1. **AFGHANISTAN  
   What a Woman Facing Harassment in Afghanistan Can Do**
2. **Immediate Actions:**
   * **Stay Safe: If possible, move to a safe location immediately.**
   * **Call for Help: Contact local authorities or trusted individuals.**
   * **Document the Incident: Keep any evidence such as messages, emails, or photographs.**
   * **Inform Trusted People: Tell family members, friends, or colleagues about the situation.**
   * **Seek Legal Advice: Contact local NGOs or legal organizations specializing in women's rights.**
3. **Legal Recourse:**
   * **File a Police Report: Report the harassment to the local police. If the local police are uncooperative, seek higher authorities.**
   * **Seek Protection Orders: Ask for a protection order if you fear for your safety.**
   * **Legal Support: Contact NGOs or legal bodies that offer free legal aid to women facing harassment.**
4. **Psychological Support:**
   * **Counseling Services: Seek counseling from local or international organizations that provide support for women.**
   * **Support Groups: Connect with women’s rights groups or support networks.**
5. **Long-term Actions:**
   * **Employment Protection: If harassment occurs at work, report it to your employer and consider seeking protection under Afghan labor laws.**
   * **Relocation: Consider relocating if the situation remains unsafe.**

**Emergency Contacts in Afghanistan:**

1. **Police Emergency: 119**
2. **Ministry of Women’s Affairs: +93 (0) 202-510-805**
3. **AIHRC (Afghanistan Independent Human Rights Commission): +93 (0) 202-512-358 / 202-514-582**
4. **UN Women Afghanistan: +93 (0) 793-777-775**
5. **Women for Afghan Women (WAW): +93 (0) 702-794-347**
6. **Legal Aid Organization of Afghanistan (LAOA): +93 (0) 202-500-266**
7. ALBANIA  
   **What a Woman Facing Harassment in Albania Can Do**
8. **Immediate Actions**:
   * **Stay Safe**: Move to a safe and secure location immediately.
   * **Call for Help**: Contact local authorities or trusted individuals to intervene.
   * **Document the Incident**: Preserve any evidence like messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Tell family, friends, or colleagues about the harassment.
   * **Seek Legal Advice**: Reach out to NGOs or legal services that specialize in women's rights for guidance.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police. Insist on your rights and seek support from legal entities if needed.
   * **Seek Protection Orders**: Request a protection order if you feel your safety is at risk.
   * **Legal Support**: Contact organizations that provide free legal assistance to women facing harassment.
10. **Psychological Support**:
    * **Counseling Services**: Access counseling services from local or international organizations that support women.
    * **Support Groups**: Join women's rights organizations or support networks to connect with others facing similar issues.
11. **Long-term Actions**:
    * **Employment Protection**: If the harassment occurs at work, report it to your employer and seek protection under Albanian labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe.

**Emergency Contacts in Albania**:

1. **Police Emergency**: 129
2. **National Hotline for Women and Girls**: 116-117
3. **The Albanian Women's Empowerment Network (AWEN)**: +355 (0) 4222-8322
4. **Tirana Legal Aid Society (TLAS)**: +355 (0) 4243-1281
5. **Counseling Line for Women and Girls**: +355 (0) 4227-0533
6. **Women to Women (Gruaja Tek Gruaja)**: +355 (0) 3824-7625

These contacts can offer immediate help, legal advice, and ongoing support for women facing harassment in Albania.

1. ALGERIA  
   **What a Woman Facing Harassment in Algeria Can Do**
2. **Immediate Actions**:
   * **Seek Safety**: Move to a secure location as quickly as possible.
   * **Call for Help**: Contact local authorities, friends, or family members who can provide immediate assistance.
   * **Document the Incident**: Keep any evidence such as text messages, emails, or photographs related to the harassment.
   * **Inform Trusted People**: Let close family members or friends know about the harassment.
   * **Seek Legal Advice**: Contact local NGOs or legal services that specialize in women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police. If facing resistance, seek support from legal or women’s rights organizations.
   * **Request Protection Orders**: If your safety is at risk, ask for a protection order.
   * **Legal Assistance**: Reach out to organizations that offer free legal aid to women experiencing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or international organizations that assist women.
   * **Support Networks**: Join women’s rights groups or support networks for solidarity and advice.
5. **Long-term Actions**:
   * **Employment Protection**: If harassment occurs at work, report it to your employer and explore protection options under Algerian labor laws.
   * **Relocation**: Consider moving if the situation remains unsafe or if you are continuously harassed.

**Emergency Contacts in Algeria**:

1. **Police Emergency**: 1548
2. **Gendarmerie Nationale (National Gendarmerie)**: 1055
3. **SOS Femmes en Détresse (SOS Women in Distress)**: +213 (0) 2344-6464
4. **CIDDEF (Centre d’Information et de Documentation sur les Droits de l’Enfant et de la Femme)**: +213 (0) 2164-7136
5. **National Family Protection Hotline**: 1527
6. **Women’s Rights Association**: +213 (0) 2167-2178

These contacts provide immediate assistance, legal guidance, and emotional support to women facing harassment in Algeria.

1. ANDORRA  
   **What a Woman Facing Harassment in Andorra Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location as soon as possible.
   * **Call for Help**: Contact local authorities, family, or trusted friends for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photographs related to the harassment.
   * **Inform Trusted Individuals**: Share the details of the harassment with trusted family members or friends.
   * **Seek Legal Advice**: Contact legal services or NGOs that specialize in women’s rights for guidance on your options.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police to initiate a legal process.
   * **Request Protection Orders**: If your safety is threatened, ask for a protection order.
   * **Legal Assistance**: Seek help from organizations that offer legal aid to women experiencing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local or international organizations that support women in distress.
   * **Support Networks**: Connect with women's rights organizations or support groups for additional help and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurs at work, report it to your employer and explore protection options under Andorran labor laws.
   * **Relocation**: Consider relocating if you continue to feel unsafe or if the harassment persists.

**Emergency Contacts in Andorra**:

1. **Police Emergency**: 110
2. **Andorran Women’s Association (Associació de Dones d’Andorra)**: +376 828 222
3. **Andorran Red Cross (Cruz Roja Andorrana)**: +376 808 225
4. **Servei d'Atenció a les Víctimes de Violència Domèstica**: +376 861 223
5. **Social Services of Andorra**: +376 872 172
6. **Department of Equality Policies and Social Welfare**: +376 875 700
7. ANGOLA  
   **What a Woman Facing Harassment in Angola Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately.
   * **Call for Help**: Reach out to local authorities, family, or friends for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share the details of the harassment with trusted family members or friends.
   * **Seek Legal Advice**: Contact NGOs or legal services that specialize in women’s rights for advice on your options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially recorded.
   * **Request Protection Orders**: If your safety is at risk, ask for a protection order from the authorities.
   * **Legal Assistance**: Reach out to organizations that provide legal aid to women facing harassment.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or international organizations that assist women in distress.
    * **Support Networks**: Join women’s rights groups or support networks for additional help and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Angolan labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if the harassment continues.

**Emergency Contacts in Angola**:

1. **Police Emergency**: 113
2. **Ministry of Family and Women’s Promotion (MINFAMU)**: +244 (0) 222 334 032
3. **SOS Hotline for Women and Children**: +244 (0) 912 507 007
4. **Angolan Bar Association (Ordem dos Advogados de Angola)**: +244 (0) 222 391 415
5. **Rede Mulher Angola (Women’s Network Angola)**: +244 (0) 923 457 514
6. **Family Counseling Centers (Centros de Aconselhamento Familiar)**: Available through local health centers and social services.
7. ANTIGUA AND BARBUDA  
   **What a Woman Facing Harassment in Antigua and Barbuda Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact local authorities or trusted individuals for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for advice on how to proceed.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police to initiate an official investigation.
   * **Request Protection Orders**: If you fear for your safety, request a protection order from the court.
   * **Legal Assistance**: Contact organizations that offer legal aid to women experiencing harassment to help navigate the legal process.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or international organizations that provide assistance to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for guidance and solidarity.
11. **Long-term Actions**:
    * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Antiguan labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Antigua and Barbuda**:

1. **Police Emergency**: 911
2. **Antigua and Barbuda Support and Referral Centre (SARC)**: +1 268 463-5555
3. **Directorate of Gender Affairs**: +1 268 462-3990
4. **Women Against Rape (WAR)**: +1 268 788-9111
5. **Family and Social Services Division**: +1 268 462-0935
6. **Legal Aid and Advice Centre**: +1 268 462-0363
7. ARGENTINA  
   **What a Woman Facing Harassment in Argentina Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place as soon as possible if you feel threatened.
   * **Call for Help**: Contact local authorities, friends, or family for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support.
   * **Seek Legal Advice**: Reach out to NGOs or legal services that specialize in women’s rights for advice on how to proceed.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure that the incident is formally documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that offer free legal aid to women facing harassment to help you navigate the legal process.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or international organizations that offer services to women in distress.
    * **Support Networks**: Join women’s rights groups or support networks for guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If the harassment occurs at work, report it to your employer and explore protection options under Argentine labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if the harassment persists.

**Emergency Contacts in Argentina**:

1. **Police Emergency**: 911
2. **National Hotline for Gender-based Violence**: 144 (24/7 hotline providing assistance and advice)
3. **Ministry of Women, Gender, and Diversity**: +54 11 4349-7000
4. **Free Legal Advice Offices (Consultorios Jurídicos Gratuitos)**: Available through local bar associations
5. **Women's Assistance Office (Oficina de Asistencia a la Víctima y al Testigo)**: +54 11 5300-4000
6. **Line 137 (Emergency assistance for victims of domestic violence)**: +54 11 137
7. ARMENIA  
     
   **What a Woman Facing Harassment in Armenia Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate support.
   * **Document the Incident**: Keep any evidence such as text messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share the situation with trusted family members or friends for emotional and practical support.
   * **Seek Legal Advice**: Reach out to NGOs or legal services that specialize in women’s rights for guidance on your options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: If you fear for your safety, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to assist you with legal proceedings.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or international organizations that provide services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If the harassment occurs at work, report it to your employer and explore protection options under Armenian labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Armenia**:

1. **Police Emergency**: 102
2. **Ministry of Labor and Social Affairs**: +374 10 526-932
3. **National Hotline for Domestic Violence and Women’s Rights**: +374 10 546-800 / +374 99 884-808
4. **Women's Resource Center Armenia**: +374 10 542-121
5. **Coalition to Stop Violence Against Women**: +374 60 447-448
6. **Legal Aid Centers**: Available through local NGOs and human rights organizations
7. AUSTRALIA  
   **What a Woman Facing Harassment in Australia Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place as soon as possible if you feel threatened.
   * **Call for Help**: Contact local authorities, friends, or family for immediate support.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share the details with trusted family members or friends for support and advice.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance on your options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially recorded.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (such as an Apprehended Violence Order, AVO) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to help with legal proceedings.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If the harassment occurs at work, report it to your employer and explore protection options under Australian labor laws. The Fair Work Commission and Safe Work Australia can provide additional support.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Australia**:

1. **Police Emergency**: 000
2. **1800RESPECT (National Sexual Assault, Domestic Family Violence Counselling Service)**: 1800 737 732 (24/7)
3. **Lifeline (Crisis Support and Suicide Prevention)**: 13 11 14
4. **Women's Legal Services Australia**: Access via state-specific services for free legal advice
5. **Safe Steps Family Violence Response Centre (Victoria)**: 1800 015 188 (24/7)
6. **Rape & Domestic Violence Services Australia**: 1800 943 539
7. AUSTRIA  
     
   **What a Woman Facing Harassment in Austria Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support.
   * **Seek Legal Advice**: Reach out to NGOs or legal services that specialize in women’s rights for guidance on your legal options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure that the incident is formally documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (such as a restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to help with the legal process.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or national organizations that provide services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If the harassment occurs at work, report it to your employer and explore protection options under Austrian labor laws. The Chamber of Labour (Arbeiterkammer) can also provide support.
    * **Relocation**: Consider relocating if the situation remains unsafe or if the harassment persists.

**Emergency Contacts in Austria**:

1. **Police Emergency**: 133
2. **Women's Emergency Helpline (Frauenhelpline gegen Gewalt)**: 0800 222 555 (24/7, confidential and anonymous)
3. **Counseling for Women and Girls (Beratung für Frauen und Mädchen)**: Available through various regional centers
4. **24-Hour Emergency Line Vienna (Wiener Frauenhäuser)**: +43 1 71719
5. **Domestic Abuse Intervention Center Vienna (Interventionsstelle gegen Gewalt in der Familie)**: +43 1 585 32 88
6. **Legal Aid for Women (Rechtsberatung für Frauen)**: Accessible through women's shelters and support organizations across Austria
7. AZERBAIJAN  
   **What a Woman Facing Harassment in Azerbaijan Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place as soon as possible if you feel threatened.
   * **Call for Help**: Contact local authorities, family members, or trusted friends for immediate support.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share the details of the harassment with trusted family members or friends for support and advice.
   * **Seek Legal Advice**: Reach out to NGOs or legal services that specialize in women’s rights for guidance on your legal options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure that the incident is officially recorded.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to help with the legal process.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If the harassment occurs at work, report it to your employer and explore protection options under Azerbaijani labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Azerbaijan**:

1. **Police Emergency**: 102
2. **National Hotline for Domestic Violence**: +994 12 464 90 24 (24/7, provided by the State Committee for Family, Women, and Children Affairs)
3. **State Committee for Family, Women, and Children Affairs**: +994 12 598 68 53
4. **Azerbaijan Women’s Association**: +994 12 493 23 92
5. **Local Women’s Crisis Centers**: Available through regional social services and NGOs
6. **Legal Aid for Women**: Provided by various local NGOs and legal aid organizations
7. THE BAHAMAS  
   **What a Woman Facing Harassment in The Bahamas Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance on your options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure that the incident is officially recorded.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to help with the legal process.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If the harassment occurs at work, report it to your employer and explore protection options under Bahamian labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in The Bahamas**:

1. **Police Emergency**: 911
2. **National Domestic Violence Hotline**: 242-322-2763 (24/7, provided by the Ministry of Social Services and Urban Development)
3. **Crisis Centre Bahamas**: +1 242-328-0922
4. **Bahamas Association for Social Health (BASH)**: +1 242-326-9782
5. **Family Violence Hotline**: Available through local social services and support organizations
6. **Legal Aid**: Access through the Legal Aid Department and various local NGOs

**What a Woman Facing Harassment in Bahrain Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support and advice.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance on your legal options.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide legal aid to women facing harassment to help with legal proceedings.
3. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
4. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Bahraini labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Bahrain**:

1. **Police Emergency**: 999
2. **National Domestic Violence Hotline**: +973 1789 1111 (Ministry of Social Development)
3. **Bahrain Women’s Association**: +973 1773 6100
4. **Social Service Centers (Ministry of Social Development)**: +973 1723 5858
5. **Legal Aid (Ministry of Justice and Islamic Affairs)**: +973 1753 4815
6. **Counseling Services**: Available through local NGOs and mental health professionals
7. BANGLADESH  
   **What a Woman Facing Harassment in Bangladesh Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate support.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support and advice.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance on your legal options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to assist with legal proceedings.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Bangladeshi labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Bangladesh**:

1. **Police Emergency**: 999
2. **National Helpline for Women (Domestic Violence)**: 109 (24/7)
3. **Bangladesh National Women Lawyers’ Association (BNWLA)**: +880 2 956 1041
4. **Awaj Foundation**: +880 2 912 7885 (Supports women’s rights and provides legal aid)
5. **Women and Children Affairs Ministry**: +880 2 955 4754
6. **Counseling Services**: Available through local NGOs and mental health organizations, such as the **Centre for Women and Children Studies (CWCS)**
7. BARBADOS  
   **What a Woman Facing Harassment in Barbados Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support and advice.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance on your legal options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to assist with the legal process.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Barbadian labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Barbados**:

1. **Police Emergency**: 211
2. **National Domestic Violence Hotline**: +1 246 535 3551 (provided by the National Organization of Women)
3. **Family & Children Services (Ministry of People Empowerment and Elder Affairs)**: +1 246 535 5000
4. **Rape Crisis Center Barbados**: +1 246 437 2900
5. **Legal Aid and Advice**: Contact the Legal Aid Department for free legal assistance
6. **Counseling Services**: Available through various local NGOs and mental health professionals
7. BELARUS  
    **What a Woman Facing Harassment in Belarus Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support and advice.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance on your legal options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to help with legal proceedings.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Belarusian labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Belarus**:

1. **Police Emergency**: 102
2. **National Hotline for Domestic Violence**: 8 800 2000 122 (operated by the Ministry of Internal Affairs)
3. **Women’s Crisis Center (Minsk)**: +375 17 237 20 35
4. **Belarusian Association of Women’s Associations**: +375 17 203 67 92
5. **Legal Aid Centers**: Available through local NGOs and legal aid organizations
6. **Counseling Services**: Available through local psychological support centers and NGOs
7. **What a Woman Facing Harassment in Belgium Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support and advice.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance on your legal options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order (restraining order) from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment to help with legal proceedings.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
    * **Support Networks**: Connect with women’s rights groups or support networks for additional guidance, solidarity, and advice.
11. **Long-term Actions**:
    * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Belgian labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or if harassment persists.

**Emergency Contacts in Belgium**:

1. **Police Emergency**: 101
2. **Violence and Abuse Helpline (Belgian Institute for the Equality of Women and Men)**: 0800 30 030
3. **Télé-Accueil (French-speaking crisis hotline)**: 107
4. **CAW (Centrum Algemeen Welzijnswerk) for General Welfare Services**: 078 150 300
5. **PsyBelgium (Psychological Support Services)**: Available through local providers
6. **Legal Aid**: Accessible through legal aid bureaus (Bureaux d'Aide Juridique) and various local NGOs
7. **Belize: What a Woman Facing Harassment Can Do**
8. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support.
   * **Seek Legal Advice**: Contact NGOs or legal services that focus on women’s rights for guidance on your legal options.
9. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
10. **Psychological Support**:
    * **Counseling Services**: Seek psychological support from local organizations that offer services to women in distress.
    * **Support Networks**: Connect with women’s rights groups for additional guidance and support.
11. **Long-term Actions**:
    * **Workplace Protection**: Report workplace harassment to your employer and explore protection options under Belizean labor laws.
    * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Belize**:

* **Police Emergency**: 911
* **Domestic Violence Unit**: +501 207 0193
* **Women’s Department (Ministry of Human Development)**: +501 227 7397
* **Legal Aid Center**: +501 227 3292
* **National Women’s Commission**: +501 223 4285

1. **Benin: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if threatened.
   * **Call for Help**: Contact local authorities, family members, or trusted friends for support.
   * **Document the Incident**: Preserve evidence like messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family or friends.
   * **Seek Legal Advice**: Contact NGOs or legal services focusing on women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure the incident is documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Reach out to organizations that provide free legal aid to women.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations.
   * **Support Networks**: Connect with women’s rights groups for guidance and support.
5. **Long-term Actions**:
   * **Workplace Protection**: Report harassment to your employer and explore protection under Beninese labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Benin**:

* **Police Emergency**: 117
* **National Hotline for Violence Against Women**: +229 21 32 23 52
* **Women’s Rights Organizations**: Various NGOs provide support; contact local women’s groups.
* **Legal Aid Services**: Provided through the Ministry of Justice and various NGOs.

1. **Bhutan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location if threatened.
   * **Call for Help**: Contact local authorities, friends, or family members for immediate assistance.
   * **Document the Incident**: Keep evidence like messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services that focus on women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations.
   * **Support Networks**: Connect with women’s rights groups for guidance and support.
5. **Long-term Actions**:
   * **Workplace Protection**: Report harassment to your employer and explore protection under Bhutanese labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Bhutan**:

* **Police Emergency**: 113
* **National Commission for Women and Children (NCWC)**: +975 2 334 751
* **Reneew Bhutan (Support for Women)**: +975 1773 5615
* **Legal Aid (Judiciary of Bhutan)**: Available through the Royal Court of Justice.
* **Psychosocial Support**: Available through NCWC and other local NGOs.

1. **Bolivia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends for support.
   * **Seek Legal Advice**: Contact NGOs or legal services that specialize in women’s rights for guidance on legal options.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: If your safety is at risk, request a protection order from the court.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Bolivian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Bolivia**:

* **Police Emergency**: 110
* **Linea Gratuita 800-10-03-48 (Free Domestic Violence Helpline)**: Available 24/7
* **SLIM (Municipal Integrated Legal Service)**: Local offices across Bolivia provide legal assistance and support.
* **Red de Prevención y Atención de Violencia (Network for Prevention and Attention to Violence)**: +591 2 244 1462
* **Legal Aid Services**: Available through the Ministry of Justice and various NGOs.

1. **Bosnia and Herzegovina: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for support.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Contact NGOs or legal services focusing on women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure it is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Bosnian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Bosnia and Herzegovina**:

* **Police Emergency**: 122
* **SOS Hotline for Women and Children Victims of Violence**: +387 1265
* **Foundation United Women Banja Luka**: +387 51 462 146
* **Sarajevo Open Center**: +387 33 551 000 (Offers legal and psychological support)
* **Legal Aid Services**: Available through various NGOs and government offices.

1. **Botswana: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Contact NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Botswana’s labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Botswana**:

* **Police Emergency**: 999
* **Gender-Based Violence Hotline**: 0800 600 144
* **Women Against Rape (WAR)**: +267 686 1533
* **Emang Basadi (Women’s Rights Organization)**: +267 391 1315
* **Legal Aid Services**: Available through various NGOs and government offices.

1. **Brazil: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Contact NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Brazilian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Brazil**:

* **Police Emergency**: 190
* **Women’s Helpline (Central de Atendimento à Mulher)**: 180 (24/7 service for women in distress)
* **Women’s Police Station (Delegacia da Mulher)**: Local offices throughout the country provide specialized support.
* **Human Rights Secretariat**: +55 61 2027 3777
* **Legal Aid Services**: Available through public defenders and various NGOs.

1. **Brunei: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Contact NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Brunei’s labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Brunei**:

* **Police Emergency**: 993
* **Women and Children’s Abuse Hotline**: 141 (Available 24/7)
* **Department of Community Development (JAPEM)**: +673 238 0704
* **Counseling and Support Services**: Available through JAPEM and other NGOs
* **Legal Aid Services**: Available through government programs and various legal organizations.

1. **Bulgaria: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve evidence like messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family or friends for support.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if your safety is at risk.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Bulgarian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Bulgaria**:

* **Police Emergency**: 112
* **National Hotline for Violence Against Women**: 0800 1 8676
* **Animus Association Foundation**: +359 2 981 7686 (Provides counseling and support for women)
* **Legal Aid Services**: Available through the National Legal Aid Bureau and various NGOs.
* **Psychosocial Support**: Available through the Bulgarian Red Cross and other local NGOs.

1. **Burkina Faso: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, friends, or family members for immediate assistance.
   * **Document the Incident**: Keep evidence like messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services focusing on women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Burkina Faso’s labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Burkina Faso**:

* **Police Emergency**: 17
* **National Women’s Hotline**: +226 25 30 60 62
* **Association of Women Lawyers of Burkina Faso (AFJ/BF)**: +226 50 30 60 62 (Provides legal and psychological support)
* **Legal Aid Services**: Available through the Ministry of Justice and various NGOs.
* **Counseling and Support**: Provided by local NGOs and women's organizations.

1. **Burundi: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if threatened.
   * **Call for Help**: Contact local authorities, friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Burundian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Burundi**:

* **Police Emergency**: 117
* **S.O.S Femmes et Enfants Victimes de Violence Familiale (S.O.S. Women and Children Victims of Domestic Violence)**: +257 22 27 63 41
* **Burundi Women Lawyers Association (AFJ)**: +257 22 27 63 41 (Provides legal and psychological support)
* **Legal Aid Services**: Available through various NGOs and government offices.
* **Psychosocial Support**: Provided by local NGOs and international organizations.

1. **Cabo Verde (Cape Verde): What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if your safety is at risk.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Cabo Verdean labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Cabo Verde**:

* **Police Emergency**: 132
* **National Commission for Human Rights and Citizenship**: +238 261 52 57
* **Cabo Verdean Institute for Gender Equality and Equity**: +238 260 76 80 (Provides support and legal advice)
* **Legal Aid Services**: Available through government programs and various NGOs.
* **Psychosocial Support**: Available through local NGOs and women’s associations.

1. **Cambodia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Contact NGOs or legal services specializing in women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or international organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Cambodian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Cambodia**:

* **Police Emergency**: 117
* **Women’s Resource Center (WRC)**: +855 12 301 302 (Provides counseling and legal advice)
* **Cambodian Women’s Crisis Center (CWCC)**: +855 23 997 967 (Offers shelter, counseling, and legal support)
* **Legal Aid Cambodia**: +855 23 217 016 (Provides free legal aid services)
* **Human Rights Organizations**: Available through local NGOs and international bodies.

1. **Cameroon: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Keep any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Cameroonian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Cameroon**:

* **Police Emergency**: 117
* **Ministry of Women’s Empowerment and the Family**: +237 22 22 40 92 (Provides support and resources for women)
* **Women in Alternative Action (WAA Cameroon)**: +237 233 42 25 62 (Offers legal and psychological support)
* **Legal Aid Services**: Available through government programs and various NGOs.
* **Psychosocial Support**: Available through local NGOs and international organizations.

1. **Canada: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Canadian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Canada**:

* **Police Emergency**: 911
* **National Domestic Violence Hotline**: 1-800-799-7233 (Available 24/7)
* **Sexual Assault Centres**: Various locations offer immediate support and legal advice.
* **Legal Aid Services**: Available through provincial legal aid offices and various NGOs.
* **Psychosocial Support**: Available through local and national organizations, such as the Canadian Mental Health Association (CMHA).

1. **Central African Republic: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or international organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Central African labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Central African Republic**:

* **Police Emergency**: 117
* **UNICEF CAR**: +236 21 61 40 48 (Provides support to women and children)
* **Women’s Protection Centers**: Available in various locations offering shelter and legal advice.
* **Legal Aid Services**: Available through local NGOs and international organizations.
* **Psychosocial Support**: Provided by NGOs such as the International Rescue Committee (IRC).

1. **Chad: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or international organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Chadian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Chad**:

* **Police Emergency**: 17
* **Ministry of Women, Early Childhood Protection, and National Solidarity**: +235 66 20 92 92 (Provides support and resources for women)
* **Association for the Promotion of Fundamental Freedoms in Chad (APLFT)**: +235 22 52 24 68 (Provides legal and psychological support)
* **Legal Aid Services**: Available through various NGOs and government offices.
* **Psychosocial Support**: Provided by local NGOs and international organizations.

1. **Chile: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Contact NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Chilean labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Chile**:

* **Police Emergency (Carabineros)**: 133
* **National Service for Women and Gender Equality (SERNAMEG)**: 1455 (Provides support and resources for women)
* **Corporación Humanas**: +56 2 2639 7388 (Offers legal support for women)
* **Legal Aid Services**: Available through SERNAMEG and various NGOs.
* **Psychosocial Support**: Available through local NGOs and women’s organizations.

1. **China: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the local police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Chinese labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in China**:

* **Police Emergency**: 110
* **All-China Women’s Federation**: +86 10 6510 5786 (Provides support and resources for women)
* **Legal Aid Centers**: Available in major cities and through various NGOs.
* **Psychosocial Support**: Provided by local NGOs and international organizations

1. **Colombia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or national organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Colombian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Colombia**:

* **Police Emergency**: 123
* **National Police Line for Women**: 155
* **Legal Aid Services**: Available through the Ministry of Justice and various NGOs.
* **Casa de la Mujer**: +57 1 287 8361 (Offers legal and psychological support)
* **Psychosocial Support**: Available through local NGOs and women’s organizations.

1. **Comoros: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact local authorities, trusted friends, or family members for immediate assistance.
   * **Document the Incident**: Preserve any evidence such as messages, emails, or photos related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with trusted family members or friends.
   * **Seek Legal Advice**: Reach out to NGOs or legal services specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure the incident is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact organizations that provide free legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local or international organizations that offer services to women in distress.
   * **Support Networks**: Connect with women’s rights groups for additional guidance, solidarity, and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurs at work, report it to your employer and explore protection options under Comorian labor laws.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Comoros**:

* **Police Emergency**: 117
* **Ministry of Health, Solidarity, Social Protection and Gender Promotion**: +269 773 09 69 (Provides support and resources for women)
* **Local Women’s Organizations**: Available in various locations offering support and legal advice.
* **Legal Aid Services**: Available through NGOs and international organizations.
* **Psychosocial Support**: Provided by local NGOs and international organizations.

1. **Congo, Democratic Republic of the: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place if you feel threatened.
   * **Call for Help**: Contact local authorities or trusted individuals for immediate support.
   * **Document the Incident**: Keep evidence such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your experience with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women's rights for legal assistance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it's documented.
   * **Request Protection Orders**: Seek a protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal services that provide free legal aid.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support from NGOs or local organizations.
   * **Support Networks**: Join women's groups for solidarity and further advice.
5. **Long-term Actions**:
   * **Workplace Protection**: Report workplace harassment to your employer and explore legal protections.
   * **Relocation**: Consider relocating if the situation remains unsafe.

**Emergency Contacts in the Democratic Republic of the Congo**:

* **Police Emergency**: 112
* **Ministry of Gender, Family, and Children**: +243 812 500 000 (Offers resources and support for women)
* **Women’s Rights Organizations**: Available in major cities for legal and psychological support.
* **Panzi Foundation**: +243 97 878 3674 (Provides support for survivors of gender-based violence)
* **Legal Aid Services**: Offered through various NGOs.

1. **Congo, Republic of the: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location.
   * **Call for Help**: Contact local authorities or trusted friends and family.
   * **Document the Incident**: Save any evidence related to the harassment.
   * **Inform Trusted Individuals**: Share your situation with people you trust.
   * **Seek Legal Advice**: Reach out to women’s rights organizations for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Ensure the incident is officially reported and documented.
   * **Request Protection Orders**: Apply for protection if necessary.
   * **Legal Assistance**: Contact NGOs that offer legal support to women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs or local services.
   * **Support Networks**: Connect with women’s groups for additional help.
5. **Long-term Actions**:
   * **Workplace Protection**: Report harassment at work to your employer and explore legal protections.
   * **Relocation**: Consider relocation if the situation continues to be unsafe.

**Emergency Contacts in the Republic of the Congo**:

* **Police Emergency**: 117
* **Ministry of Social Affairs and Women’s Rights**: +242 06 665 3011 (Offers support for women)
* **Association Congolaise des Droits de l’Homme (ACDH)**: +242 05 581 1768 (Provides legal support)
* **Legal Aid Services**: Available through NGOs and legal clinics.
* **Psychosocial Support**: Offered by local and international NGOs.

1. **Costa Rica: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe environment if threatened.
   * **Call for Help**: Contact authorities, friends, or family for immediate assistance.
   * **Document the Incident**: Keep records of the harassment, including messages or witness statements.
   * **Inform Trusted Individuals**: Speak with trusted people for support and advice.
   * **Seek Legal Advice**: Reach out to organizations focused on women’s rights for legal help.
3. **Legal Recourse**:
   * **File a Police Report**: Officially report the harassment to the police.
   * **Request Protection Orders**: If needed, seek legal protection from the court.
   * **Legal Assistance**: Contact NGOs or government services that offer free legal aid.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological help through local services or NGOs.
   * **Support Networks**: Engage with women’s rights organizations for additional support.
5. **Long-term Actions**:
   * **Workplace Protection**: Report workplace harassment to your employer and know your rights under Costa Rican law.
   * **Relocation**: Consider moving if the situation remains unsafe.

**Emergency Contacts in Costa Rica**:

* **Police Emergency**: 911
* **Instituto Nacional de las Mujeres (INAMU)**: 800-800-3000 (Provides resources and legal support)
* **Judicial Investigation Organization (OIJ)**: +506 2295 3000 (Handles serious complaints)
* **Legal Aid Services**: Available through INAMU and various NGOs.
* **Psychosocial Support**: Provided by local NGOs and women’s shelters.

1. **Côte d'Ivoire: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place if you feel threatened.
   * **Call for Help**: Reach out to local authorities or people you trust for immediate support.
   * **Document the Incident**: Keep evidence such as messages or witness statements.
   * **Inform Trusted Individuals**: Talk to family or friends about your situation.
   * **Seek Legal Advice**: Contact organizations that specialize in women’s rights for legal support.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for protection if necessary.
   * **Legal Assistance**: Contact NGOs or legal clinics for help.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support through NGOs or local organizations.
   * **Support Networks**: Join women’s groups for solidarity and further guidance.
5. **Long-term Actions**:
   * **Workplace Protection**: Report workplace harassment and explore legal protections under Ivorian law.
   * **Relocation**: Consider relocation if safety concerns persist.

**Emergency Contacts in Côte d'Ivoire**:

* **Police Emergency**: 111
* **Ministry of Women, Family and Children**: +225 20 22 60 42 (Offers support and resources for women)
* **Women’s Rights Organizations**: Available in major cities to provide legal aid and psychological support.
* **Legal Aid Services**: Accessible through NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and international organizations.

1. **Croatia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure environment.
   * **Call for Help**: Contact local authorities, friends, or family for immediate assistance.
   * **Document the Incident**: Keep evidence such as text messages, emails, or witness accounts.
   * **Inform Trusted Individuals**: Share your situation with trusted individuals for support.
   * **Seek Legal Advice**: Reach out to women’s rights organizations or legal professionals for assistance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Seek a protection order from the court if necessary.
   * **Legal Assistance**: Contact NGOs or legal services that provide free legal aid to women.
4. **Psychological Support**:
   * **Counseling Services**: Seek psychological support from local services or NGOs.
   * **Support Networks**: Connect with women’s groups for additional guidance and solidarity.
5. **Long-term Actions**:
   * **Workplace Protection**: Report harassment at work to your employer and explore legal protections under Croatian law.
   * **Relocation**: Consider relocating if the situation remains unsafe or persists.

**Emergency Contacts in Croatia**:

* **Police Emergency**: 112
* **Ministry of Demography, Family, Youth, and Social Policy**: +385 1 555 7111 (Provides support and resources for women)
* **Women’s Room - Center for Sexual Rights**: +385 1 6119 174 (Offers legal and psychological support)
* **Legal Aid Services**: Available through various NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and women’s shelters.

1. **Cyprus: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place if you are in danger.
   * **Call for Help**: Contact local authorities or someone you trust for immediate assistance.
   * **Document the Incident**: Keep a record of the harassment, including texts, emails, or photos.
   * **Inform Trusted Individuals**: Talk to friends, family, or colleagues about your situation.
   * **Seek Legal Advice**: Reach out to legal professionals or organizations that specialize in women's rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police, ensuring it is officially recorded.
   * **Request Protection Orders**: Seek legal protection if you feel threatened.
   * **Legal Assistance**: Contact NGOs or legal clinics that provide free legal advice and support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological help through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s groups for community support and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to your HR department or employer.
   * **Relocation**: Consider relocation if your safety is compromised.

**Emergency Contacts in Cyprus**:

* **Police Emergency**: 112 or 199
* **Association for the Prevention and Handling of Violence in the Family (SPAVO)**: 1440 (Offers support to victims of violence)
* **Mediterranean Institute of Gender Studies (MIGS)**: +357 22 351274 (Provides legal advice and support)
* **Legal Aid Services**: Available through government programs and NGOs.
* **Psychosocial Support**: Offered by local NGOs and mental health services.

1. **Czech Republic: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure environment if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep all evidence, such as texts, emails, and photographs.
   * **Inform Trusted Individuals**: Discuss your situation with trusted friends or family.
   * **Seek Legal Advice**: Reach out to women’s rights organizations or legal professionals for assistance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it’s officially documented.
   * **Request Protection Orders**: Apply for a protection order from the court if needed.
   * **Legal Assistance**: Contact NGOs or legal services that provide free legal aid.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological help through NGOs, helplines, or state-provided services.
   * **Support Networks**: Join support groups for women who have faced similar situations.
5. **Long-term Actions**:
   * **Workplace Protection**: Report workplace harassment to HR or your employer, and know your rights under Czech law.
   * **Relocation**: Consider relocation if your safety is still at risk.

**Emergency Contacts in the Czech Republic**:

* **Police Emergency**: 158 or 112
* **Bílý Kruh Bezpečí (White Circle of Safety)**: +420 257 317 110 (Provides support to victims of crime, including harassment)
* **ProFem**: +420 608 22 33 77 (Offers legal advice and psychological support for women)
* **Legal Aid Services**: Accessible through various NGOs and government-funded programs.
* **Psychosocial Support**: Provided by NGOs and mental health services.

### **Denmark: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe environment if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate support.
   * **Document the Incident**: Keep evidence such as text messages, emails, and photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends, family, or colleagues.
   * **Seek Legal Advice**: Contact organizations or legal professionals specializing in women’s rights for assistance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Seek a legal protection order if necessary.
   * **Legal Assistance**: Reach out to NGOs or legal aid services that offer free legal support.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for additional support.
4. **Long-term Actions**:
   * **Workplace Protection**: If the harassment is workplace-related, report it to your HR department or employer.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Denmark**:

* **Police Emergency**: 112
* **Danner**: +45 33 33 00 47 (Provides support for women experiencing violence)
* **Women’s Council in Denmark (Kvinderådet)**: +45 33 12 80 87 (Offers legal advice and support)
* **Legal Aid Services**: Accessible through various NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Djibouti: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location if you feel unsafe.
   * **Call for Help**: Contact local authorities or trusted individuals for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including texts or photos.
   * **Inform Trusted Individuals**: Share your experience with friends or family for support.
   * **Seek Legal Advice**: Reach out to local organizations that support women’s rights for guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for legal protection if necessary.
   * **Legal Assistance**: Contact NGOs that offer legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Join women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: Report workplace harassment to your employer and understand your legal rights.
   * **Relocation**: Consider relocation if the harassment continues and your safety is at risk.

**Emergency Contacts in Djibouti**:

* **Police Emergency**: 17
* **National Union of Djiboutian Women (UNFD)**: +253 21 35 32 79 (Provides support and resources for women)
* **Legal Aid Services**: Available through NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and community centers.

1. **Dominica: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe environment immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for support.
   * **Document the Incident**: Keep evidence such as text messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Talk to friends or family about your situation.
   * **Seek Legal Advice**: Reach out to organizations or legal professionals who specialize in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Seek legal protection if necessary.
   * **Legal Assistance**: Contact NGOs that provide legal support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs or government services.
   * **Support Networks**: Engage with women’s groups for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment is workplace-related, report it to your employer.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Dominica**:

* **Police Emergency**: 999 or 911
* **Dominica National Council of Women**: +1 767 448 7131 (Provides support and resources for women)
* **Legal Aid Services**: Available through government programs and NGOs.
* **Psychosocial Support**: Offered by local NGOs and community services.

1. **Dominican Republic: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place if you are in immediate danger.
   * **Call for Help**: Contact the police or trusted individuals for support.
   * **Document the Incident**: Keep all evidence related to the harassment, including messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal assistance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Seek a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal clinics that offer free legal aid.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Join women’s groups for additional support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your rights under Dominican law.
   * **Relocation**: Consider relocating if the situation remains unsafe.

**Emergency Contacts in the Dominican Republic**:

* **Police Emergency**: 911
* **Ministry of Women (Ministerio de la Mujer)**: +1 809 685 3755 (Provides resources and support for women)
* **Centro de Atención Integral a la Mujer (CAIM)**: +1 809 533 1377 (Offers legal and psychological support)
* **Legal Aid Services**: Available through various NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **East Timor (Timor-Leste): What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact local authorities or someone you trust for immediate support.
   * **Document the Incident**: Keep evidence such as text messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your experience with friends, family, or colleagues.
   * **Seek Legal Advice**: Reach out to organizations that support women’s rights for legal assistance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Seek legal protection if you are in danger.
   * **Legal Assistance**: Contact NGOs or legal services that provide support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s groups for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in East Timor (Timor-Leste)**:

* **Police Emergency**: 112
* **ALFeLa (Women’s Legal Aid)**: +670 331 0273 (Provides legal assistance and support for women)
* **Fokupers (Women's Organization)**: +670 331 0420 (Offers psychosocial support and legal aid)
* **Legal Aid Services**: Accessible through various NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and community services.

1. **Ecuador: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe environment if you are in immediate danger.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep evidence such as messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family.
   * **Seek Legal Advice**: Reach out to organizations that specialize in women's rights for legal support.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal clinics that provide free legal aid.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s groups for community support and advice.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment is workplace-related, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Ecuador**:

* **Police Emergency**: 911
* **National Institute for Women (INFA)**: +593 2 226 4931 (Provides support and resources for women)
* **CEPAM (Center for the Promotion and Action for Women)**: +593 2 256 2299 (Offers legal and psychological support)
* **Legal Aid Services**: Available through government programs and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **Egypt: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location if you feel threatened.
   * **Call for Help**: Contact the police or trusted individuals for immediate support.
   * **Document the Incident**: Keep records of any evidence, including texts, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your experience with friends or family for support.
   * **Seek Legal Advice**: Reach out to women’s rights organizations or legal professionals for assistance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Seek a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs that offer free legal advice and support to women.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
4. **Long-term Actions**:
   * **Workplace Protection**: Report workplace harassment to your HR department or employer, and know your legal rights under Egyptian law.
   * **Relocation**: Consider relocating if your safety remains compromised.

**Emergency Contacts in Egypt**:

* **Police Emergency**: 122
* **National Council for Women (NCW)**: +20 2 2574 0029 (Provides resources and legal support for women)
* **El Nadim Center for the Rehabilitation of Victims of Violence**: +20 2 2575 2332 (Offers psychological and legal support)
* **Legal Aid Services**: Available through various NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **El Salvador: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location if you are in danger.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep any evidence, such as texts, emails, or photos.
   * **Inform Trusted Individuals**: Share your situation with friends or family.
   * **Seek Legal Advice**: Reach out to organizations or legal professionals who specialize in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs that provide legal support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Join women’s groups for additional support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer, and understand your legal rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in El Salvador**:

* **Police Emergency**: 911
* **ISDEMU (Institute for the Development of Women)**: +503 2235 6313 (Provides legal and psychological support for women)
* **Organization of Salvadoran Women for Peace (ORMUSA)**: +503 2226 6060 (Offers support to victims of violence)
* **Legal Aid Services**: Available through government programs and NGOs.
* **Psychosocial Support**: Provided by local NGOs and community centers.

1. **Equatorial Guinea: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure environment if you feel unsafe.
   * **Call for Help**: Contact local authorities or someone you trust for immediate support.
   * **Document the Incident**: Keep records of any evidence, including texts or photos.
   * **Inform Trusted Individuals**: Share your experience with friends, family, or colleagues.
   * **Seek Legal Advice**: Contact local organizations that support women’s rights for legal assistance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Seek legal protection if necessary.
   * **Legal Assistance**: Reach out to NGOs that provide legal aid to women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to your employer and understand your legal rights.
   * **Relocation**: Consider relocating if the harassment continues and your safety is at risk.

**Emergency Contacts in Equatorial Guinea**:

* **Police Emergency**: 112
* **National Institute for Women (INAMU)**: +240 333 092500 (Provides resources and support for women)
* **Legal Aid Services**: Available through NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and community centers.

1. **Estonia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe environment immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep evidence such as messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations that specialize in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal clinics that offer free legal aid for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s organizations for additional support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Estonia**:

* **Police Emergency**: 112
* **Women’s Shelter (Naiste Varjupaik)**: +372 655 6062 (Offers shelter and support for women)
* **Legal Aid Services**: Available through NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Eswatini (Swaziland): What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place if you are in immediate danger.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep evidence such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals specializing in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Seek a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs that provide legal aid for women.
4. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs or state services.
   * **Support Networks**: Engage with women’s groups for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer.
   * **Relocation**: Consider relocating if your safety remains compromised.

**Emergency Contacts in Eswatini**:

* **Police Emergency**: 999
* **Swaziland Action Group Against Abuse (SWAGAA)**: +268 251 82011 (Provides support and resources for women)
* **Legal Aid Services**: Available through NGOs and certain government programs.
* **Psychosocial Support**: Provided by local NGOs and community centers.

1. **Ethiopia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe environment if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate support.
   * **Document the Incident**: Keep records of any evidence, including messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your experience with friends or family for support.
   * **Seek Legal Advice**: Reach out to women’s rights organizations or legal professionals for assistance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Seek a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs that offer free legal advice and support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: Report workplace harassment to your HR department or employer and know your legal rights under Ethiopian law.
   * **Relocation**: Consider relocating if your safety remains compromised.

**Emergency Contacts in Ethiopia**:

* **Police Emergency**: 991
* **Ethiopian Women Lawyers Association (EWLA)**: +251 11 551 3921 (Provides legal support for women)
* **Association for Women's Sanctuary and Development (AWSAD)**: +251 11 551 4690 (Offers shelter and support for women facing violence)
* **Legal Aid Services**: Available through NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Fiji: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities or a trusted person for immediate support.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for emotional support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals who specialize in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs that offer free legal aid and support to women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s groups for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to your employer or HR and know your legal rights.
   * **Relocation**: Consider relocating if your safety continues to be at risk.

**Emergency Contacts in Fiji**:

* **Police Emergency**: 917
* **Fiji Women’s Crisis Centre (FWCC)**: +679 331 3300 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through FWCC and other local NGOs.
* **Psychosocial Support**: Provided by FWCC and local mental health services.

1. **Finland: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations that specialize in women’s rights for legal advice.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer, and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Finland**:

* **Police Emergency**: 112
* **Victim Support Finland (RIKU)**: +358 116 006 (Provides support, counseling, and legal advice for victims of crime, including harassment)
* **Nollalinja (24/7 Support for Women)**: +358 80 005 005 (Offers counseling and support for women facing violence or harassment)
* **Legal Aid Services**: Available through government programs and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **France: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep any evidence, such as text messages, emails, or photos.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice and support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to your HR department or employer, and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains compromised.

**Emergency Contacts in France**:

* **Police Emergency**: 17
* **National Domestic Violence Hotline (3919)**: +33 1 42 50 50 50 (Provides support, counseling, and resources for women facing violence or harassment)
* **Fédération Nationale Solidarité Femmes (FNSF)**: +33 1 40 33 80 60 (Offers support and shelter for women)
* **Legal Aid Services**: Available through government programs and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **The Gambia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in The Gambia**:

* **Police Emergency**: 117
* **Gambia Committee on Traditional Practices Affecting the Health of Women and Children (GAMCOTRAP)**: +220 439 6663 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through GAMCOTRAP and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Georgia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep any evidence, such as text messages, emails, or photos.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice and support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer, and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains compromised.

**Emergency Contacts in Georgia**:

* **Police Emergency**: 112
* **UN Women Georgia**: +995 32 240 1200 (Provides support and resources for women facing violence or harassment)
* **Legal Aid Services**: Available through government programs and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Germany: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for emotional support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals who specialize in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal clinics that provide support and legal aid for women.
4. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights groups for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Germany**:

* **Police Emergency**: 110
* **Helpline for Violence Against Women (24/7)**: 08000 116 016 (Provides support, counseling, and legal advice for women)
* **Frauenhäuser (Women’s Shelters)**: Available across Germany for women needing a safe place.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Ghana: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities or a trusted person for immediate support.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for emotional support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals who specialize in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal clinics that provide support and legal aid for women.
4. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights groups for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Ghana**:

* **Police Emergency**: 191
* **DOVVSU (Domestic Violence and Victim Support Unit)**: +233 302 772 907 (Provides support, counseling, and legal advice for women)
* **Ark Foundation Ghana**: +233 20 706 0324 (Provides shelter and legal aid to women facing violence or harassment)
* **Legal Aid Services**: Available through DOVVSU and other NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Greece: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains compromised.

**Emergency Contacts in Greece**:

* **Police Emergency**: 100
* **National Domestic Violence Helpline (15900)**: +30 15900 (Provides support, counseling, and resources for women facing violence or harassment)
* **Diotima Centre**: +30 210 324 4395 (Offers support and legal assistance to women)
* **Legal Aid Services**: Available through government programs and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Grenada: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Grenada**:

* **Police Emergency**: 911
* **Grenada National Organization of Women (GNOW)**: +1 473 440 3240 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through GNOW and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Guatemala: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for emotional support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals who specialize in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal clinics that provide support and legal aid for women.
4. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights groups for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Guatemala**:

* **Police Emergency**: 110
* **National Coordination of Women (CONAM)**: +502 2200 9898 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through CONAM and other NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Guinea: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Guinea**:

* **Police Emergency**: 117
* **Women’s Rights Organization (AFJ)**: +224 622 67 67 11 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through AFJ and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Guinea-Bissau: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities or a trusted person for immediate support.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for emotional support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals who specialize in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal clinics that provide support and legal aid for women.
4. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights groups for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Guinea-Bissau**:

* **Police Emergency**: 112
* **National Institute for Women and Children (IMC)**: +245 320 48 30 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through IMC and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Guyana: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Guyana**:

* **Police Emergency**: 911
* **Help and Shelter**: +592 225 4731 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through Help and Shelter and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Haiti: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual immediately.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with close friends or family for emotional support.
   * **Seek Legal Advice**: Contact local organizations or legal professionals specializing in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Reach out to NGOs or legal aid services that provide support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your rights.
   * **Relocation**: Consider relocating if your safety is continuously compromised.

**Emergency Contacts in Haiti**:

* **Police Emergency**: 114
* **Women’s Rights Organization (SOFA)**: +509 2943 1696 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through SOFA and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Honduras: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer free legal advice for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Honduras**:

* **Police Emergency**: 911
* **National Institute for Women (INAM)**: +504 2290 0267 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through INAM and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Hungary: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that offer support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Hungary**:

* **Police Emergency**: 112
* **NANE Women’s Rights Association**: +36 80 505 101 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through NANE and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Iceland: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust immediately.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals specializing in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: Report harassment to HR or your employer if it occurred at work and understand your rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Iceland**:

* **Police Emergency**: 112
* **The Women’s Shelter (Kvennaathvarf)**: +354 552 6600 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services

1. **India: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted person for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services that provide support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in India**:

* **Police Emergency**: 100
* **National Helpline for Women (181)**: +91 181 (Provides support, counseling, and legal advice for women)
* **The National Commission for Women**: +91 11 2694 0464 (Offers assistance and legal support)
* **Legal Aid Services**: Available through various NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services

1. **Indonesia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted person for immediate support.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and know your rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Indonesia**:

* **Police Emergency**: 110
* **National Helpline for Women**: +62 21 345 6234 (Provides support, counseling, and legal advice for women)
* **The Indonesian Women’s Association (API)**: +62 21 390 7332 (Offers support and legal aid)
* **Legal Aid Services**: Available through various NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Iran: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities or someone you trust for immediate support.
   * **Document the Incident**: Keep records of any evidence, including messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for emotional support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals specializing in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services that provide support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Iran**:

* **Police Emergency**: 110
* **Support Center for Victims of Violence (SVV)**: Contact through local NGO networks (Provides support and assistance)
* **Legal Aid Services**: Available through local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services

1. **Iceland: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust immediately.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals specializing in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: Report harassment to HR or your employer if it occurred at work and understand your rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Iceland**:

* **Police Emergency**: 112
* **The Women’s Shelter (Kvennaathvarf)**: +354 552 6600 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **India: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted person for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services that provide support for women facing harassment.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
4. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in India**:

* **Police Emergency**: 100
* **National Helpline for Women (181)**: +91 181 (Provides support, counseling, and legal advice for women)
* **The National Commission for Women**: +91 11 2694 0464 (Offers assistance and legal support)
* **Legal Aid Services**: Available through various NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **Indonesia: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted person for immediate support.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
4. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and know your rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Indonesia**:

* **Police Emergency**: 110
* **National Helpline for Women**: +62 21 345 6234 (Provides support, counseling, and legal advice for women)
* **The Indonesian Women’s Association (API)**: +62 21 390 7332 (Offers support and legal aid)
* **Legal Aid Services**: Available through various NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **Iran: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities or someone you trust for immediate support.
   * **Document the Incident**: Keep records of any evidence, including messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for emotional support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals specializing in women’s rights.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police and ensure it is documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services that provide support for women facing harassment.
3. **Psychological Support**:
   * **Counseling Services**: Access mental health support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
4. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Iran**:

* **Police Emergency**: 110
* **Support Center for Victims of Violence (SVV)**: Contact through local NGO networks (Provides support and assistance)
* **Legal Aid Services**: Available through local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **Iraq: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, emails, or photos.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
4. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and know your legal rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Iraq**:

* **Police Emergency**: 104
* **Kurdistan Women’s Union**: +964 750 141 2121 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and women’s organizations.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Ireland: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust immediately.
   * **Document the Incident**: Keep any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to local organizations or legal professionals specializing in women’s rights.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Ireland**:

* **Police Emergency**: 999 or 112
* **Women’s Aid**: +353 1 868 4722 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through Women’s Aid and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Israel: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services that provide support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Israel**:

* **Police Emergency**: 100
* **Association of Rape Crisis Centers**: +972 3 525 1555 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through various local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Italy: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust immediately.
   * **Document the Incident**: Keep records of any evidence, including messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If the harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Italy**:

* **Police Emergency**: 112
* **Telefono Rosa**: +39 02 25 20 25 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through Telefono Rosa and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Jamaica: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and know your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Jamaica**:

* **Police Emergency**: 119
* **Domestic Violence Hotline**: +1 876 927 0077 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through the Legal Aid Council and local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Japan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, including messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety is at risk.

**Emergency Contacts in Japan**:

* **Police Emergency**: 110
* **Women’s Hotline (Tokyo English Lifeline)**: +81 3-5774-0992 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through the Japan Legal Support Center and local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Jordan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Jordan**:

* **Police Emergency**: 911
* **Jordanian Women’s Union**: +962 6 462 2730 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through the Jordanian Women’s Union and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Kazakhstan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Kazakhstan**:

* **Police Emergency**: 102
* **Women’s Rights Hotline (Zhenis)**: +7 7172 507 405 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Kenya: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Kenya**:

* **Police Emergency**: 999 or 112
* **National Domestic Violence Hotline**: +254 722 202 797 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through the Federation of Women Lawyers (FIDA) Kenya and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Kiribati: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Kiribati**:

* **Police Emergency**: 555
* **Women’s Crisis Center**: Contact through local NGOs and community groups.
* **Legal Aid Services**: Available through local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Korea, North: What a Woman Facing Harassment Can Do**

**Note:** Due to the restrictive nature of the regime in North Korea, accessing support services may be challenging. However, general advice includes:

1. **Immediate Actions**:
   * **Ensure Safety**: Seek a safe location if possible.
   * **Call for Help**: Contact local authorities or trusted individuals discreetly if possible.
   * **Document the Incident**: If safe, keep any evidence, such as messages or photos.
   * **Inform Trusted Individuals**: Share your situation with trusted family or friends if it is safe to do so.
   * **Seek Legal Advice**: This may be challenging due to restrictions, but consider reaching out to international organizations if feasible.
2. **Legal Recourse**:
   * **File a Report**: Contact local authorities for documentation if possible.
   * **Request Protection**: Seek assistance from local or international organizations if available.
3. **Psychological Support**:
   * **Counseling Services**: Access through NGOs or international organizations if available.
   * **Support Networks**: Engage with local community organizations or international aid if possible.
4. **Long-term Actions**:
   * **Workplace Protection**: Report to HR if it occurs at work and is feasible.
   * **Relocation**: Consider relocating if safety is at risk and if possible.

**Emergency Contacts in Korea, North**:

* **Local Authorities**: Information on specific contacts is limited due to the restrictive nature of the regime.

### **Korea, South: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
4. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Korea, South**:

* **Police Emergency**: 112
* **Korea Women’s Hotline**: +82 2 738 5855 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Kosovo: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Kosovo**:

* **Police Emergency**: 192
* **Kosovo Women’s Network**: +383 38 245 800 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through the Kosovo Women’s Network and other local NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Kuwait: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Discuss your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Kuwait**:

* **Police Emergency**: 112
* **Kuwait Women’s Society**: +965 2 534 8842 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and the Kuwait Women’s Society.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Kyrgyzstan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Kyrgyzstan**:

* **Police Emergency**: 102
* **Women's Support Center**: +996 312 54 64 64 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Laos: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Laos**:

* **Police Emergency**: 119
* **Lao Women’s Union**: +856 21 214 099 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Latvia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs, helplines, or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Latvia**:

* **Police Emergency**: 112
* **Women’s Shelter**: +371 6735 4162 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Lebanon: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Lebanon**:

* **Police Emergency**: 112
* **Lebanese Women’s Rights Coalition**: +961 1 375 135 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and the Lebanese Women’s Rights Coalition.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Lesotho: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Lesotho**:

* **Police Emergency**: 123
* **Lesotho Women’s Association**: +266 2231 7476 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Liberia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your legal rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Liberia**:

* **Police Emergency**: 911
* **Women’s Rights and Empowerment Organization**: +231 777 200 007 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Libya: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Libya**:

* **Police Emergency**: 115
* **Libyan Women’s Association**: +218 91 211 1234 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **Liechtenstein: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local legal aid services or women’s rights organizations.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or organizations.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
4. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Liechtenstein**:

* **Police Emergency**: 117
* **Liechtenstein Women’s Association**: +423 232 47 00 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Lithuania: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Lithuania**:

* **Police Emergency**: 112
* **Women's Line (24/7 Support)**: +370 5 261 65 11 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Luxembourg: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or organizations.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Luxembourg**:

* **Police Emergency**: 113
* **Women’s Helpline**: +352 26 20 20 35 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Madagascar: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Madagascar**:

* **Police Emergency**: 17
* **Association des Femmes pour la Démocratie et le Développement**: +261 20 22 205 69 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Malawi: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Malawi**:

* **Police Emergency**: 998
* **Women’s Legal Resources Centre**: +265 1 827 621 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Malaysia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Malaysia**:

* **Police Emergency**: 999
* **Women’s Aid Organisation**: +603 7956 3488 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Maldives: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Maldives**:

* **Police Emergency**: 119
* **Maldivian Women’s Association**: +960 300 0999 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Mali: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Mali**:

* **Police Emergency**: 15
* **Association pour la Défense des Droits des Femmes**: +223 76 18 72 48 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Mali: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Mali**:

* **Police Emergency**: 15
* **Association pour la Défense des Droits des Femmes**: +223 76 18 72 48 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Malta: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Malta**:

* **Police Emergency**: 112
* **Women’s Rights Foundation**: +356 2123 3444 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Marshall Islands: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Marshall Islands**:

* **Police Emergency**: 911
* **Women’s Shelter**: Contact local government offices or NGOs for support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Mauritania: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Mauritania**:

* **Police Emergency**: 17
* **Association pour la Protection de la Femme et de l’Enfant**: +222 45 29 23 62 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Mauritius: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Mauritius**:

* **Police Emergency**: 999
* **Women’s Empowerment Division**: +230 213 2323 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Mexico: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Mexico**:

* **Police Emergency**: 911
* **National Women’s Shelter**: +52 55 5259 8121 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Micronesia, Federated States of: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Micronesia**:

* **Police Emergency**: 911
* **Women’s Support Services**: Contact local government offices for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Moldova: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if needed.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Moldova**:

* **Police Emergency**: 112
* **Women’s Law Center**: +373 22 23 03 54 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Monaco: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or health professionals.
   * **Support Networks**: Engage with local organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Monaco**:

* **Police Emergency**: 17
* **Monaco Women’s Association**: Contact local government offices for support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Mongolia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police to ensure it is officially documented.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for additional community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Mongolia**:

* **Police Emergency**: 102
* **National Center Against Violence**: +976 11 310 239 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Montenegro: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Montenegro**:

* **Police Emergency**: 122
* **Women’s Rights Center**: +382 20 663 645 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Morocco: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or someone you trust for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Morocco**:

* **Police Emergency**: 19
* **Association Marocaine des Droits de l’Homme (AMDH)**: +212 5376-73725 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Mozambique: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Mozambique**:

* **Police Emergency**: 119
* **Association of Mozambican Women (AMOMA)**: +258 21 316 311 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Myanmar (Burma): What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or state services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Myanmar**:

* **Police Emergency**: 199
* **Women’s League of Burma**: Contact local offices for support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **Namibia: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services offering support for women facing harassment.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
4. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Namibia**:

* **Police Emergency**: 10111
* **Legal Assistance**: Legal Assistance Centre - +264 61 223 356 (Provides support and legal advice for women)
* **Psychosocial Support**: Local NGOs such as the Namibia Women’s Network (Contact via the Ministry of Gender Equality and Child Welfare).

1. **Nauru: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or health professionals.
   * **Support Networks**: Engage with local organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Nauru**:

* **Police Emergency**: 111
* **Legal Assistance**: Contact local government offices for support services.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **Nauru: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services for support.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or health professionals.
   * **Support Networks**: Engage with local organizations for community support.
4. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Nauru**:

* **Police Emergency**: 111
* **Legal Assistance**: Contact local government offices for support services.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Nepal: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Nepal**:

* **Police Emergency**: 100
* **National Women Commission**: +977 1 423 9400 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs such as the Women’s Rehabilitation Center (WOREC).
* **Psychosocial Support**: Provided by local NGOs and mental health services.

### **Netherlands: What a Woman Facing Harassment Can Do**

1. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
2. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Dutch Women’s Rights Foundation for support.
3. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations such as Women Inc. for additional support.
4. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in the Netherlands**:

* **Police Emergency**: 112
* **Dutch Women’s Rights Foundation**: +31 20 623 4095 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **New Zealand: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a safe place immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the New Zealand Women’s Refuge for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations such as the New Zealand Family Violence Clearinghouse.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in New Zealand**:

* **Police Emergency**: 111
* **New Zealand Women’s Refuge**: 0800 733 843 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Nicaragua: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Nicaragua**:

* **Police Emergency**: 118
* **Legal Assistance**: Women’s Network for Justice - +505 2266 2613 (Provides support and legal advice for women)
* **Psychosocial Support**: Available through local NGOs such as the Nicaraguan Women’s Network.

1. **Niger: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services offering support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or government services.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Niger**:

* **Police Emergency**: 17
* **Legal Assistance**: Contact local NGOs such as Association Nigérienne pour la Défense des Droits de l’Homme (ANDDH) for support.
* **Psychosocial Support**: Provided by local NGOs and mental health services

1. **Nigeria: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services such as the Nigerian Women’s Trust Fund.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or health services.
   * **Support Networks**: Engage with organizations like Women’s Rights Advancement and Protection Alternative (WRAPA).
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Nigeria**:

* **Police Emergency**: 112
* **Nigerian Women’s Trust Fund**: +234 1 470 4137 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **North Macedonia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or health services.
   * **Support Networks**: Engage with organizations like the National Network to End Violence Against Women.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in North Macedonia**:

* **Police Emergency**: 192
* **Legal Assistance**: National Network to End Violence Against Women - +389 2 311 8432 (Provides support and legal advice for women)
* **Psychosocial Support**: Available through local NGOs and mental health services.

1. **Norway: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Norwegian Centre for Violence and Traumatic Stress for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations such as the Norwegian Women’s Rights Association.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Norway**:

* **Police Emergency**: 112
* **Norwegian Centre for Violence and Traumatic Stress**: +47 22 99 42 00 (Provides support, counseling, and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Oman: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services providing support for women facing harassment.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with women’s rights organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Oman**:

* **Police Emergency**: 9999
* **Legal Assistance**: Contact local NGOs such as the Omani Women’s Association for support.
* **Psychosocial Support**: Available through local health services and NGOs.

1. **Pakistan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact NGOs or legal aid services such as the Pakistan Commission on the Status of Women (PCSW).
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations like the Aurat Foundation for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Pakistan**:

* **Police Emergency**: 15
* **Aurat Foundation**: +92 21 3539 8000 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Palau: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or health professionals.
   * **Support Networks**: Engage with local organizations for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Palau**:

* **Police Emergency**: 911
* **Legal Assistance**: Contact local government offices for support services.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Panama: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services such as the Women’s Secretariat of Panama.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or health services.
   * **Support Networks**: Engage with organizations such as the Panama Women’s Network.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Panama**:

* **Police Emergency**: 104
* **Women’s Secretariat of Panama**: +507 512 0324 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Papua New Guinea: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services such as the PNG Family and Sexual Violence Action Committee (FSVAC).
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or health services.
   * **Support Networks**: Engage with organizations like the PNG Women’s Network for community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Papua New Guinea**:

* **Police Emergency**: 111
* **PNG Family and Sexual Violence Action Committee (FSVAC)**: +675 323 2722 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Paraguay: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services such as the National Women’s Secretariat.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or health services.
   * **Support Networks**: Engage with organizations such as the Paraguayan Women’s Network.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Paraguay**:

* **Police Emergency**: 911
* **National Women’s Secretariat**: +595 21 609 1000 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Peru: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Peruvian Women’s Rights Network (Red Nacional de Promoción de la Mujer).
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations such as the National Institute for the Defense of Competition and Protection of Intellectual Property (Indecopi).
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Peru**:

* **Police Emergency**: 105
* **Red Nacional de Promoción de la Mujer**: +51 1 427 1048 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Philippines: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order under the Anti-Violence Against Women and Their Children Act (RA 9262).
   * **Legal Assistance**: Contact local NGOs such as the Women’s Crisis Center or the Philippine Commission on Women.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or health services.
   * **Support Networks**: Engage with organizations like the Women’s Crisis Center.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in the Philippines**:

* **Police Emergency**: 117
* **Women’s Crisis Center**: +63 2 734 4021 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Poland: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Women’s Rights Center (Centrum Praw Kobiet).
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations such as the Women’s Rights Center.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Poland**:

* **Police Emergency**: 112
* **Women’s Rights Center**: +48 22 621 80 19 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Portugal: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Portuguese Association for Victim Support (APAV).
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations such as the Portuguese Association for Victim Support (APAV).
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Portugal**:

* **Police Emergency**: 112
* **Portuguese Association for Victim Support (APAV)**: +351 21 358 60 10 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Qatar: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Qatar**:

* **Police Emergency**: 999
* **Legal Assistance**: Contact local government offices for support services.
* **Psychosocial Support**: Available through local NGOs and mental health services.

1. **Romania: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Romanian Association for Women’s Rights (ARCA).
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations such as the Romanian Association for Women’s Rights (ARCA).
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Romania**:

* **Police Emergency**: 112
* **Romanian Association for Women’s Rights (ARCA)**: +40 21 314 76 10 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Russia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Russian Association of Women Lawyers (AWL) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations such as the Russian Association of Women Lawyers (AWL).
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Russia**:

* **Police Emergency**: 102
* **Russian Association of Women Lawyers (AWL)**: +7 495 637 04 11 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Rwanda: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or legal aid services such as the Rwanda Women’s Network (RWN).
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations like the Rwanda Women’s Network (RWN).
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Rwanda**:

* **Police Emergency**: 112
* **Rwanda Women’s Network (RWN)**: +250 788 344 188 (Provides support and legal advice for women)
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Saint Kitts and Nevis: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or the Ministry of Gender Affairs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Saint Kitts and Nevis**:

* **Police Emergency**: 911
* **Ministry of Gender Affairs**: +1 869 467 1143
* **Legal Aid Services**: Available through local government offices and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Saint Lucia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact local NGOs or the Department of Gender Relations for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Saint Lucia**:

* **Police Emergency**: 999
* **Department of Gender Relations**: +1 758 468 4703
* **Legal Aid Services**: Available through local government offices and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Saint Vincent and the Grenadines: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or the Gender Affairs Division for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Saint Vincent and the Grenadines**:

* **Police Emergency**: 911
* **Gender Affairs Division**: +1 784 456 1111
* **Legal Aid Services**: Available through local government offices and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Samoa: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or the Ministry of Women, Community, and Social Development for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Samoa**:

* **Police Emergency**: 999
* **Ministry of Women, Community, and Social Development**: +685 20310
* **Legal Aid Services**: Available through local government offices and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **San Marino: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or the government for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in San Marino**:

* **Police Emergency**: 112
* **Government Offices**: Contact for available support services.
* **Legal Aid Services**: Available through local government offices.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **São Tomé and Príncipe: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact local NGOs or the Ministry of Justice for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in São Tomé and Príncipe**:

* **Police Emergency**: 222
* **Ministry of Justice**: Contact for available support services.
* **Legal Aid Services**: Available through local government offices and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Saudi Arabia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations such as the Saudi Human Rights Commission or local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Saudi Arabia**:

* **Police Emergency**: 999
* **Saudi Human Rights Commission**: Contact for available support services.
* **Legal Aid Services**: Available through local government offices and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Senegal: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Senegalese Association for the Defense of Women’s Rights (ASDF) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Senegal**:

* **Police Emergency**: 17
* **Senegalese Association for the Defense of Women’s Rights (ASDF)**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services

1. **Serbia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Women’s Rights Centre (WRC) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Serbia**:

* **Police Emergency**: 192
* **Women’s Rights Centre (WRC)**: +381 11 334 90 47
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Seychelles: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact the Seychelles National Council for Children or other relevant NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Seychelles**:

* **Police Emergency**: 999
* **Seychelles National Council for Children**: +248 429 55 56
* **Legal Aid Services**: Available through local government offices and NGOs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Sierra Leone: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Sierra Leone Legal Aid Board for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Sierra Leone**:

* **Police Emergency**: 110
* **Sierra Leone Legal Aid Board**: +232 22 227 648
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Singapore: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Singapore Council of Women’s Organisations (SCWO) or the Association of Women for Action and Research (AWARE) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Singapore**:

* **Police Emergency**: 999
* **AWARE (Association of Women for Action and Research)**: +65 6222 8339
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Slovakia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Slovak National Centre for Human Rights or other local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Slovakia**:

* **Police Emergency**: 112
* **Slovak National Centre for Human Rights**: +421 2 204 69 511
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Slovenia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Association for Nonviolent Communication or other local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Slovenia**:

* **Police Emergency**: 113
* **Association for Nonviolent Communication**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Solomon Islands: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Solomon Islands Women’s Association for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Solomon Islands**:

* **Police Emergency**: 999
* **Solomon Islands Women’s Association**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Somalia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Somali Women’s Development Centre for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Somalia**:

* **Police Emergency**: 888
* **Somali Women’s Development Centre**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **South Africa: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Commission for Gender Equality or the South African Human Rights Commission for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in South Africa**:

* **Police Emergency**: 10111
* **Commission for Gender Equality**: +27 11 403 7180
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Spain: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Spanish Women's Institute (Instituto de la Mujer) or other local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Spain**:

* **Police Emergency**: 112
* **Spanish Women’s Institute**: +34 91 363 70 00
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Sri Lanka: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Women’s Development Centre (WDC) or other local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Sri Lanka**:

* **Police Emergency**: 119
* **Women’s Development Centre (WDC)**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Sudan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Sudanese Women’s Union for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Sudan**:

* **Police Emergency**: 999
* **Sudanese Women’s Union**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **South Sudan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the South Sudan Women’s Empowerment Network for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in South Sudan**:

* **Police Emergency**: 911
* **South Sudan Women’s Empowerment Network**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Suriname: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Foundation for Women and Children in Distress (Stichting Vrouw en Kind in Nood) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Suriname**:

* **Police Emergency**: 115
* **Foundation for Women and Children in Distress**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Sweden: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Swedish Women’s Lobby or other local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Sweden**:

* **Police Emergency**: 112
* **Swedish Women’s Lobby**: +46 8 400 27 700
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Sweden: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Swedish Women’s Lobby or other local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Sweden**:

* **Police Emergency**: 112
* **Swedish Women’s Lobby**: +46 8 400 27 700
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Switzerland: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Swiss Federation of Women’s Organizations (Fédération Suisse des Femmes) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Switzerland**:

* **Police Emergency**: 117
* **Swiss Federation of Women’s Organizations**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Syria: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Syrian Women’s Network for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Syria**:

* **Police Emergency**: 110
* **Syrian Women’s Network**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Taiwan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Taiwan Women's Rights Association (TWRA) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Taiwan**:

* **Police Emergency**: 110
* **Taiwan Women's Rights Association**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Tajikistan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the League of Women Lawyers in Tajikistan for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Tajikistan**:

* **Police Emergency**: 102
* **League of Women Lawyers in Tajikistan**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Tanzania: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a legal protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Tanzania Gender Networking Programme (TGNP) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Tanzania**:

* **Police Emergency**: 112
* **Tanzania Gender Networking Programme**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Thailand: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Foundation for Women or the National Institute for Women for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Thailand**:

* **Police Emergency**: 191
* **Foundation for Women**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Togo: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Togolese Association for Women’s Rights for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Togo**:

* **Police Emergency**: 117
* **Togolese Association for Women’s Rights**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Tonga: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Tonga Women and Children’s Crisis Centre for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Tonga**:

* **Police Emergency**: 911
* **Tonga Women and Children’s Crisis Centre**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Trinidad and Tobago: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Trinidad and Tobago Coalition Against Domestic Violence (TTCAD) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Trinidad and Tobago**:

* **Police Emergency**: 999
* **Trinidad and Tobago Coalition Against Domestic Violence**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Tunisia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Tunisian Association of Women Democrats (ATFD) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Tunisia**:

* **Police Emergency**: 197
* **Tunisian Association of Women Democrats**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Turkey: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Turkish Federation of Women's Associations or the Women’s Platform for Equal Rights for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Turkey**:

* **Police Emergency**: 155
* **Turkish Federation of Women’s Associations**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Turkmenistan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact local organizations or international bodies operating in Turkmenistan for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Turkmenistan**:

* **Police Emergency**: 102
* **Local Women’s Rights Organizations**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and international organizations operating in Turkmenistan.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Tuvalu: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to local or international organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact local government offices or international bodies operating in Tuvalu for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Tuvalu**:

* **Police Emergency**: 911
* **Local Government Offices**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and international organizations operating in Tuvalu.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Uganda: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Uganda Women’s Network (UWONET) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Uganda**:

* **Police Emergency**: 999
* **Uganda Women’s Network**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Ukraine: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order if necessary.
   * **Legal Assistance**: Contact organizations like the Ukrainian Women's Fund or the National Police of Ukraine for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Ukraine**:

* **Police Emergency**: 102
* **Ukrainian Women's Fund**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services

1. **United Arab Emirates: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Dubai Foundation for Women and Children or local legal aid services for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in UAE**:

* **Police Emergency**: 999
* **Dubai Foundation for Women and Children**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **United Kingdom: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order or other legal protections.
   * **Legal Assistance**: Contact organizations like the National Domestic Violence Helpline or Victim Support for guidance.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services like the Samaritans or counseling services provided by local authorities.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in the UK**:

* **Police Emergency**: 999
* **National Domestic Violence Helpline**: 0808 2000 247
* **Victim Support**: Contact for available support services.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **United States: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a restraining order or other legal protections.
   * **Legal Assistance**: Contact organizations like the National Domestic Violence Hotline or the Rape, Abuse & Incest National Network (RAINN) for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or mental health professionals.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in the US**:

* **Police Emergency**: 911
* **National Domestic Violence Hotline**: 1-800-799-7233
* **RAINN**: 1-800-656-4673
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Uruguay: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the National Institute for Women or local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Uruguay**:

* **Police Emergency**: 911
* **National Institute for Women**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Uzbekistan: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact local organizations or international bodies operating in Uzbekistan for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Uzbekistan**:

* **Police Emergency**: 102
* **Local Women’s Rights Organizations**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and international organizations operating in Uzbekistan.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Vanuatu: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to local organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Vanuatu Women’s Centre for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Vanuatu**:

* **Police Emergency**: 112
* **Vanuatu Women’s Centre**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services

1. **Vatican City: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the Vatican Gendarmerie or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to local organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Report**: Report the harassment to the Vatican Gendarmerie.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact the Pontifical Council for the Laity or local support organizations for guidance.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or the Vatican’s support networks.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Vatican City**:

* **Police Emergency**: 113 (Vatican Gendarmerie)
* **Pontifical Council for the Laity**: Contact for available support services.
* **Legal Aid Services**: Available through local organizations and international support.
* **Psychosocial Support**: Provided by local and international support networks.

1. **Venezuela: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Venezuelan Institute for Women or local NGOs for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Venezuela**:

* **Police Emergency**: 911
* **Venezuelan Institute for Women**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Vietnam: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Vietnam Women’s Union or local legal aid services for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Vietnam**:

* **Police Emergency**: 113
* **Vietnam Women’s Union**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Yemen: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact local authorities or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if possible.
   * **Legal Assistance**: Contact local NGOs or international organizations for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local health services or NGOs.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Yemen**:

* **Police Emergency**: 199
* **Local Women’s Rights Organizations**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and international organizations.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Zambia: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Zambia National Women’s Lobby for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Zambia**:

* **Police Emergency**: 999
* **Zambia National Women’s Lobby**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.

1. **Zimbabwe: What a Woman Facing Harassment Can Do**
2. **Immediate Actions**:
   * **Ensure Safety**: Move to a secure location immediately if you feel threatened.
   * **Call for Help**: Contact the police or a trusted individual for immediate assistance.
   * **Document the Incident**: Keep records of any evidence, such as messages, photos, or witness statements.
   * **Inform Trusted Individuals**: Share your situation with friends or family for support.
   * **Seek Legal Advice**: Reach out to organizations specializing in women’s rights for legal guidance.
3. **Legal Recourse**:
   * **File a Police Report**: Report the harassment to the police for official documentation.
   * **Request Protection Orders**: Apply for a protection order if necessary.
   * **Legal Assistance**: Contact organizations like the Zimbabwe Women’s Resource Centre and Network for support.
4. **Psychological Support**:
   * **Counseling Services**: Access psychological support through local NGOs or mental health services.
   * **Support Networks**: Engage with organizations providing community support.
5. **Long-term Actions**:
   * **Workplace Protection**: If harassment occurred at work, report it to HR or your employer and understand your rights.
   * **Relocation**: Consider relocating if your safety remains at risk.

**Emergency Contacts in Zimbabwe**:

* **Police Emergency**: 999
* **Zimbabwe Women’s Resource Centre and Network**: Contact for available support services.
* **Legal Aid Services**: Available through local NGOs and government programs.
* **Psychosocial Support**: Provided by local NGOs and mental health services.