appropriate care providers. Together, you will determine what you need to be safe.

## Examples of violence

- Hitting, kicking and other types of physical violence
- Sexual violence: being touched or having sex against your will or blackmail via social media
- Psychological abuse: name-calling, humiliation, threats of violence, destroying your belongings, not being allowed to make your own decisions, hearing negative things about yourself continually, being scared
- Elder abuse: physical restraint, beating or neglecting an elder, stealing money or possessions
- Forced marriage: having to marry against your will or not being allowed to divorce
- Neglect: when a child does not get what it needs, such as food, clothing or loving attention
- If children witness violence in their family, this is child abuse too

## How can I find a Veilig Thuis organisation in my area?

Veilig Thuis organisations are everywhere in the Netherlands. You can reach Veilig Thuis on the free national telephone number 0800 2000. After stating your municipality/town, you will be connected to the Veilig Thuis branch in your area.

## Veilig Thuis is always available

Veilig Thuis is available 7 days a week, 24 hours a day. You can also visit the website: [www.vooreenveiligthuis.nl](http://www.vooreenveiligthuis.nl)

## If you are ashamed

Unfortunately, domestic violence is common in the Netherlands—it is the most common form of violence. You are not alone. There is nothing to be ashamed of.