I have undergone female circumcision and it causes me pain, what can I do?

You can get help

Have you undergone female circumcision or female genital mutilation (FGM) recently or a long time ago?

Do you feel physical or emotional pain? During sexual intercourse? Are your periods very painful? Does the sight of a blade remind you of the procedure?

Are you afraid of undergoing female genital mutilation, whether it's the first time or not?

If you are in pain or afraid, that is completely normal.

You are not alone.

There are people and services that can help you feel better.

Contact GAMS Belgium

GAMS Belgium is the leading service in Belgium providing support for women living with female genital mutilation. It can offer psychological, social and legal support, and refer you for medical care.

Its team is caring and made up of people who understand your cultural background, as well as intercultural workers who can support you in your own language.

You will be listened to, understood and supported.

GAMS Belgium offers an initial consultation and psychosocial and legal support. Available Monday to Friday from 9.00 am to 5.00 pm.
Address: Rue Gabrielle Petit 6, 1080 Brussels
Email: info@gams.be
Phone: 02 219 43 40

Contact CeMAViE

If your questions and needs relate more to medical aspects, you can contact CeMAViE. Its multidisciplinary team comprises a gynaecologist, a midwife, a psychologist and a sexologist. You will be able to explore all the options available to help you feel better. It is possible to undergo clitoral re-exposure at this centre, which is accredited by the INAMI (with costs fully reimbursed), but this operation is not always necessary. Recovery following female genital mutilation is achieved primarily through sexological and psychological support.

CeMAViE
Consultations on Tuesdays from 8.30 am to 12.30 pm.
Address: Rue Haute 320, 1000 Brussels
Telephone: 02 535 47 14

Contact the Brussels Public Prosecutor's Office

Via the email address mgf.prpkbru@just.fgov.be, you can report cases of female genital mutilation or an imminent risk of female genital mutilation to the Public Prosecutor's Office. You can report incidents anonymously; they will be taken into account. Please be as specific as possible about the facts, where they are taking place, and the people involved, to enable the Public Prosecutor's Office to intervene if necessary.



If you do not wish to contact GAMS, CeMAViE or the Public Prosecutor's Office

Are you worried about being recognised by someone you know or from your community? Are you not ready to take legal action? You can just as easily visit a family planning centre trained to support you. To make sure this is the case, check the map on stop-violence.brussels.

Your safety is our priority. In the event of imminent danger or an emergency, call 112. This free European number is available 24/7 for immediate medical, police or fire-fighting assistance, even without lodging a complaint.