

Waba ufite ubwoba bwo kwimuka aho uba?

Waba se ufite ubwoba bwo kuguma aho uba?

Waba wabuze aho wabona ubufasha? Waba se uba mu bwigunge kandi ufite n'ubwoba?

Ibaze ibi bibazo:

- Ese ntiwemerewe kugira cyangwa kubona inshuti?
- Ese ntiwemerewe kuba wakwijyana hanze?
- Hari igihe uba udafite amafaranga?
- Ese wumva buri gihe uwo mubana agusuzugura, akunenga, agutuka cyangwa agutera ubwoba?
- Ese hari umuntu uguhutuza kugira ngo agere ku cyo akwifuzaho cyangwa yifuza ku bana bawe?
- Ese hari igihe ukubitwa cyangwa uterwa ubwoba n'uwo mubana?
- Ese hari igihe uba wifitiye ubwoba cyangwa unabufitiye abana bawe?

Niba ushobora gusubiza yego kuri ibi bibazo byose kandi ukaba wifuza uwo wabibwira mwihereye, hamagara kuri iyi nimeru:



HullDAP

working in partnership
to tackle domestic violence

01482 318759

Aho wabona ubufasha

Mu gihe byihutirwa hamagara buri gihe 999

Hull-DAP

(01482) 318759

Niba wavuye mu rugo, polisi ishobora kuguherekeza gufata ibintu byawe.

HELPLINES

Mu gihe bitihutirwa cyane hamagara Polisi kuri
(Police non-emergency) 101

Ishami Rishinzwe Ihohoterwa
(Domestic Violence Unit) (01482) 318754

Telefoni yifashishwa mu gutabara abagore
(Women's Aid Help Line) (01482) 446099

Ku icumbi (Housing) (01482) 300300

Gufasha uwahohotewe
(Victim Support) 0300 303 1971

Ikigo cy'Abagore ku Muhanda wa Peresitoni (Preston
Road Women's Centre) (01482) 790310

Imbaraga z'impinduka (01482) 613403
(Strength to Change) strengthtochange.org

Umutekano wawe ni ingirkamaro

Nukora gahunda yo kwimuka, ujye wita kuri ibi bikurikir:

Umwirindoro

- Uruhushya rwo gutwara ibinyabiziga
- icyemezo cy'amavuko cy'abana
- icyemezo cy'amavuko cyawe
- igitabo cya kitansi cy'ubukode
- Ibitabo bigaragaza urwunguko
- Pasiporo

Impapuro zijyanye n'amategeko

- Impapuro z'ingwate
- icyemezo cy'akazi
- Impapuro z'ubutane
- Ibyemezo by'uko nta hohoterwa wakorewe

Ibindi

- Ikarita ikoreshwa muri banki
- Imfunguzo z'inzu
- ibindi bintu by'agaciro bishobora kugurishwa - amabuye y'agaciro
- Ibikoresho by'isuku/ imiti
- Imyambaro.