

# NEED SUPPORT?

If you, are experiencing or suspect that you are experiencing gender-based violence, exploitation or abuse, know that it is not your fault. It is important to remember that you are not alone, you can talk to an adult you trust, and services are also available. If it is for a friend, listen and believe them, and share information on available help.

## To report/complain about the incident:

### 1) [cyberalert.gr](http://cyberalert.gr) - Cybercrime Unit:

call 11188 (toll-free) or send to [ccu@cybercrimenit.gov.gr](mailto:ccu@cybercrimenit.gov.gr).

### 2) [safeline.gr](http://safeline.gr) - Greek Safer Internet Centre:

you can contact via email: [report@safeline.gr](mailto:report@safeline.gr).

**3) National child protection line 1107:** call 1107 24 hours a day. The Line cooperates with the competent authorities and services for the immediate social protection of children and adolescents at risk.

## For psychological support or counselling:

**1) [help-line.gr](http://help-line.gr):** call free of charge at 210-6007686 or send to [info@help-line.gr](mailto:info@help-line.gr). You can contact via chat, which can be found on the page, every day from 14:00 to 17:00. All calls and reports are anonymous and confidential.

**2) The Smile of the Child Line 116111:** You can call 116111 24 hours a day. Specialist psychologists are provided

**3) National Child Protection Line 1107:** Emergency counselling, psychological and social support is provided to minors, and liaison is made, when required, with specialised Child Protection Services.

**4) Diotima Centre:** if you are a girl (16+) you can call 210-3244380 or email [diotima@otenet.gr](mailto:diotima@otenet.gr). Specialized psychosocial and legal assistance is provided.

## Information:

**1) [saferInternet4Kids.gr](http://saferInternet4Kids.gr):** you can get information and materials related to the safe use of the internet and social networks.

## To support your friends:

download the GBV Pocket Guide app [here](#)