You are not alone
You are not the only one

You can receive support

Contact details of the Counseling Centres in Northern Greece

You can receive support

This leaflet was published with the support of UNHCR, the UN Refugee Agency, in the framework of its cooperation with the General Secretariat for Gender Equality.
The General Secretariat for Gender Equality, the competent governmental body for preventing and combating violence against women, has a network of services that can provide you with support: you can be referred to a Counselling Centre where people will listen to you and provide assistance, including information about how you can overcome this situation. You might also be accommodated in a safe Shelter with your children[1], where you will be provided with accommodation, food and support.

Therefore, get to the person in charge of the accommodation facility (site manager) you are residing in or to UNHCR or to an NGO that operates in the accommodation facility, or to the staff of the Agency that provides you with accommodation in an apartment, and they will provide you with more information about how to have access to support. You can also call the helpline 15900 (in Greek or in English).

Any information you share with them will remain confidential and will not be shared further without your permission.

Furthermore, depending on your needs and wishes, you may be referred to the nearest Hospital for the provision of appropriate medical treatment or medical examination, in case you wish to report the incident.

What happens next:
Counselling Centres’ staff will:
- Listen to you
- Give you support and advice
- Refer you to the appropriate services, according to your needs
- In case you choose to be referred to a shelter, cash assistance that may have been provided to you before your accommodation to a shelter, will not be discontinued.

In case you are under 18, the National Centre for Social Solidarity (EKKA) can provide you with support. You can also call the helpline 1107 (in Greek or in English).

In particular, in case of rape:
- Visit the closest hospital as soon as possible,
- Try not to shower before the medical examination in the hospital,
- Keep the clothes you were wearing and do not wash them, in case you wish to report the incident to police, as there might be useful evidence for the investigation.

All services are free of charge.

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[1] Girls under the age of eighteen (18) years old. Boys under the age of twelve (12) years old.