

Addressing violence against migrant & refugee women

What can women do?



Be aware of the potential risk of violence on your journey.

Remember that **violence against you is never justified, and never your fault.**

Inform yourself to the extent possible about your rights, the legal frameworks and any available support services during your journey and on arrival.



Keep important contact information, for example support networks, civil society organizations, hotlines, **on hand.**



Seek help from health services, shelters or other protection services.

Violence against migrant and refugee women can and must be prevented



For more information visit: www.paho.org/en/topics/violence-against-women