

Hidden women

Are you locked in at home? Are you beaten? Are you not allowed to leave the house? Are you not getting enough to eat? Are you constantly checked on? Are you afraid to stand up for yourself? Then read this leaflet!

What is it?

Some women are locked in at home. By their partner or in-laws. They are hardly or never allowed to leave the house, or they can only go somewhere with someone else. You can say that hidden women are imprisoned. They are constantly watched and not allowed to do anything by themselves. Some hidden women also experience violence. They may be threatened, verbally abused, or beaten.

What are your rights?

You have the right to go wherever you want. Locking up a person is punishable by law. It is a criminal offence against a person's personal freedom. Hidden women often also have to deal with other problems, like being forced to do things against their will. Or they are mentally and/or physically abused, which is also against the law.

What can I do?

Are you scared that you will be locked in at home? Or are you a hidden woman? You can get help. Check the list below to see who or which organisation you can contact.

Are you a hidden woman? There are ways to escape. Go to the back of this leaflet for a step-by-step plan.

What can they help you with?

Contact

Are you in immediate danger? Call the **police**.

112

Are you dealing with violence? Have you been left behind?
Call the **police** and/or **Veilig Thuis**.

Police: 0900 8844
Veilig Thuis: www.veiligthuis.nl 0800
2000

The **Juridisch Loket** offers information and can answer questions about your rights.

www.juridischloket.nl
0900 2000

The **IND** can inform you about your residence status.

www.ind.nl
088 043 0430

Femmes for Freedom can help you and give advice when you are a hidden woman.

www.femmesforfreedom.com 070 362
65 06

Escape from home

Are you a hidden woman? Do you want to escape? Then read this!

Prepare your escape

- Confide in someone you can trust. The emergency plan in the brochure offers tips.
- Take photos of your injuries if you are physically abused. Such photos show that you are treated violently. It also makes it easier to apply for an independent residence permit.
- Write down the phone numbers of people you trust and who may help you.
- Your life in the Netherlands will be easier when you speak Dutch. Try to learn the language. You can also learn some Dutch by watching TV, reading books and magazines, and on your phone: look for apps by searching for 'Nederlands leren'.

What do you need to bring:

- (Photos of) your passport/ID card
- Your residence permit
- Your visa
- Your marriage certificate
- Your health insurance card
- (Photos of) the passports/ID cards of your children
- Money or gold items (like jewellery)
- Clothes (also for your children)
- Medication, if you use any (also for your children)

Where can you go?

- When you manage to escape, you will not be left out in the streets. You can go to a women's shelter, for example. Don't worry about your children being taken away from you. There are locations where women with children can stay. A women's shelter is a safe place.
- Do you still feel unsafe? The shelter organisation can give you an alarm system that you can carry with you for emergencies.
- Ask for help. You can trust the aid workers and they can help you. Check the overview on the front page to see who or which organisation you can call.
- Are you afraid that your husband or family (in-law) will come after you? Then make sure to tell the aid workers.