



GBV Key Messages

You are not alone:

- **It is OK if you feel sad, worried or scared.** National disasters including earthquakes may increase vulnerability but remember that you are strong. Your feelings are a normal response to a difficult situation. Don't be ashamed to ask for help and speak out against any form of violence. It's important that you take care of yourself, so you can help others.

Violence is Never ok

- **Violence is never ok.** Stay vigilant against Gender-Based Violence. Reach out to support services, community networks, and helplines if you face any form of violence. Report any inappropriate behavior. Act to keep your community safe by supporting one another.
- **If you are harmed, don't stay silent.** Ask for help from someone you trust. It is normal to feel guilty or ashamed, but it is not your fault, and it is never too late to report or seek help. You have the right to get help to make it stop and do not have to manage on your own.
- **Always tell someone where you are going and when you will be back** even if you are familiar with the environment. Don't leave the elderly, persons with disabilities or young children at home alone. Families are safest if you stay together.
- **You or your children may be at risk of being hurt, exploited, or trafficked.** Women, girls and children can keep safe by staying with their family or someone they trust.

Humanitarian Assistance is free:

- **Humanitarian assistance is free** for everyone equally including women, men, children, elderly and persons with disabilities. If you are asked by someone working in a humanitarian organization to do something in return for helping you, please report them to the respective organization.
- **No one has the right to demand any favours,** touch you or demand sexual actions in return for helping you.

Act!

- During times of crisis, some families use negative coping mechanisms such as child marriage or other harmful practices. A girl who marries early is at increased risk of early pregnancy, domestic violence, depression and anxiety. **Protect every member of your family by saying no to these harmful practices.**
- **Act as a leader in your community by saying no to violence,** child marriage and other harmful practices. Prioritize the safety and well-being of women, girls, children, and other vulnerable community members. Promote peace among couples and families during the crisis and share information about available services.

To access lifesaving GBV services, please contact GBV service providers in your location and/or use the referral focal points for your respective state listed below.

Location	Focal person
Northern Rakhine	Su Myat Lwin, sulwin@unfpa.org , (+95)- 09-961000476, (+95) -09 8846 350 76
Central Rakhine	Cho Hmi Naing, cnaing@unfpa.org , (+95)-09-406541907
North-West Region (Chin, Sagaing, Magway) and Yangon Region, Ayeyarwaddy	Naw Teresa Maung, nmaung@unfpa.org , (+95)-09-5047634
South-East Region (Mon, Kayin, Tanintharyi, Bago)	Chaw Su Ma, cma@unfpa.org , (+95)-09-449004469
Southern Shan, East Shan, and Kayah	Yaw Di Sian Leen Sung, sung@unfpa.org , (+95)-09-457738987
North-East Region (Kachin and Northern Shan)	Pan Khat: pakyaw@unfpa.org , (+95)-09-268692509
National level:	Myo Thanda, myo.thanda@care.org , (+95)-09-459836883 (+95)-09-965118696 Subarna Dhar: dharsubarna88@gmail.com , +880 1815383430 Doreen Komuhangi: komuhangi@unfpa.org , (+95)-09-259619970

National GBV Helpline	<p>နားထောင်ပေးမယ်နော်</p> <p>Call: 09 777 206 035, 09 889 570 586</p> <ul style="list-style-type: none"> Monday–Friday: 9:00 AM – 5:00 PM Saturday: 1:00 PM – 5:00 PM <p>FB page: https://www.facebook.com/allears.w</p>
National GBV Helpline for Women and Girls with disabilities	<p>ပြောပြလိုက်</p> <p>Call: 09 755 995 787, 09 777 998 386</p> <p>FB page: https://www.facebook.com/pyawpyalit3</p>
Mandalay GBV Helpline	<p>အပြုံးပန်း</p> <p>Call: 09 765 777 890</p> <p>Signal: 09 959 777 890</p> <p>Viber (Sign Language Interpenetration): 09 426 777 890</p> <p>Operating Hours (Mon–Fri): 9:00 AM – 5:00 PM</p> <p>FB Page: https://www.facebook.com/helpline4wwd</p>
	<p>Legal Clinic Myanmar – LCM (Mandalay Branch Office)</p> <p>Call: 09 798 673 014</p> <p>Operating Hours (Mon–Fri): 9:00 AM – 5:00 PM</p> <p>Email: mandalay@legalclinicmyanmar.org</p>