

What To Do When Domestic Violence Occurs

IF YOU ARE THREATENED BY DOMESTIC VIOLENCE:

- **Assess your situation! If you intend to leave, do not alert your abuser.**
- **Create a safety plan:**
Have a “Go-Bag”. Save some money, clothes, relevant documents in a safe place in case you need to leave. Can you arrange a safe location to stay and inform a few trusted friends and family members in the event of an emergency? Even if you are unclear how the scenario will develop, it is critical to be prepared for your own protection.
- **Join a domestic violence support group:**
Even if you are not willing to leave the relationship, you may discuss your experiences with other survivors and get group psychotherapy with qualified counsellors.
- **Get Help:**
Our Centre offers free one-on-one counselling. A domestic violence counsellor can assist you in exploring your situation, offer psychosocial first-aid and connect you to services in your area.
- **Call A Domestic Violence Helpline:**
If you need some assistance, kindly call our helpline or other organisations around your community. (E.g **Lagos DSV**, **WRAHP**, **WARIF**). When making these calls, take caution. Make sure you are away from your abuser when you make calls to the helplines for safety.



Sometimes things can get tough and you'd need someone to talk to. You can chat with our trained Psychosocial First-Aiders through the GBV Tête-À-Tête mobile app! It's available on both android and iOS devices.



Centre for Women's Health and Information (CEWHIN)

34, McNeil Road, Sabo-Yaba, Lagos

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Organisations To Contact in Lagos State




Who Does What?


Organisation	Contact Details	Address	Services Provided
Bimbo Odukoya Foundation	Telephone: 0803 580 0201	Address: 12, Industrial Estate, Ilupeju, Lagos State.	Bimbo Odukoya Foundation offers psychosocial support, counselling and therapy.
Centre for Women's Health and Information (CEWHIN)	Telephone: 0913 600 0347 0913 600 0349 www.cewhin.com	34, McNeil Road by Akintoye Street, Sabo, Yaba. Lagos State.	CEWHIN provides free counselling, social support and referral services. We also offer psychosocial support to individual s in-person and through our GBV Tête-À-Tête mobile app.
Ireti Resource Centre	Telephone: 0700 333 3111 0701 194 8577	No. 1, Idowu Anisere Bus – Stop, Governor's Road – Ikotun, Lagos	Offers confidential and judgement-free counselling services to women, survivors of sexual and gender-based violence. The Centre also hold a legal session for women and vulnerable groups to access pro-bono legal aid on issues related to their rights and well-being.
Lagos State Domestic and Sexual Violence Agency	Helpline: 08000333333 Website: www.lagosdsva.org Email: info@dsvrtilagos.com	Novel House, Plot 3, Block J, Otunba Jobi fele way. Alausa Ikeja.	<ul style="list-style-type: none"> • Offers services to sexual domestic violence survivors and provides referrals. • Crisis Support and Legal aid. • Counselling and Medical services

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