HOW WE CAN HELP YOU

Listening and Support:
Private, one-to-one meetings where you can share your story without judgement.

Immediate Protection:
Safe accommodation in shelters for you and your children if you are in danger.

Legal and Psychological Support:
Guidance on your rights (legal aid) and support to help you regain your strength.

Steps towards Independence:
Practical help to find work and housing, and support with paperwork.

Cultural and Language Mediation

PRACTICAL SAFETY TIPS

IF YOU ARE IN DANGER:
Call **112** or **1522** immediately. If you cannot speak, use the **YouPol app** (download it and register) to send reports and photos silently.

EMERGENCY BAG:
Keep your documents, medication and a spare set of keys ready in a safe place (such as a friend's home).

DIGITAL PRIVACY:
If you are worried that your phone is being monitored, use "private browsing" and remember to clear your search history.

Interagency Network for the Prevention of Gender-Based Violence

Tribunale di Udine – Ministero della Giustizia

Prefecture
Territorial Government Office of Udine

Procura della Repubblica presso il Tribunale di Udine – Ministero della Giustizia

CARABINIERI

ASU FC
Azienda sanitaria universitaria Friuli Centrale

UNIVERSITÀ DEGLI STUDI DI UDINE
HIC SUNT FUTURA

Comune di Udine

Municipality of Tarcento

Municipality of Cervignano del Friuli

Municipality of Latisana

Municipality of Cividale del Friuli

ARLeF
AGJENZIE REGJONÂL PE LENGHE FURLANE

Districe

SUNRISE

ZERO TOLERANCE
centro antiviolenza
del Comune di Udine

IL PIACERE DELLA LEGALITÀ?
MONDI A CONFRONTO
LEGAMI DI RESPONSABILITÀ

COMITATO PARI OPPORTUNITÀ

ORDINE AVVOCATI UDINE

S.O.S ROSA ETS

IOTUNOIVOI
DONNEINSIEME

SERVIZI ALLA PERSONA DANIELE MORO

Ordine degli Psicologi del Friuli Venezia Giulia

This leaflet was created jointly by local institutions and associations **to ensure protection and freedom for every woman.**

YOU ARE NOT ALONE

STOP VIOLENCE!



SCAN THE QR CODE!

S.O.S

24/7 EMERGENCY NUMBERS

112 **1522**

FREE, ANONYMOUS AND CONFIDENTIAL SERVICES.

Where to get HELP

Where to get help • Dónde pedir ayuda
Où demander de l'aide • أين يمكنك طلب المساعدة
在哪里寻求帮助 • Wo Sie Hilfe bekommen

ANTI-VIOLENCE CENTRES

They provide comprehensive, ongoing support (listening sessions, psychological support, legal assistance, employment guidance and shelter accommodation). All services are completely free and anonymous, and are provided by trained female staff.

UDINE

ZERO TOLERANCE SERVICE

Via San Valentino 18/20
Tel: 800 531 135
zerotolerance@comune.udine.it

- Available 24/7
- A Municipality of Udine service

IOTUNOIVOI DONNE INSIEME

Via Pradamano 41/B
Tel: 0432 421011 - 335 1389212
email: idi@iotunoivoi.it

- Available 24/7

TOLMEZZO

VOCE DONNA/SUNRISE SERVICE

Via Renato del Din 9/A
Tel: 0433 949021 - 349 1362784
vocedonnafriuli@gmail.com

- Monday, Wednesday and Friday, 9:00-12:00
- Tuesday and Thursday, 15:00-18:00

ANTI-VIOLENCE SUPPORT DESKS

A local first point of contact for listening, information and prompt referral to specialist services.
All services are completely free and anonymous, and are provided by trained female staff.

GEMONA DEL FRIULI "SUNRISE PROJECT"

Piazza Municipio 1
Tel: 0433 949021 - 349 1362784

- **Opening hours:**
Second and fourth Tuesday of the month, 10:00-12:00

LATISANA "SUNRISE PROJECT"

Via Goldoni, 22 • Tel: 339 6892720
sportelliantiviolenza@comune.latisana.ud.it
- **Opening hours:** Every Wednesday, 15:30-17:30

TARCENTO "SUNRISE PROJECT"

Villa Pontoni - Via Frangipane 3
Tel: 0433 949021 - 349 1362784

- **Opening hours:**
Second and fourth Tuesday of the month, 10:00-12:00

SAN DANIELE "SUNRISE PROJECT"

Via Mazzini 5
Tel: 0433 949021 - 349 1362784

- **Opening hours:**
Every Thursday, 10:00-12:00

CODROIPO "SUNRISE PROJECT"

Piazza Dante (former primary school)
Tel: 0433 949021 • 329.9854867

- **Opening hours:**
Every Tuesday, 9:00-11:00

UDINE "ZERO SU TRE APS"

Via Nazario Sauro 1 • Tel: 392 0228525
- **Support desk:** Wednesday 15:00-18:00, Friday 9:00-12:00

AQUILEIA "SOS ROSA"

Via Grandi 10 • Tel: 338 8142503
- **Support desk:** Monday 11:00-13:00

CIVIDALE "SUNRISE PROJECT"

Piazzetta Chiarottini 5
Tel: 339 1467750
sosrosagrado@gmail.com

- **Opening hours:**
Every Wednesday, 15:00-18:00

For the Sunrise Project, S.O.S. Rosa also runs two homes for supported independent living.

CERVIGNANO "DA DONNA A DONNA"

Via San Francesco 2
Tel: 0481 474700 - 333 2810048
- **Support desk:** Tuesday 14:30-17:30

GONARS "SOS ROSA"

At Casa Gandin • Tel: 370 1419676
- **Support desk:** Thursday 15:00-17:00

PALMANOVA "SPORTELLO DONNA"

Contrada Garzoni 23 • Tel: 335 1753496
- **Support desk:** Tuesdays 18:30-19:30
and the first and last Tuesday of the month, 11:00-12:00

PASIAN DI PRATO "SOS DONNA"

Via Ferruccio Missio 8 • Tel. 0432 645927
- **By appointment:** Tuesday and Friday, 13:30-15:30

TAVAGNACCO

Piazza indipenza 1 Feletto Umberto • Tel: 0432 575538
- **Listening and Advice Desk for Women**
Monday 9:00-13:00 and 15:30-17:30
Wednesday 9:00-13:00 and 15:30-17:30
Friday 09:00-13:00

TRIVIGNANO UDINESE "SOS ROSA"

Via Roma 18 • Tel: 370 1419676
- **Support desk by appointment**

FAMILY COUNSELLING CENTRES OF THE AZIENDA SANITARIA UNIVERSITARIA FRIULI CENTRALE (ASUFC), MUNICIPAL SOCIAL SERVICES AND THE UDINE BAR ASSOCIATION ADVICE DESK.