



Domestic Violence.

Information Poster from the Institute for Women's and Men's Health/ Project NEDA in Vienna

What is Domestic Violence?

When people within a family or relationship use or threaten to use violence, it is called domestic violence. The people affected can be married or not, live together or apart and have any sexual orientation. Violence and humiliation are used to control the other person and exercise power. This issue can affect people of all ages, social backgrounds and cultures. Most often, violence occurs over a long period of time and is perpetrated within the home, so it often goes unnoticed by others.

Types and Causes of Domestic Violence.

Domestic violence includes any type of exercising or abusing power, injury, or coercion. This is not limited to physical and sexual assault, but includes psychological abuse, humiliation, (financial) bans and isolation, which are usually harder to recognize. The causes often lie in an unequal distribution of power and roles, in the inability to solve conflicts without violence and in a person's personal history. Alcohol, social problems and unemployment facilitate violence, but do not cause it.

What are the Warning Signs to look out for?

If you feel scared or threatened, it is important to take your feelings seriously and listen to your gut feeling. You could be in danger of being hurt physically or psychologically. Warning signs of an abusive relationship are constant jealousy, control over clothing, social contacts, one's bank account or job, humiliation and blaming, sexual pressure and spreading of private photos or videos. What often occurs, too, is threatening to take the children, hurt oneself or take one's life in case the other person wants to end the relationship. It is never your fault if you experience violence!

What do I do if I experienced Violence?

Create a crisis plan for situations of acute danger. Try to find a safe place in your home, close the door and use your phone to call for help or try to leave the apartment. Tell friends about what happened or seek help in a shelter for people affected by violence. Using violence is prohibited by law. You have the option of reporting the person to the police and banning them from the apartment. Violence has negative effects for your health. Seek professional medical and psychological help to process what happened to you.

Who can help me?

Women's help line against violence
(Frauenhelpline gegen Gewalt):
0800 222 555

Women's Shelter emergency number
(Frauenhaus-Notruf Wien):
05 77 22

Free of charge & available 24/7

You can call these numbers for counseling sessions

- Vienna Intervention Center against domestic violence (Wiener Interventionsstelle gegen Gewalt in der Familie): 01 585 32 88
- Men's Counseling Vienna (Männerberatung Wien): 01 603 28 28
- Institute for Women's and Men's Health (Institut für Frauen- und Männergesundheit): see contact information below

In situations of acute violence please call the Police (133) or the European emergency number (112)!

CONTACT PROJECT NEDA:

FEM (Girls/Women): Klinik Floridsdorf, Brünner Straße 68/A3/Top 14, 1210 Wien - Tel.: +43 1 27700 5600

FEM Süd (Girls/Women): Klinik Favoriten, Kundratstraße 3, 1100 Wien - Tel.: +43 1 60 191 5201

MEN (Boys/Men): Klinik Favoriten, Kundratstraße 3, 1100 Wien - Tel.: +43 1 60 191 5454