



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Federal Department of Justice and Police FDJP
State Secretariat for Migration SEM

**HUMAN TRAFFICKING AND
OTHER FORMS OF ABUSE**

PROTECT YOURSELF!



ARE YOU...

- X FORCED TO DO THINGS YOU DO NOT WANT TO DO?**
- X BEING MONITORED OR CONTROLLED?**
- X BEING HURT OR THREATENED?**
- X RESTRICTED IN YOUR FREEDOM OF MOVEMENT?**

**IF YOU ARE EXPERIENCING
ANY OF THE ABOVE,
WE ARE HERE TO HELP.**

GET HELP HERE:





WHAT DO WE MEAN?

Malicious individuals seeking to gain advantages exploit the predicament and weaknesses of persons fleeing their home country. These persons, especially women and children, are particularly at risk.

HOW CAN YOU PROTECT YOURSELF?

A few simple precautionary measures can help you:

-  Be wary of **overly generous offers of assistance or employment**.
-  Never give your **travel documents** to anyone other than the Swiss authorities.
-  Keep a photo of your **identity document** on your cell phone and send a copy to a friend and/or family member.
-  Always carry the **contact information of trusted persons** on you who can help you in Switzerland in case you lose your cell phone or personal belongings.
-  Share your **whereabouts and your trips/movements** with your friends and/or family.
-  Before getting into a vehicle, take a **photo of the license plate** and send it to your friends and/or family. Do not get into the vehicle if the driver prohibits you from taking a photo.
-  Leave your **accommodation** if you do not feel safe there and ask for help immediately (see below).

WHERE CAN I GET HELP IN SWITZERLAND?

Contact the authorities without hesitation:

-  **At the Federal Asylum Centers (BAZ)**
Contact the security or support staff at the BAZ.
-  **In the cantons**
<https://www.opferhilfe-schweiz.ch/de/kurzinformationen-uber-die-opferhilfe/information-auf-ukrainisch/>
-  **In case of emergency**

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