

# Hiroshima NOW

12

2024

English No. 32

## To victims of Domestic Violence

### Don't struggle alone, please consult us

DV 被害、一人で悩んでいませんか 「ひろしま市民と市政」11月1日号 (P3)

Domestic violence is not just about physical violence; domestic violence includes shouting at one's partner, ignoring them, refusing to provide money for daily necessities, and other psychological attacks or pressure tactics.

There are many cases where victims of domestic violence bear the full burden alone, but the continuation of these issues can lead to lethargy, and seriously impact one's social life.

Please don't struggle alone, reach out for consultation.

**Inquiries:** Gender Equality Division (*Danjo Kyōdo Sankaku Ka*) Tel. 082-504-2108

## This, too, is domestic violence

### Psychological Attacks

- Consistently being belittled or looked down on
- Breaking things
- Willfully ignoring you
- Insulting you in ways that deny you personhood, or make you feel worthless
- Control or limit your contact with friends, go through your phone, SMS, email conversations without your permission

### Economic Abuse

- Control your spending in an extreme sense
- Always make you spend money
- Loan money from you that they do not return, and such

### ★ Consultation Services Related to Domestic Violence

If you would like to consult with someone, please use these numbers.

#### Hiroshima City Spousal Violence Counseling and Support Center (*Haigūsha Bōryoku Sōdan Shien Sentā*)

- ① Available Times : Monday to Friday, 10 am to 5 pm  
Tel. 082-504-2412 Fax. 082-504-2835
- ② Available Times: Saturday, Sunday, Holidays, August 6, 10 am to 5 pm  
Tel. 082-252-5578

Note: Unavailable December 29 - January 3

**Hiroshima Prefectural Seibu Child and Family Center (*Ken-seibu Kodomo Katei Sentā*)**

Address: 4-1-26 Ujina-higashi, Minami-ku

- ① Available Times: Monday to Fridays, 8:30 am to 5 pm  
Tel. 082-254-0391
- ② Available Times: Monday to Friday, 5 pm to 8 pm  
Tel. 082-254-0399
- ③ Available Times: Saturdays, Sundays and Holidays, 10 am to 6 pm  
Tel. 082-254-0399

Note: Unavailable December 29 - January 3

☀ If you feel that the violence poses an urgent threat to you and you feel that you need emergency protection, please call **110** or consult your local police station.

\*All stations respond 24 hours a day. In an emergency call **110!**

<b>Police Headquarters Tel. 082-228-0110</b>			
<b>For Emergencies, call 110</b>			
<b>Police station</b>	<b>Telephone</b>	<b>Police station</b>	<b>Telephone</b>
Hiroshima Central Station	082-224-0110	Asaminami Station	082-874-0110
Hiroshima-Higashi Station	082-506-0110	Asakita Station	082-812-0110
Hiroshima-Minami Station	082-255-0110	Saeki Station	082-922-0110
Hiroshima-Nishi Station	082-279-0110	Kaita Station	082-820-0110