

Helplines and Resources

Hotlines

National Anti-Violence Helpline (NAVH)
1800-777-0000 (24 hours)

Association of Women for Action & Research (AWARE)
1800-777-5555
(10am to 6pm, Monday to Friday)

Family Violence Specialist Centres

PAVE
6555 0390

TRANS Centre
6449 0762

Care Corner Project StART (CCPS)
6476 1482

Legal Aid Agencies

Syariah Court of Singapore
63548371
(8.30am to 5.30pm, Monday to Friday)

Family Transformation and Protection Unit, Family Court
6435 5077

The Law Society of Singapore
Registration required:
6356 0650
Pro Bono Services Office (Level 5 of Subordinate Courts)
ProBonoServices@lawsoc.org.sg

Other Relevant Social Service Agencies

Family Service Centres (FSCs)
1800 222 0000

Singapore Action Group of Elders (SAGE)
1800-555-5555

Care and Counselling

TTSH Medical Centre, Level B2

Contact:

6357 8222 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have any feedback regarding what you have just read at patienteducation@ttsh.com.sg

Department of
CARE & COUNSELLING

Interpersonal Violence Management



What is Interpersonal Violence?

It is any violent, threatening or controlling behaviour that causes one to live in fear.

What Do I Do If I Am Facing Violence?



1. Call for Help

- Refer to 'Helplines and Resources'



2. Seek Medical Attention

- Regardless of severity of injuries
- Beneficial if seeking legal assistance



3. Reporting to the Police

- Even if you do not currently intend on going ahead with legal proceedings, it is still advisable to make a police report.



4. Seeking Legal Protection

- Refer to the overleaf on information on Protection Orders or refer to bit.ly/protection_order

Protection Orders

Types of Orders

- **Personal Protection Order (PPO)** refers to an order restraining someone who is alleged to have committed family violence.
- **Expedited Order (EO)** refers to a temporary PPO to protect the Applicant till the court hearing. It is issued by the Judge if there is imminent danger of family violence.
- **Domestic Exclusion Order (DEO)** is issued to exclude or restrict the perpetrator from entering the Applicant's home or part of it.

Breached Orders

If the Order is breached, it is a criminal offence and the perpetrator can be punished with a fine and/or an imprisonment term.

Where to Apply

- **Online** – via the Integrated Family Application Management System (iFAMS) at <https://ifams.gov.sg>
- **In Person** – at the Family Protection Centre of the Family Justice Courts or at the of Family Violence Specialist Centres.

Protection from Harassment Act (POHA)

The POHA criminalises behaviour (by a **non-related person**) which harasses, alarms or distresses a victim.

Protection Order (PO) or Enhanced Protection Order (EPO) can be applied to prevent the harasser from continuing his/ her unwanted behaviour or communication.

Application is made via the State Court.

Safety Planning

In the event that you need to leave the house, you may want to have the following in your emergency bag:



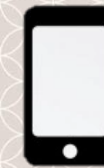
Identification card/ documents*



Prescribed medication



Keys



Mobile phone and charger



Cash/ credit card



Clothing/ toiletries

* Documents include: NRIC, birth certificates, marriage certifications, etc.