

# DON'T BE AFRAID TO GET HELP!

If you or someone close to you needs help - react!

Helplines are:

- Anonymous - when calling, you do not have to give your name or home address.
- Free - the call is free from both mobile and landline phones.
- 24/7 - the phone is answered 7 days a week, 24 hours a day.

1



**800 12 12 12**

Children's Helpline  
Children's Ombudsman

2



**116 111**

Helpline for children and young people  
Foundation "Dajemy Dzieciom Się"

3



**800 119 119**

Telephone and chat room for children and  
young people  
Society of the Friends of Children

4



**22 484 88 04**

Youth Helpline (up to 25 years of age).  
ITAKA Foundation - Search and Rescue  
Centre for Missing Persons

5



**116 123**

Crisis Hotline  
Institute of Health Psychology of the Polish  
Psychological Association

6

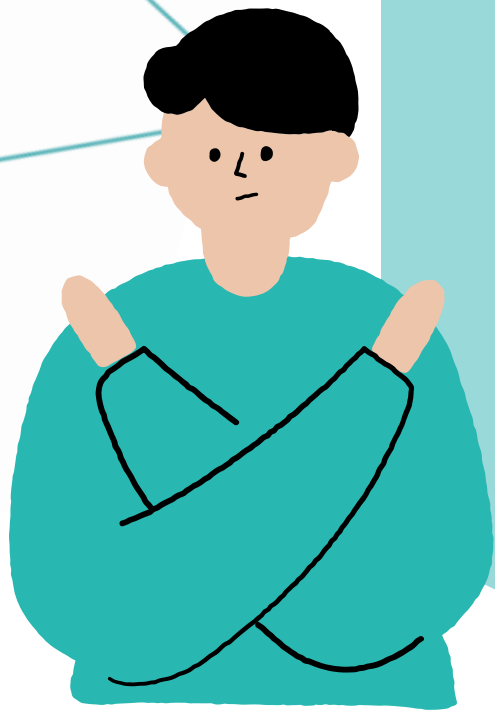


**2 594 91 00**

Antidepressant Forum Anti-Depression  
Phone Line



Reflections  
on Europe



Violence and abuse of minors continues to be a huge problem, one that we, the Reflections on Europe Association, strongly oppose. Our overriding value is the safety of young people. In order to ensure it, we have introduced the Standards for the Protection of Minors, which we see as a duty and an indicator that helps us to ensure the comfort of the young people with whom we work.

If you find yourself in a situation where someone is hurting you, humiliating you or making you feel bad, or if you know someone else is going through similar difficulties, please come forward. You can do this in person, by phone or by email. You do not need to give your name, but it would make it easier for us to gather more information about your case. Any such information will be given due consideration and thoroughly investigated.

email: [kontakt@rozprawy.eu](mailto:kontakt@rozprawy.eu)



We care about your privacy, so if you do not want to be immortalised in photographs, you have every right to refuse. We respect your decision and do not draw any consequences from such a refusal. You don't have to worry about it affecting your treatment. It is entirely your decision and we fully accept it.

You are a key person for us, without whom our activities would be meaningless. That is why we treat your rights with the utmost respect, taking special care of your dignity and ensuring your safety. Our relationship with you is guided by the principles of respect, patience and forbearance.

