

Women and girls affected by gender based violence can also access support and information about services through the following helplines.

**National Commission on Women Helpline** ..... 1938

**National Child Protection Authority Helpline** ..... 1929

**Navodaya, National Institute of Mental Health** ..... 1926

**CCC Helpline (for crisis support):** ..... 1333

**Women In Need Helpline: (Sinhala & English)** ..... 077 567 6555  
**(Tamil)** ..... 077 018 8444

**Befriender Helpline (for LGBTIQ+ persons):** ..... 071 963 8877

**Sri Lanka Sumithrayo Helpline (mobile)** ..... 070 730 8308  
**(whatsapp)** ..... 076 752 0620

**Shanti Margam Helpline (especially for young people)** ..... 071 763 9898



The Women & Children's Desk at your local Police station should permit you to file a complaint about violence.



The Legal Aid Commission, located within court premises, can provide legal advice and assistance.

Many women's organisations either provide direct support to victims of GBV, or support victims to access services.



Some also have 'safe houses' for women who need temporary accommodation for their protection.

Government officials, social service workers and resourceful people in the community can provide contact details for organisations in your area.

## HOLIDAYS 2023

Jan	06	Friday	Duruthu Full Moon Poya Day *†
Jan	15	Sunday	Tamil Thai Pongal Day *††
Jan	16	Monday	Special Bank Holiday † (In lieu of Tamil Thai Pongal Day which falls on a Sunday)
Feb	04	Saturday	Independence Day *††
Feb	05	Sunday	Navam Full Moon Poya Day *†
Feb	18	Saturday	Mahasivarathri Day *†
Mar	06	Monday	Medin Full Moon Poya Day *†
Apr	05	Wednesday	Bak Full Moon Poya Day *†
Apr	07	Friday	Good Friday *†
Apr	13	Thursday	Day prior to Sinhala & Tamil New Year Day *††
Apr	14	Friday	Sinhala & Tamil New Year Day *††
Apr	22	Saturday	Id-Ul-Fitr (Ramazan Festival Day) *†
May	01	Monday	May Day *††
May	05	Friday	Vesak Full Moon Poya Day *†
May	06	Saturday	Day following Vesak Full Moon Poya Day *††
Jun	03	Saturday	Poson Full Moon Poya Day *†
Jun	29	Thursday	Id-Ul-Alha (Hadji Festival Day) *†
Jul	03	Monday	Adhi-Esala Full Moon Poya Day *†
Aug	01	Tuesday	Esala Full Moon Poya Day *†
Aug	30	Wednesday	Nikini Full Moon Poya Day *†
Sep	28	Thursday	Milad-Un-Nabi (Holy Prophet's Birthday) *††
Sep	29	Friday	Binara Full Moon Poya Day *†
Oct	28	Saturday	Vap Full Moon Poya Day *†
Nov	12	Sunday	Deepavali Festival Day
Nov	26	Sunday	Full Moon Poya Day *†
Dec	25	Monday	Christmas Day *††
Dec	26	Tuesday	Unduvap Full Moon Poya Day *†

B - Bank Holiday P - Public Holiday M - Mercantile Holiday  
 All Saturdays and Sundays are Bank Holidays

# 2023

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	

April							May							June							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1		1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30		
30																					

July							August							September							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1			1	2	3	4	5							1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30	
30	31													30							

October							November							December							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7				1	2	3	4							1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	
														31							

Violence against women and girls can take many forms, including physical abuse, sexual violence or harassment, emotional mistreatment or economic abuse and exploitation.



## RECOGNIZE IT!

- Causing physical pain or injury
- Threats to beat or hurt
- Forced sexual acts without consent
- Harassment or unwelcome touch
- Sexual bribery or demanding favours

**NO ONE SHOULD HAVE TO EXPERIENCE THESE KINDS OF VIOLENCE, AND THE HARM IT CAUSES.**

Gender-based violence takes place because of unequal power between the victim and the abuser. It can be hard for victims to seek help, especially when the abuser is someone they are about or depend on. No one should have to experience these kinds of violence, and the harm it causes.

## TAKE ACTION AGAINST IT!

- Causing emotional pain, humiliation or fear through verbal abuse
- Threats to take away children or throw someone out of the house
- Sharing private photos or information
- Withholding or controlling money or access to material things.
- Making someone dependent, like forcing to give up their job.
- Forcing someone to work or pay for things in an unfair way.

Sri Lanka has laws to protect against such violence. There are also government and non-government services to help victims of gender-based violence.

## USE THESE RESOURCES!

At your local DS office, Women Development Officers and counsellors can provide support to women. Officers working on child protection can help deal with girls experiencing GBV.



Your district hospital will have a 'Mithuru Piyasa' / 'Natpu Illam' that is dedicated to supporting victims of GBV. You may also approach the mental health unit or attend a local clinic to get support.