

ARE YOU THE VICTIM OF DOMESTIC ABUSE IN PORTUGAL?



You're not alone.
We're here to help.

WHAT IS DOMESTIC ABUSE?

In Portugal, domestic abuse ("violência doméstica") is defined as any behaviour, or absence of it, that inflicts suffering. It can be carried out directly or indirectly, with or without intent, through any means towards another member of the family, including ex-spouses and partners, parents and children.

TYPES OF ABUSE:

- Physical, including intimidation
- Sexual
- Emotional
- Psychological
- Financial
- Verbal, including threats
- Social isolation (preventing contact with family and friends, and access to phone, denying access to healthcare)



DOES PORTUGUESE LAW PROTECT ME?

Yes. The Portuguese Penal Code deals with domestic abuse under article 152 - Law no. 59/2007. The law criminalises "physical and psychological abuse, including physical punishment, deprivation of freedom and sexual offences (...) regardless of gender" inflicted by an aggressor who "maintains or has maintained a similar relationship to spouses, even if not living in the same space." Domestic abuse in Portugal is punishable with a prison sentence of one to five years.

I SUFFER FROM DOMESTIC ABUSE. WHAT SHOULD I DO?

If you feel at risk, call the domestic abuse helpline on **800 202 148** (anonymous, confidential, free of charge, available 24/7, 365 days a year) to speak with a trained support worker, who can inform you of your rights, give you psychological and emotional support, and guide you through the next steps.

You can also contact Portuguese Victim Support **APAV** on their helpline (+351) **116 006** (available Monday to Friday, 9am-9pm) for free legal advice, emotional and psychological support.

If you need emergency assistance, call **112** - the **national emergency number in Portugal**. If you need medical treatment, go to the A&E Department of your nearest hospital or health centre.

The **British Consulate in Portugal** is also here to help. Call us on (+351) **21 392 4000**.

WHO CAN REPORT THE CRIME?

Domestic abuse is a **public crime** in Portugal. This means anyone can report the crime and criminal proceedings will take place even without your consent. For example, a member of the public who witnesses domestic abuse can report their concerns to one of the Portuguese police forces or to the Public Prosecutor who will investigate the allegations.

WHEN AND WHERE CAN I REPORT THE CRIME?

There is no time limit on reporting domestic abuse – you can report it at any time from the moment you have suffered the abuse, though it is better if you report what has happened as soon as possible.

You can report the crime to the following authorities in Portugal:

- the **police** (any of the three police forces: Polícia de Segurança Pública, Guarda Nacional Republicana, or Polícia Judiciária),
- the **Court/Public Prosecutor**
- **online** (Portuguese only): <https://queixaselectronicas.mai.gov.pt>

WHAT HAPPENS AFTER THE CRIME HAS BEEN REPORTED?

Your statement (or the statement of the person who reported the crime) is recorded as a notification (*auto de notícia*). If you have reported the abuse, you will be notified of your rights as the victim. If you have injuries, you will also be asked to attend a specific medical exam (with the court doctor).

Even if you are not the one reporting the abuse, the police will investigate the complaint and use the information they obtain to decide whether they can refer the allegations to the public prosecutor.

If you have to leave your home, there is a network of **safe houses** around Portugal. Support organisations can help you guarantee a place in one of these houses, which are usually at a confidential location.

This mobile application gives you access to all the support available in your area, including contacts for local police, hospital and charities.



SUPPORT NETWORK IN PORTUGAL

APAV - Associação Portuguesa de Apoio à Vítima

<http://www.apav.pt>

Helpline : 116 006

E-mail: apav.sede@apav.pt

AMCV - Association of Women Against Violence

<http://www.amcv.org.pt>

Tel: +351213802165

E-mail: ca@amcv.org.pt

UMAR - Alternative Union of Women and Response

<http://www.umarfeminismos.org> Tel: +351 218 873 005

E-mail: umar.sede@sapo.pt

SUPPORT NETWORK IN THE UK

National Domestic Violence Helpline (Refuge and Women's Aid)

Tel: 0808 2000 247

National LGBT Domestic Abuse Helpline (Galop)

Tel: 0808 802 5565

Respond – Tel: 0808 808 0700

Respect – Tel: 0808 802 4040 **Men's Advice Line**

Local Services – Find your nearest support office on:
www.womensaid.org.uk/domestic-abuse-directory



British Embassy
Lisbon

Rua de São Bernardo, 33, 1249-082 Lisboa
Consular Contact Centre: +351 213 924 000
www.gov.uk/world/Portugal