

List of helplines in 46 countries

The following is a table of the national women's helplines available in the 46 European Countries. If there is no national helpline, a regional or general helpline is listed (these countries are marked with a *). Women's national helplines are among the most

vital services for women survivors of violence, they are one of the first places women can turn to receive immediate counselling and advice. It is important to note that some of the following phone numbers cannot be called from abroad, as they are

strictly national helplines and can only be used within the country. In such instances, we invite you to get in touch directly with the WAVE members in relevant countries.

Country	Name	Phone number
Albania	National Counselling Line for Women and Girls (<i>Linja Kombetare e Keshillimit per gra e vajza</i>)	+355 116/117 + 0 800 40 20
Armenia*	Ministry of Social Affairs' Helpline	+374 114/119
	<i>Spitak</i> Human rights	+374 93252017
	Women's Rights House	+374 77570870
	<i>Arevamanouk</i>	+374 77159470
	Women's Community (<i>Martuni</i>)	+374 94876502
	<i>Gavar</i>	+374 94876505
	<i>Sose</i>	+374 98848453
	Women's Empowerment Resource Center NGO	+374 77380053
	You Are Not Alone	+374 98886077
	<i>Young Tavush</i>	+374 099788770
	<i>Young Vanguard</i>	+374 93574657
	<i>Talin-Huys</i>	+374 91482035
	Women's Rights Center	+374 91416249
	Women's Support Center	+374 99887808
Austria	Women's Helpline Against Violence (<i>Frauenhelpline gegen Gewalt</i>)	+43 800222555
Azerbaijan*	A helpline run by the Ministry of Internal Affairs	+994 12151
	"Clean World" Social Union (<i>"Təmiz Dünya" Qadınlara Yardım İctimai Birliyi</i>)	+99 4124085669 +994 125111151
	+994 125111151	0800 333 883
Belarus	N/A – The National Hotline for Survivors of Domestic Violence was indefinitely suspended in July 2021 due to ongoing political unrest and attacks on human rights defenders. The civil society organisation Gender Perspectives that operated the hotline since 2012 was liquidated by authorities on the 28 th of September 2021.	
Belgium*	Domestic violence helpline (<i>Écoute violences conjugales</i>)	+32 80003030
	My Marriage Belongs to Me (<i>Mon Mariage M'appartient</i>)	+32 0800 90901
	SOS Rape (<i>SOS Viol</i>)	+32 80098100
	Listening Ears (<i>Luisterende Oren</i>)	+32 1712
	Centres for General Welfare Work and Child Abuse Trust Centres helpline (<i>Centra voor Algemeen Welzijnswerk en Vertrouwenscentra kindermishandeling</i>)	+32 1712
Bosnia and Herzegovina	SOS helpline for survivors of domestic violence (<i>SOS telefon za žrtve nasilja</i>)	+387 1265
	SOS line for domestic violence (<i>SOS telefon za žrtve nasilja</i>)	+387 1264
	Unique telephone line for support and help to survivors of war rape and sexual violence and their family members (<i>Jedinstvena telefonska linija za pomoć i podršku preživjelim ratno silovanje i seksualno nasilje i članovima njihovih porodica</i>)	+387 80022334
	Unique telephone line for support and help to survivors of war rape and sexual violence and their family members (<i>Jedinstvena telefonska linija za pomoć i podršku preživjelim ratno silovanje i seksualno nasilje i članovima njihovih porodica</i>)	+387 80022334

Country	Name	Phone number
Bulgaria	Alliance for Protection against Gender-Based Violence (<i>Алианс за защита от насилие, основано на пола</i>)	+359 80011977
	National Helpline for Survivors of Violence (<i>Национална гореща телефонна линия за пострадали от насилие</i>)	+359 80018676
	Association Demetra (<i>Асоциация Деметра</i>)	+359 56815 618
Croatia	National Call Centre for Victims of Crime (<i>Nacionalni pozivni centar za žrtve kaznenih djela i prekršaja</i>)	+385 116006
	Women's Help Now (<i>Ženska pomoć sada</i>)	+385 800655222
Republic of Cyprus	Helpline 1440 (<i>1440</i>)	+357 1140
Czech Republic*	White Circle of Safety - Victims Helpline (<i>Bílý kruh bezpečí - Linka Pomoci Obetem</i>)	+420 116006
	Support Centre for Child Sexual Abuse Women Survivors (<i>Elektra – Centrum pomoci ženám sexuálně zneužitým v dětství</i>)	+420 603812361
Denmark	Live Without Violence's National Hotline (<i>Lev Uden Volds nationale hotline</i>)	+45 1888
Estonia	Victim's Crisis Helpline (<i>Ohvriabi kriisitelefoni</i>)	+372 116006
Finland	Zeroline against domestic violence and violence against women (<i>Nollalinja</i>)	+358 80005005
France	Women Violence Info (<i>Violence Femmes Info</i>)	+33 3919
Georgia	Agency for the State Care and Assistance to Victims of Trafficking (<i>სახელმწიფო ზრუნვისა და ტრეფიკინგის მსხვერპლთა დაზარალებულთა დახმარების სააგენტო</i>)	+995 322395111
Germany	Violence Against Women Helpline (<i>Hilfetelefon Gewalt gegen Frauen</i>)	+49 80001160116
Greece	SOS Helpline (<i>Γραμμή SOS</i>)	+30 15900
	Helpline against domestic violence (<i>Γραμμή Επίδας</i>)	+30 8011116000
Hungary	NANE Helpline (<i>NANE Segélyvonal</i>)	+36 80505101
Iceland	The Women's Shelters Helpline (<i>Neyðarsími Kvænnaathvarfsins</i>)	+353 1800341900
Ireland	Women's Aid 24hr National Freephone Helpline	+353 1800341900
Italy	National helpline against violence and stalking (<i>1522 - Numero nazionale antiviolenza e stalking</i>)	+39 1552
Kosovo	Helpline Number (<i>Numri i Linjës Ndihmëse</i>)	+383 80011112
Latvia	NGO Association "MARTA Centre" (<i>Biedriba "Centrs MARTA"</i>)	+371 67378539
Liechtenstein	Women's Shelter Liechtenstein (<i>Frauenhaus Liechtenstein</i>)	+423 3800203
Lithuania	Helpline for Women (<i>Pagalbos moterims linija</i>)	+370 880066366
Luxembourg	Domestic Violence Helpline (<i>Helpline-Violence domestique</i>)	+352 621612774
Malta*	APPOGG Agency within the Foundation for Social Welfare Services	+356 179
	Victim Support Malta	+356 2122 8333
The Republic of Moldova	Trust Line for Women and Girls (<i>Telefonul de Încredere pentru Femei și Fete</i>)	+373 80088008
Montenegro	National SOS Hotline for Domestic Violence (<i>Nacionalna SOS linija za porodično nasilje</i>)	+382 80111111
Netherlands*	Safe At Home (<i>Veilig Thuis</i>)	+31 8002000
	Fier	+31 882080000
	Stay Group (<i>Blijf Groep</i>)	+31 882342450
	Moviera	+31 883744744
	Centre for Sexual Violence	+31 8000188
	Against Your Will	+31 592347444
North Macedonia	SOS Mobile National Line (<i>Национална СОС мобилна линија за жртви на семејно насилство</i>)	+389 70/75/77 141700
	National SOS Line – Telephone for Trust (<i>Национална СОС линија - Телефон на доверба</i>)	+389 15315



Country	Name	Phone number
	National SOS Line 15 700 (<i>Национална СОС линија 15 700</i>)	+389 15700
Norway	National Domestic Violence Helpline (<i>Vold- og overgrepslinjen</i>)	+47 116006
Poland	Emergency Helpline for Women Victims of Violence (<i>Telefon Interwencyjny</i>)	+48 600070717
Portugal	Information Service for Domestic Violence Victims (<i>Serviço de Informação a Vítima de Violência Doméstica – SIVVD</i>)	+351 800202148
	Victim Support Portugal's helpline (<i>Apoio a Vítima – APAV</i>)	+351 116006
	Association of Women against Violence's helpline (<i>Associação de Mulheres contra a Violência – AMCV</i>)	+351 213802160
	Women's Alternative and Response Union's helpline (<i>União de Mulheres Alternativa e Resposta</i>)	+351 218873005
Romania	National Helpline for Victims of Domestic Violence (<i>Număr unic național de urgență pentru victimele violenței domestice</i>)	+40 800500333
Russia	National helpline for women suffering from domestic violence (<i>Всероссийский телефон для женщин, пострадавших от домашнего насилия</i>)	+7 88007000600
Serbia	SOS Helpline for women with experience of violence (<i>СОС Телефон за жене са искуством насиља</i>)	+381 800222003
Slovakia	National Helpline for Women Experiencing Violence (<i>Národná linka pre ženy zažívajúce násilie</i>)	+421 800212212
Slovenia	SOS Helpline for Women and Children - Victims of Violence (<i>Društvo SOS telefon za ženske in otroke - žrtve nasilja</i>)	+386 801155
Spain	Telephone service for information, legal advice and immediate psychological attention by specialised personnel for all forms of violence against women (<i>Servicio telefónico de información, de asesoramiento jurídico y de atención psicosocial inmediata por personal especializado a todas las formas de violencia contra las mujeres</i>)	+34 016
Sweden	Sweden's National Women's Helpline (<i>Kvinnofridslinjen</i>)	+46 20505050
Switzerland*	Rape and sexual assault helpline (<i>Association Viol-Secours</i>)	+41 223452020
	General crisis helpline (<i>Dargebotene Hand</i>)	+41 143
Turkey	Emergency Domestic Violence Hotline (<i>Aile içi Şiddet Acil Yardım Hattı</i>)	+90 2126569696
Ukraine	National hotline on prevention of domestic violence, trafficking and gender discrimination (<i>Національна "гаряча" лінія з попередження домашнього насильства, торгівлі людьми та гендерної дискримінації</i>)	+380 800500335 or +380 116123
	State Call Center on the prevention of human trafficking, domestic violence, gender-based violence, and violence against children (<i>Урядова "гаряча лінія" для осіб, постраждалих від торгівлі людьми, домашнього насильства, насильства за ознакою статі, насильства стосовно дітей, або про загрозу вчинення такого насильства</i>)	+380 1547
United Kingdom	ENGLAND: Freephone 24hr National Domestic Violence Helpline	+44 8082000247
	NORTHERN IRELAND: 24hr Domestic and Sexual Violence Helpline	+44 8088021414
	SCOTLAND: Scotland's Domestic Abuse and Forced Marriage Helpline	+44 8000271234
	WALES: Live Fear Free Helpline (<i>Llinell Gymorth Byw Heb Ofn</i>)	+44 8088010800