

We work every day to **prevent and combat violence against women.**

WHO WE ARE

REAMA (Network for Empowerment and Self-Mutual Aid) is the national anti-violence network of Fondazione Pangea Onlus in support of women who are subjected to violence and also of their children, if any.

Thanks to the presence of many anti-violence centres throughout Italy and the work of expert staff, the Network aims to welcome, guide and restore serenity in women's lives, but also to prevent violence and raise public awareness.

In order to do this, REAMA is working with a close-knit network of professionals, anti-violence centres, shelters, associations and organisations that have been working on gender based violence for years. We have two main tools: an online Anti-Violence Helpdesk, which you can contact by sending an e-mail to sportello@reamanetwork.org and Economic Violence Helpdesk, which you can contact by sending an e-mail to sportello@reamanetwork.org. The Help Desk on Economic Violence is REAMA's programme to support women who are experiencing or have experienced economic violence. The Service helps you free of charge to analyse the debt situation you are in and, if possible, to renegotiate the debt together with the team of professionals. REAMA also offers an **anti-violence Helpline in Rome** that you can contact by dialling **+39 349 3442257 from Monday to Friday from 10 a.m. to 5 p.m.**

HELPLINES

To support women who are experiencing or have experienced economic violence. The desk helps you free of charge to analyse the debt situation you are in and, if possible, to renegotiate the debt together with a team of professionals. To get in touch with Economic Violence just send an e-mail to: sportello@reamanetwork.org

To combat male violence against women, REAMA works with a wide network of professionals, anti-violence centres, shelters, associations and organisations that have been working on this issue for years, as well as an online Anti-Violence Helpdesk that can be contacted by sending an e-mail to sportello@reamanetwork.org or by calling the number: **+39 349 344 2257**.

THE NETWORK

The REAMA anti-violence network of Fondazione Pangea Onlus is made up of many "antennas", anti-violence centres, shelters, counters, but also associations and professionals throughout Italy. Below you will find the list of the services of the REAMA anti-violence network and the contacts of the national anti-violence desk online that you can mail to at any time.

For emergencies the 1522 and 112 helplines are always active.

