Important Contacts

Help and Shelter
24 hr. hotline: 227-3454 or 225-4731
Red Thread: 227-7010
Childcare and Protection Agency
24 hr. hotline: 227-0979 or 227-420/227-4082
Society Against Sexual Orientation Discrimination
Georgetown (Region #4): 225-7283

Guyana Legal Aid Clinic
Georgetown (Region #4): 225-9238/46
Anna Regina, Essequibo (Region #2): 771-4007/8
Fort Wellington, Berbice (Region #5): 232-0952/3
New Amsterdam, Berbice (Region #6): 333-5254

Ministry of Human Services and Social Security
Port Kaituma (Region #1): 777-4151/4139
Ann Regina (Region #2): 771-4311
Vreed-en-Hoop (Region #3): 264-2690
Georgetown (Region #4): 225-6545 or 225-6202/12
Fort Wellington (Region #5): 232-0952/53
New Amsterdam (Region #6): 333-3970/3318
Whim (Region #6): 333-3970/3318

Overcoming Gender-Based Violence
A LIFE FREE OF VIOLENCE IS EVERYONE’S RIGHT

Police Stations
If you are hurt, seek immediate medical attention and report the incident to the authorities.

Mabaruma: 777-5007
Port Kaituma: 777-4007
Anna Regina: 771-4010/12
Charity: 771-4142
Leonora: 268-2222/2358-9
Parika: 260-44480
Vree-eh-hoop: 264-2224
Brickdam: 225-6940-4
Cove & John: 229-270
Mahiacony: 2211-2296
La Penitence: 225-2661/6026
Diamond: 216-0251
Kuru Kururu: 261-5457
Fort Wellington: 232-0313
Albion: 322-0753
Whim: 337-2222/2519
Bartica: 455-2222
Mahdia: 638-8440
Lethem: 772-2087
Wismar: 442-0759
McKenzie: 444-3429
Ituni: 441-2222

It’s your right to be free from abuse

- Abuse is never justified or deserved
- Violence is not love
- The only one to blame for abuse is the abuser.
- If the abuser does not get help, violence usually gets worse over time.
- If you have experienced abuse, you are not alone. Help is available.
Gender-based violence can be defined as:

“Any act of violence against a person based on their biological sex or gender identity that results in, or is likely to result in, physical, sexual, emotional, psychological or economic abuse; threats, coercion, or arbitrary deprivations of liberty, whether occurring in public or private life.”

Women, men, and people of all genders experience abuse.

Gender-based violence takes many forms

- Physical: slapping, kicking, burning and strangulation
- Sexual: rape, forced participation in sexual activities, childhood sexual abuse
- Psychological: threats, instilling fear, humiliation and stalking
- Economic: withholding financial support, restricting partner education or employment
- Abduction of women and girls for prostitution
- Harassment or abuse of lesbian, gay, bisexual and transgendered (LGBT) individuals

Early Warning Signs of Abuse

- Extreme jealousy, controls how you dress or interact with others, forces you to be sexual
- Explosive anger, threatens violence
- Verbal abuse, puts people down, including your friends and family
- Isolates you from friends and family
- Has a history of violence, abused former partners
- Has a history of fighting or trouble with the law

Create a safety plan if you are in an abusive relationship

- Identify escape routes. Avoid rooms with weapons (e.g., kitchen).
- Identify a safe place if you must leave your home (e.g., shelter, home of family member or friend).
- Memorize phone numbers of people or organizations who can help you in a crisis (e.g., family, friends, shelter, hotline).
- Ask someone you trust to watch for signs of violence.
- Teach your child how to get help. Have a code word to signal them to get away.
- Leave a packed bag at a friend’s house or other safe location, in case you must leave home quickly.
- If you need support, call a hotline or talk with a counselor.

Unhealthy Relationship

Ask yourself:

1. Am I depressed over the relationship?
2. Does my partner tell me who I can talk to or where I can go?
3. Does my partner make me have sex when I don’t want to?
4. Are quarrels becoming increasingly heated and violent?
5. Am I afraid to break up with my partner?
6. Am I afraid to ask my partner to use condoms?
7. Does my partner hide my birth control or try to get me pregnant?

If you answered YES to any of these questions, your relationship is unhealthy.