

Do you feel unsafe at home?



Moviera supports all those affected by domestic violence. Domestic violence includes physical and psychological partner violence, sexual violence, elder abuse, child abuse, stalking, and honour-related violence. Domestic violence is committed in the domestic circles, by a partner, parent, caregiver or child, for example.

Moviera aims to restore long-term safety in families and relationships, reduce the risk of recurrence of violence and abuse, and promote recovery to prevent relapse.

If you live in Gelderland or Utrecht and feel unsafe at home, you can contact Moviera 24 hours a day (anonymously)*. An employee of Moviera will contact you by phone and talk to you about your situation and safety. Based on this conversation, the staff member will make you an offer for appropriate help. This could take the form of help in your home, a place in the shelter or advice. Unfortunately, there are times when Moviera cannot offer you what you need. In those cases, we will refer you or advise you on what steps you can take.

Shelter

Moviera provides safe shelter in cases of domestic violence, honour-related violence and human trafficking. There are various forms of shelter in Arnhem, Apeldoorn, Nijmegen and Utrecht: emergency beds, crisis shelters, follow-up shelters, shelters for young adults and men's shelters.

Help at your home (outreach)

Shelter for men, women and children is a drastic step. You leave your own home and surroundings behind (temporarily). Therefore, if it is safe to do so, we try to help you in your own home situation

**If you live in another region, contact your local Veilig Thuis or men's or women's shelter.*

as much as possible. That way, we can support all those involved, and there is a greater chance that you will be able to permanently break the cycle of violence. Moviera offers several free pathways, such as:

- **Future Without Violence:** A pathway that provides insight into the personal situation and knowledge to break the pattern of violence.
- **Staying Together with No Violence:** This counselling programme is to help partners end violence and restore the relationship.
- **Parenting Stays:** helps parents give shape to parenting after a divorce or relationship ends.
- **Take a Break:** is an intensive partner or family counselling programme lasting approximately 8 weeks, including individual and collaborative counselling.
- **AWARE:** is a personal alarm system with GPS for people facing serious threats or stalking. The AWARE system operates 24 hours daily and directly communicates with the police.

Help for breaking patterns of violence for men (perpetrator support)

The PION helps men gain insight into their anger, impulses, and social skills and learn to deal with them appropriately. That helps them permanently break the cycle of violence for themselves and those around them. The PION offers free workshops and support groups.

Contact Us

Contact Moviera on **088 3 744 744** for help or advice. The line is open 24 hours a day. Do you want to know the possibilities in your situation as soon as possible? Call us Monday to Friday between 9:00 a.m. and 5:00 p.m.