

March 2024



Violence between (ex-)partners

Sheet for professionals



IMPORTANT

The vast majority of violence between (ex-) partners is committed by men, most of it against women* (or anyone who identifies as such). People whose gender identity, expression and/or sexual orientation do not correspond to our patriarchal society's dominant gender norms are also more likely to be victims of violence. However, sexual violence affects all gender identities: trans- and cis-men and women, as well as non-binary people.

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A. RECOGNISING VIOLENCE BETWEEN (EX-) PARTNERS

1. Definition

Violence in intimate relationships is a set of behaviours, acts and attitudes on the part of one of the partners or ex-partners that aim to control and dominate the other, harming the other partner's physical, psychological or economic integrity. It includes verbal, physical, sexual or economic aggression, threats or coercion, that are repeated or likely to be repeated. An (ex-)partner is defined as the person with whom the victim has had or continues to have an intimate relationship.

Such violence not only affects the victim, but also other family members, including children (if there are). It is a form of domestic violence. However, this fact sheet will focus on support for victims of violence.

Argument or violence ?

Arguments are a part of life for most couples and families and there are times when we all can argue and get angry freely and without fear.

Unlike arguments, violence between (ex-)partners is characterised by:

1. the desire for domination and control by one person over another (emotional dependence)
2. fear and shame on the part of the victim (devaluation)
3. failure to respect the victim's freedom of choice (inequality)
4. its repetitive/persistent and unilateral nature

The aim is to break the other person down and scare them into submission. When violence is used, respect for others and equality disappear.

2. Types of violence between (ex-)partners

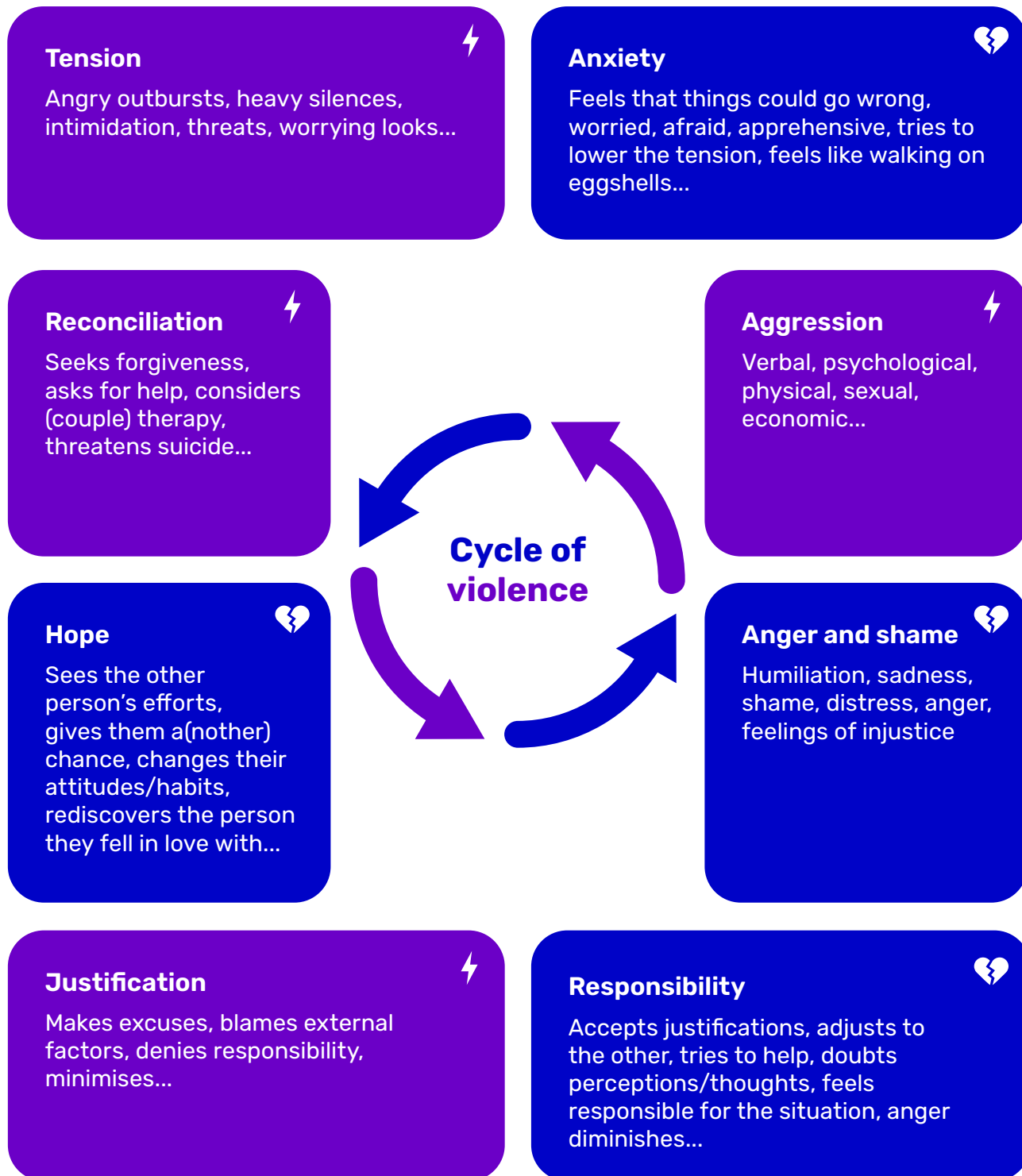
Violence between (ex-)partners can take many, more or less visible forms and may or may not be combined:

- **Physical violence:**
shoving, strangling, slapping, hitting, dragging, punching...
- **Psychological violence:**
belittling, devaluing, minimising, manipulating, denying...
- **Verbal abuse:**
insulting
- **Sexual violence:**
forcing the victim to have sex, or to take drugs in order to obtain sex. It can be more subtle, for example when the perpetrator does not take the silence of the other person into account, does not check their reaction during the act, does not ask if they are willing to go further at each stage...
[> FACT SHEET: Recognising and caring for victims of sexual violence](#)
- **Economic violence:**
stealing the other person's money, denying them access to a bank card or personal bank account, transferring the other person's wages to the partner's own account, not paying court-ordered maintenance...
- **Administrative violence:**
confiscating or destroying personal administrative or identity documents or those relating to the couple thus obstructing the other person's application for rights, impeding the smooth running of a legalisation procedure
- **On objects:**
throwing, breaking valuable or sentimental items or to make a show of strength or power (e.g.: "This time it's this chair, next time it'll be your head!")
- **On animals:**
harming or killing animals

Source : www.cpvcf.org

3. The cycle of violence

In the diagram below, the victim's point of view is represented by a broken heart icon, and that of the perpetrator by a lightning bolt icon.



Source: www.ecouteviolencesconjugales.be/pourquoi-appeler/victime/cycle-de-la-violence

4. Consequences

Violence between (ex-)partners can have various consequences and different signals can be identified. Each person's reactions are unique and the elements listed below do not constitute a checklist, but rather a list of points to bear in mind when dealing with a potential risk situation. A person may be experiencing violence even if there are no signs of it.

4.1. Psychological suffering

Victims of violence between (ex-)partners may ignore their own needs, be constantly in a state of hypervigilance and constantly push themselves to the limit to prevent a new confrontation.

The constant threat creates a continuous feeling of insecurity and stress, which can lead to problems with multiple consequences for the victim's social life and health (e.g. difficulty concentrating, depression, anxiety, fits of anger or feelings of inferiority).

Psychological warning signs include depression, tremors, headaches and stomach cramps, fatigue, anxiety, sleep disturbances, hyperventilation and palpitations.

4.2. Bodily injuries

Physical or sexual violence between (ex-)partners can cause visible or invisible bodily harm, such as scars, burns, bruises or fractures. These injuries can lead to long-term implications, such as fractures, as well as mental health problems. This can result in (long-term) incapacity for work or withdrawal from social life.

Physical warning signs include repeated injuries (bruises, cuts, bites, lesions), contusions and fractures, dislocations, burns, broken teeth, deafness, head trauma...

Some victims of (ex-)partner violence suffer from psychosomatic ailments (physical pain that has a psychological origin) such as migraines, stomach cramps or allergies, because they are constantly in a state of anxiety and stress.

Not all violence leaves marks. An absence of physical signs does not mean there is no violence.

4.3. Impact on health and well-being

Violence between (ex-)partners can lead to a **very negative self-image** and a lack of self-confidence in oneself and one's abilities. This is often coupled with feelings of guilt regarding children, which is detrimental to parent-child relationships.

Social isolation can set in, due to a mistrust of others and fear of the unknown. Faced with a violent situation, victims often feel shame and guilt, which can lead them to keep quiet, sometimes for years.

Violence can cause **problems with addiction** or the consumption of various products such as tobacco, medication and alcohol; products that can alleviate a victim's stress and pain, even though they are actually harmful to their health.

Finally, many victims of violence between (ex-)partners suffer from **traumatic or post-traumatic stress**. They are affected by problems of depression or anxiety.

Behavioural warning signals include: avoidance or evasiveness, recurring postponement of appointments, guilt and repeated excuses, confused or insistent requests, nervousness, telephone-related stress and use of sleeping pills or painkillers.

5. Identification and specific features

While stressful situations such as uncertainty about residency status, poverty, addiction or other difficulties can be triggering or aggravating factors, violence between (ex-)partners affects all ages, all social classes and all origins.

Particularly vulnerable groups may experience unique concerns and have specific needs. This applies to LGBTQIA+ people, sex workers, migrants, people with disabilities, minors, homeless people and/or people with physical or mental vulnerabilities. These categories are not separate, but connected, and their unique features need to be kept in mind for appropriate support.

5.1. LGBTQIA+

LGBTQIA+ people are at greater risk of having strained relationships with their families and a limited circle of social relationships, restricting their opportunities for support.

In some situations, the abusive partner may exert control by threatening to reveal the person's sexual orientation or gender identity/expression, exploiting the fear of a forced outing.

The isolation that accompanies violence between (ex-)partners can be exacerbated because we live in a society where there are still prejudices against LGBTQIA+ people and there is a fear that the care experienced or expected will be unsuitable. As a result, LGBTQIA+ people may feel ashamed of their gender identity/expression or sexual orientation, leading them to hide their relationship and consequently the violence that could occur within it.

The stereotypical, heteronormative vision of the same-gender couple, in which "one partner plays the man and the other the woman", is a contributing factor to isolating victims and inhibiting their request for help. According to this vision, the man is the perpetrator of violence and the woman is the victim. This creates a sense of shame, guilt and inadequacy for men who are victims of violence at the hands of their (ex-) male partner, as well as a lack of understanding or minimisation of the violence experienced by women* who are victims of violence at the hands of their (ex-)female partner*.

This reduces the possibility of a person recognising themselves as a victim of violence and having the courage to report it.

5.2. Sex work/prostitution

Some sex workers may find themselves in **situations of emotional or economic dependence** on their (ex-) partner, making them vulnerable to **sexual exploitation or forced prostitution, or even human trafficking**.

A recurring mechanism is that put in place by young men, also known as **loverboys**. They establish romantic relationships, mostly with women (minors or young adults) with the aim of exploiting them sexually and financially. They establish a bond of dependence with the victim, then isolate them and force them to engage in non-consensual sexual activity.

These acts can also take place within the family, when the perpetrator convinces the victim to prostitute herself in order to support the family, or to post intimate images on paid websites.



The victim does not identify the violent mechanism at first glance and, due to their increased dependence, does not ask for help and does not want to take action. The perpetrator maintains their control by isolating the victim, cutting them off from their support network and creating a climate of fear and emotional dependence, exploiting guilt or shame, for example. The perpetrator alternates between periods of violence and reconciliation, maintaining their control by ensuring that the victim remains emotionally attached despite the abuse. Because of this strong emotional bond, some victims don't recognise themselves as such, so they do not ask for help or want to take action.

The often hidden or poorly regulated nature of sex work (forced or otherwise), and the prejudices surrounding the profession, make them more vulnerable to violence from (ex-)partners who may also be their pimps. This often increases their difficulties in discussing the situation with those around them. When they try to report the violence, these people have to deal with the stigma and prejudice surrounding their profession, which can complicate their access to support services in the event of violence.

5.3. Residence and migration status

While the prevalence of domestic violence is not higher among people with a migratory background, associations in the field note that these victims are faced with specific difficulties, in particular due to their precarious residency status, which can discourage them from reporting violence and weaken their access to certain rights.

> Further information from Ciré: www.cire.be/outil-pedagogique/violences-conjugales-et-sejour-en-belgique/



5.3.1. Family reunification

Many people arrive from abroad every year, often for family reasons, and in particular through family reunification to join a partner or family member. Some were married abroad and arrived here as part of a family reunification scheme, while others arrived in Belgium on a short-stay visa, married and applied for family reunification on the territory.

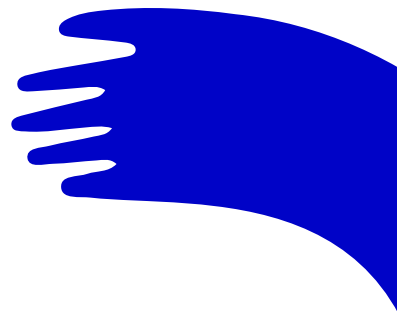
If they have a residence permit based on family reunification (card A or F), their residence permit is dependant on them living together with the person they have joined for the first 5 years. If their living together comes to an end, the Immigration Office may decide to withdraw the right of residence of the person who has entered the country through family reunification. So, when the partner who has been joined is violent, the residence permit becomes a weapon. And the more precarious the administrative situation, the greater the perpetrator's hold.

Many victims are afraid to leave their homes and go to the police to lodge a complaint, due to a lack of information about their rights. They are unaware, for example, that they, like all other women, can access accommodation services, report the violence they have suffered and apply to the Immigration Office for their residency status to be maintained if they have a residence permit.

If the victim leaves the marital home, it is essential that they immediately apply to the Immigration Office to retain their residency, providing proof of the violence with the help of a lawyer or a support service.

5.3.2. Application for international protection

Some of the migrants arriving in Belgium have applied for international protection (with a view to obtaining refugee status) on gender-related grounds such as forced marriage, female genital mutilation or sexual violence or on the grounds of persecution by their spouse or partner. In addition to monitoring the application for protection, events experienced in the country of origin or on the journey to Belgium may require specific care.



In the context of an application for international protection, tensions between partners can be exacerbated by violence linked to the migratory journey, uncertainty, feelings of powerlessness and guilt, changes in power relations, etc. In particular, one of the partners may harm or threaten to harm the other's case, for example by giving false information to the authorities. This can be exacerbated if the victim does not speak the language and the perpetrator acts as interpreter for the couple.

5.3.3. Illegal residence status

Illegal residents, also known as "undocumented migrants", are particularly vulnerable to gender-based violence. With no administrative status and no rights, they often survive in extremely precarious situations. In the context of violence between (ex-) partners, the threat of being reported to the authorities can be used as a means of control and manipulation. Some will be accommodated by third parties in exchange for domestic work or sex.

Undocumented people are most often excluded from accommodation facilities for victims of domestic violence, as they are unable to finance their place based on their income or access assistance from the Public Centre for Social Welfare (PCSW).

Faced with violence, they also find it impossible to go to the police to lodge a complaint, as they risk arrest, detention in a closed centre and forced expulsion from the country.

5.4. Language barriers

People who speak little or none of one of the national languages may find it difficult to communicate effectively. This can make it harder for them to get information, seek help or report violence between (ex-) partners.

The person may be more dependent on their partner for communication with the outside world, especially if their partner acts as an interpreter, which can increase dependency in cases of violence. This gives the perpetrator the opportunity to exploit the victim's difficulties in obtaining information and communicating to maintain their control.

Language barriers can also be present for other groups. For example, people who are deaf or with a hearing impairment, people with visual impairments and people with learning disabilities may find it difficult to fill in and understand administrative documents or use certain media.



5.5. Mental health problems

People with mental health problems are at greater risk of violence, particularly at the hands of their (ex-)partner.

The perpetrator of the violence can use the stigma associated with mental health problems and the lack of professional knowledge about violence between (ex-)partners to control and discredit the victim, including limiting their right to joint custody of any children:

- The perpetrator may justify the victim's allegations in terms of existing disorders, presenting them as a delusional phenomenon. Not only do these justifications discredit the victim's allegations, they can also lead to psychotropic treatment or even forced hospitalisation.
- The perpetrator may push or force their victim to take medication, and will then present this as a suicide attempt, demonstrating that they are psychologically unstable.

5.6. Addiction and psychoactive substance abuse

Various pathways can lead to addiction, which means the problematic use of drugs or alcohol. A person who uses drugs or alcohol may have experienced violence, sometimes since childhood, which has led to family breakdown and social isolation.

The use of drugs or alcohol can be understood as a strategy for self-management of these traumatic experiences.

This substance abuse can begin within a relationship with a partner who manages the purchase and consumption. This can lead to situations of codependency (on the product as well as on the partner), or to the partner exerting control.

Furthermore, shame, stigmatisation and fear of repression can dissuade (ex-)drug users from seeking help for the violence suffered, especially if they are already experiencing other discrimination linked to gender identity or sex work. Substance abuse can also be used as a means of justifying or minimising violence.

In addition, violence and the dynamics of control within couples expose (ex-)users to more health risks linked to the abuse itself. This can have serious consequences for their physical and mental health.



5.7. Homelessness

The term “houselessness” is preferred to “homelessness” by some specialist associations, because it reflects the reality of a person in a situation of poor housing or homelessness, but also because it is particularly well-suited to the lives of women* who develop multiple strategies to obtain shelter. Such women* may, for example, have to provide sexual relations in exchange for shelter, or settle in public places where they are not recognised as being on the street, or where they try to disappear. These places are not really secure, as they do not constitute a real “place of their own”.

Violence between (ex-)partners is a major cause of homelessness, especially among women*. In Belgium’s reception centres and emergency shelters, one out of every two women housed says that she is a victim of partner and/or domestic violence.

Homeless people are particularly vulnerable to all types of violence. They are often caught up in administrative and financial difficulties related to the lack of an address or residency status, leading to a situation of precariousness, stigmatisation and a worsening of their physical and mental health (including addictions).

In order to survive the realities of the street, women* use a number of strategies to make themselves invisible: hiding their femininity, protecting themselves from men with another man, or staying on the move throughout the day.



5.8. Disability

People with disabilities are still perceived as “asexual” and undesirable in the eyes of ableist society. Yet they are even more affected by violence of all kinds than people without disabilities. The perpetrators of violence then take advantage of this ableism to minimise and discredit the words of their victims. As a result, the incidences of violence against people with disabilities are greatly underestimated.

Thus, the perpetrators of violence subtly maintain both gender bias (“she doesn’t know what she’s saying, she’s overwhelmed by her emotions”, “she’s hysterical”) and ableist bias linked to a biomedical vision of disability (“she’s not in her right mind”, “she lies to make herself look interesting”, “you can’t believe her, look at the state she’s in”). This enables them to establish their hold by using the vulnerability of people with disabilities to discredit their words.

The everyday dependence of people with disabilities on their partners can increase their vulnerability. For women* born with a disability, learning the traditional power relations between men and women is combined with learning about dependency linked to an identity based on disability, a disabling health condition and vulnerability.

In addition, certain types of disability (in particular hearing impairments, visual impairment or blindness, intellectual disability or difficulties in expressing oneself) can lead to communication barriers, social isolation and stigmatisation, making it more difficult for the person to seek help, report violence or look for resources. Some support services may simply not be sufficiently accessible, whether in terms of transport, physical infrastructure or communications.

Furthermore, some perpetrators of violence can remove technical aids (wheelchairs, canes, hearing aids, glasses, etc.), leaving their partners totally vulnerable and isolated. This leads to the acceptance of violence as the guarantor of a hierarchical order.



B. ACTION IN THE EVENT OF PROVEN VIOLENCE BETWEEN (EX-)PARTNERS

1. Interview methods

1.1. Set the scene

Put the person, their pace and their needs at the heart of the care and respect their agency:

- **Do not judge** the person, whatever their specificities or situation and show understanding of any difficulties they may have in expressing themselves.
- Take **personal and sociocultural aspects** into account during the meeting. The way to deal with intimate issues varies greatly depending on the individual's specific needs.
- Always pay attention to the victim's **behaviour**, asking if they want to take a break, have a moment alone in a quiet place, and above all, take their time.
- If the person needs **an interpreter** (foreign language or sign language), make sure it is a neutral person from outside the situation, not someone close to the victim, as there is a risk of blocking the victim's speech.
- Bear in mind that certain **situations of dependence** can be an obstacle to free speech. For example, reporting a situation can have real or imagined consequences for the victim, such as the loss of rights, privileges, freedom, essential care, being placed in an institution, and so on. They risk finding themselves in an even more vulnerable situation.

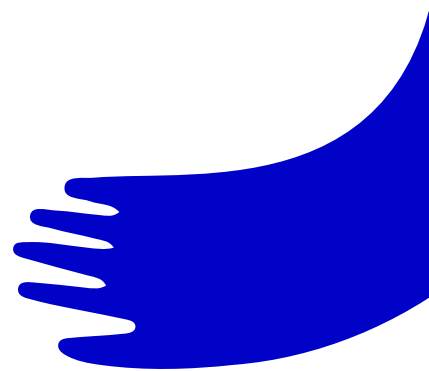


If the victim has disabilities:

- In Belgium, there are no specialist services supporting victims with disabilities experiencing violence between (ex-)partners. They need to be redirected to existing services, despite physical accessibility difficulties (ramps, lift, adapted toilets, circulation, etc.) and communication difficulties (documents in large-format, Braille, easy to read and understand, sign language interpreters, etc.)
- Let go of any stereotypes linked to disability (less credible speech, no partner or sex life possible, etc.)
- Remain non-judgemental for a neuroatypical or neurodivergent person, as they are often not believed, and their words, story and behaviour are attributed to their "disorder". The expression of emotions by these people does not necessarily correspond to what is typically expected. For example, they may smile during a serious, tragic situation.

If the person does not name the violence, but states facts that lead you to believe that they are experiencing (ex-)partner violence:

- Make sure you keep the victim, their story and their journey at the centre of your support.
- Do not bring the words "violence" or "victim" into the discussion if the person does not mention them.
- The objective is to give the person the tools to make their own way.
- You can put the situation experienced into words, noting that it is not normal, that it is not the victim's fault and that they can be helped.
- Address these issues with sensitivity to prevent secondary victimisation.



1.2. Build trust

As a prelude to any possible discussion:

- **Make sure the conversation is confidential** and that the person is in a place where they feel safe. For example, some people cannot stand closed doors, while others need to be sure that no one can hear what is being said.
- **Make sure you see the victim alone** (no children, no spouse, no relatives) and, if necessary, arrange for a neutral interpreter who is sensitive to gender-based violence.
- The victim may wish to be accompanied if they are vulnerable or a minor.
- **Do not propose mediation with the perpetrator of the violence.** This could endanger the victim and prove counter-productive in view of the unequal power relations characteristic of couples in which violence occurs.

1.3. Conduct the interview in a friendly manner

During the interview:

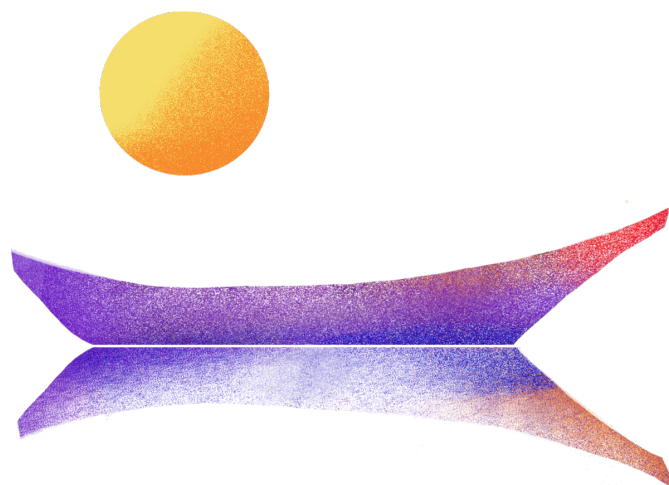
- **Respect the person's pace** and accept that the resources used are not always sufficient for the story to emerge.
- **Let the person tell a spontaneous story.**
- **Do not insist that the victim tell the story**, as repetition is a form of secondary violence.
- **Demonstrate that you are available and caring** to avoid secondary victimisation.
- **Bear in mind that this may be the first time** the person has spoken out.
- **Understand that the person talking has already overcome a number of obstacles** before doing so: fear of being judged, shame, guilt, fear of reprisals, fear of doing the wrong thing, etc.
- **Recognise the victim as a victim:** it is vital that the person feels heard and believed because a positive social reaction reduces the risk of post-traumatic stress.
- **Recognise and refer to the strength and courage** the victim has shown so far to survive in such difficult conditions.
- **Stay within your professional remit**, so that you do not create expectations on the part of the victim, but you also do not make them repeat themselves, exposing intimate and painful elements without being able to take action. Limit your questions to what is strictly necessary for your social work. This keeps the focus on the victim's well-being and protects you from vicarious stress and compassion fatigue.

DO NOT...

- ✗ Judge
- ✗ Question what is said
- ✗ Trivialise or minimise statements, for example by saying «everything's going to be fine»
- ✗ Seek to establish the objective truth of the facts
- ✗ Make promises
- ✗ Insist, try to find out (too much)
- ✗ Ask leading questions
- ✗ Touch the person without their prior consent, including for medical procedures
- ✗ Appear distracted (e.g. looking at your screen or watch)

INSTEAD...

- ✓ Make yourself available
- ✓ Reassure, be patient and calm
- ✓ Let the person express their fears, difficulties and emotions
- ✓ Respect the pace of their speech and accept silences
- ✓ Recognise the person's experiences and their courage to speak out and believe them, regardless of their specific needs
- ✓ Bring them back to reality with breathing exercises if relevant
- ✓ Explain what happens next
- ✓ Pay attention to who is accompanying the victim and their relationship (it may be a perpetrator of violence)
- ✓ Provide clear and explicit information



2. Referral

Working with a victim of violence between (ex-)partners requires long-term support, whether psychological, administrative or legal. Refer the person to a service specialised in this field, which can take over and become part of the existing network around the person. Make sure this referral is made with the victim's agreement and remain available for further contact or assistance.

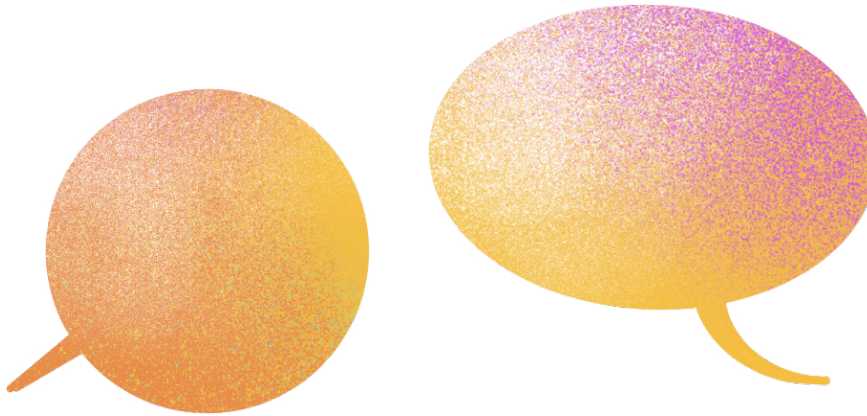
2.1. Centre for the Prevention of Domestic and Family Violence - CPVCF

The CPVCF is a Brussels-based service offering specialised support to anyone affected by partner and/or domestic violence, from all social, cultural, professional, religious, ethnic and philosophical backgrounds.

The CPVCF service is only available in French, or for people who speak another language but whose administrative file is in French. Refer Dutch speakers or those with a Dutch-language administrative file to the CAW ([see below](#)).

This support enables them to (re)discover their self-esteem and (re)take control over their life, through:

- a telephone hotline;
- a reception;
- administrative and social assistance;
- an individual discussion forum (for women, men, perpetrators or victims);
- a space for collective discussion;
- continuing education workshops;
- accommodation for women (with or without children of any age) at a confidential address.



The Centre is also open to institutions, associations and services that work with people affected by partner and domestic violence. It is frequently consulted for its expertise in this field (relaying information to victims, training of workers, associations, services, institutions, etc.)

To contact the CPVCF:

- Address: Rue des Colonies, 11, 1000 Brussels
- Open Monday to Friday, 9am to 5pm
- Telephone: 02 539 27 44
- E-mail: info@cpvcf.org
- Website: www.cpvcf.org

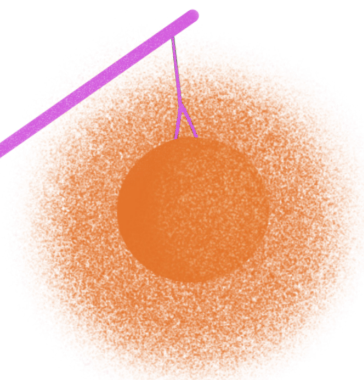
2.2. Centrum Algemeen Welzijnswerk (Centre for General Welfare Services - CAW)

The CAW can be contacted for any issues related to well-being: a difficult relationship, personal difficulties, administrative, financial, legal or material problems, etc. Initial contact is made with the *Onthaal* service (reception), which will refer people seeking help to other services if necessary.

The CAW has a victim support service which can be contacted directly for victims of violence and abuse, and for people involved in road accidents and criminal offences. The service offers comprehensive psychological and legal support, as well as advice on dealing with a crime or traumatic event.

The CAW is only available in Dutch, or with interpreters, for people who speak another language but whose administrative file is in Dutch. Refer French speakers or those with a French-language administrative file to the CPVCF (see above).

To contact the CAW:



Brussels Centre Reception

- Address : Boulevard d'Anvers 34, 1000 Brussels
- E-mail: onthaal@cawbrussel.be
- Via the website: www.caw.be/contacteer-ons/mail/
- Tél: 0800 13 500 ou 02 486 45 00
- Open 9am to 12.30pm and 1pm to 5pm, Monday to Friday
- Chat: <https://caw.sittool.net/chat>

Victim Support - Brussels

- E-mail: slachtofferhulp@cawbrussel.be
- 02 486 45 15
- By appointment only (during the day and in the evenings)

2.3. If the person does not want to go to the CPVCF or CAW

Do not insist, but accept their choice. Remain attentive and available, and invite them back when they are ready.

You can also offer to talk about it confidentially on one of the freephone numbers:

- **0800 30 030:** the domestic violence helpline.
This number is intended for victims, their families and professionals. It is free, anonymous and available 24 hours a day, 7 days a week.
Further information: www.ecouteviolencesconjugales.be
- **1712:** the helpline for anyone with questions about violence, abuse and child abuse.
Further information: www.1712.be/fr/over-1712

2.4. In case of emergency: call 112

In the event of imminent danger, call 112. This European number is available 24/7 for immediate medical, police or fire-fighting assistance.

Note, however, that medical confidentiality and professional secrecy may be waived in the event of imminent danger.

3. Competent services

Here is a summary of the main services responsible for individual care in Brussels:

- **Centre for the Prevention of Domestic and Family Violence (CPVCF)**
Rue des Colonies 11, 1000 Brussels
02 539 27 44
www.cpvcf.org
- **CAW: Victim Assistance Service - Brussels**
Rue du Poinçon 19a, 1000 Brussels
Tel : 02 486 45 15
www.caw.be/hoewijhelpen/begeleiding/schokkende-gebeurtenis/slachtofferhulp/

> Further information:

<https://stop-violence.brussels/carte-des-services>