

(inglese)

Victim: what to do

Have you been subjected to violence, a crime against your personal integrity?

Helpful advice:

Protection

- call the police;
- make sure of your safety (changing the locks on your doors, ask someone to go places with you, stay in a domestic violence shelter, etc);
- seek for support of someone you trust (friends, acquaintances);
- report the events: take legal action, prosecute.

Medical care

- go to hospital emergency immediately, or private doctor, for treatment, and ask them to document your visit (physical evidences disappear quickly);
- ask for a medical report, from a hospital or a doctor, confirming that you have injuries (this could be an important form of evidence).

How to seek help

- ask the police to get in touch with LAV Service;
- do not remain alone: express your sufference to a friend you trust or to a professional, and plan with him your following steps (where to stay, security proceedings for you and your children, financial and legal aspects, make choices about reporting the violence).

Collecting evidences

- make you sure the medical report specifies injuries and mental state;
- keep and don't wash the clothes you wore during the attack (sexual or physical), if possibile don't wash either any traces left on your body;
- do not touch or change anything at the scene of violence, keep any messages (sms, e-mail, recordings, etc);
- note the identity of any witnesses