

Where can I find support and help?

Many women across Europe experience moments when they feel overwhelmed, isolated, unsafe, or unsure of what to do next. One of the biggest challenges is often not the situation itself, but not knowing where to turn for support.



Support systems across Europe include:

- youth centers,
- women's organizations,
- mental health services,
- online helplines,
- anti-discrimination networks,
- migrant support organizations,
- legal support initiatives,
- and emergency services.

Many of these services are confidential, free of charge, and designed to support women in difficult situations.

Examples of European-level resources include:

- the European Youth Portal,
- Eurodesk,
- Child Helpline International,
- Women Against Violence Europe (WAVE),
- and the European Union Agency for Fundamental Rights.

Knowing that support exists can reduce fear, increase confidence, and help women seek assistance earlier before situations become more serious or dangerous.

Reaching out for support can help women feel safer, stronger, and less alone.

Seeking support is a sign of strength.



Did you know?

Many support services across Europe are free of charge, confidential, and available online, by phone, or in different languages.



Reflection

If you felt unsafe, overwhelmed, or unsure where to turn, who could you contact for support?



HERIZON PROJECT

2025-1-FR01-KA220-ADU-000351314