

















REVAMP

Lithuanian Organisations and agencies supporting Adults

 <i>Name of institution</i>	 <i>Target group</i>	 <i>What do they do?</i>	 <i>Phone number</i>	 <i>E-mail</i>	 <i>Availability</i>	 <i>Homepage</i>	 <i>Keywords</i>
Police	Anyone	How to report a crime and get help	112	artimas.smurtas@policija.lt	24/7	www.epolicija.lt https://www.nukentejusiems.lt/	Policija
Skubi pagalba/ Emergency help Bendrasis pagalbos centras /Emergency Response Centre	Anyone	Allows caller to contact emergency services for urgent assistance	112	Chat and direct question on the homepage https://112.lt/	24/7	https://112.lt/ www.epolicija.lt https://www.nukentejusiems.lt/	Skubi pagalba
Emocinė pagalba, patyrus smurtą/ Emotional help after experiencing violence	Anyone	Specialized assistance centers for victims of violence are provided by the centers in each municipality.	Different numbers are listed for different cities	-	-	https://socmin.lrv.lt/lt/veiklosrityys/seima-ir-vaikai/seimos-politika/smurto-artimoje-aplinkoje-prevensija#SPC_kontaktai	Smurtas, pagalba
Specializuotos kompleksinės pagalbos centras/ Specialized complex assistance center	Anyone	Provides confidential, specialized comprehensive assistance to persons who have experienced domestic violence throughout Lithuania. Organizations also carry out the prevention of gender-based violence and contribute to policy-making to reduce domestic violence.	870055516	Life chat on homepage	II–IV 9 a.m. – 5 p.m., V 9 a.m. – 4 p.m.	https://www.specializuotospagalboscentras.lt/ or https://www.visureikalas.lt/naujienos/man-reikia-pagalbos/2017/11/kur-kreiptis	Smurtas, pagalba Specializuotos kompleksinės pagalbos centrai
"Tu - ne vienas!" Pagalbos Linija/ "You are not alone" Help line	Anyone	It is a social project that aims to help people with psychological issues	-	Chat and direct question on the homepage http://tunevienas.lt/	24/7	http://tunevienas.lt/	Pagalbos Linija Smurtas









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Krizių įveikimo centras/ Crisis Management Center	Anyone (men and women)	The aim is to make psychological help in crisis situations as accessible as possible. We provide assistance both individually and to organizations	8 640 51555	info@krizesiveikimas.lt Skype krizesiveikimas Facebook Messenger Krizės įveikimas Chat and direct question on the homepage https://krizesiveikimas.lt/	I-V 4-8 p.m., VI 12 a.m.- 4 p.m.	https://krizesiveikimas.lt/ https://krizesiveikimas.lt/naujienos/grupe-psichikos-sveikatos-problemu-turinciu-zmoniu-artimiesiems/	Krizių centras Smurtas
Psichologų konsultacijos ūmioje krizinėje situacijoje / Psychological consultations in an acute crisis situation	Anyone	Counseling people who are thinking about suicide, have tried / intend to commit suicide, who have lost a loved one or do not know how to behave when they suspect that someone they know may raise their hand against themselves	8 5 265 8564 or 8 5 244 2244	info@pylimas.lt	I-V 7 a.m. 8 p.m.	https://www.pylimas.lt/paslaugos/psichologu-konsultacijos-umioje-krizineje-situacijoje/	Krizinė situacija Smurtas
Vilniaus miesto krizių centras/ Vilnius City Crisis Center	Anyone (children and adults, men and women)	Provides social services to the residents of Vilnius who need assistance in ensuring conditions that do not degrade a person's dignity and meet basic needs.	8 5 233 2508	nvilnia@vmkc.lt	24/7	https://www.vmkc.lt/	Krizių centras Smurtas
Vilties linija/ Hope line	Adults	Emotional anonymous support service for adults, providing free, anonymous emotional support by phone and letters to the entire population of Lithuania	116 123	116123@viltieslinija.lt live chat: viltieslinija.lt	24/7	https://www.viltieslinija.lt/	Vilties linija Pagalbos linija Smurtas
Visų reikalas/ Everyone's business	Anyone	How to recognize violent relationships	-	pagalba@visureikalas.lt	-	https://www.visureikalas.lt/lt	Smurtas









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Bendrakeleiviai. Šeimos ir asmens saviugdos centras	Anyone	Provides specialized comprehensive assistance to people experiencing divorce and others affected by this experience. We also deal with the prevention and post-intervention of family crises, personal self-development.	8 644 20883	info@bendrakeleiviai.lt	-	https://www.bendrakeleiviai.lt/	Skyrybos Smurtas
Tu esi: Linija „Doverija“/ You are: Line “Trust” in Russian	Anyone	Working at various levels of prevention	8 800 77277	chat on home page	II-VI 4-8 p.m.	https://tuesi.lt/centrai/linija-doverija/	Smurtas Pagalba
Lygus: informacinis portalas/ Equal: information portal	Anyone	Gender equality and violence issues	+370 5 2629 003	mic@lygus.lt chat on home page	I-V 8 am. – 5 p.m.	https://www.lygus.lt/kontaktai/	Smurtas Pagalba
Emergency Department at Vilnius City Mental Health Centre	Anyone	Emergency Department	8 5 261 7217	info@vasaros.lt	24/7	http://www.vasaros.lt/priemimo-universitetinis-kriziu-intervencijos-skyrius/	Smurtas Pagalba
Emergency Department at Republican Vilnius Psychiatric Hospital	Anyone	Emergency Department	8 5 267 18 40	psichiatrija@rvpl.lt	24/7	https://rvpl.lt/struktura-ir-kontaktai/skyriai/priemimo-skubios-pagalbos-skyrius/	Smurtas Pagalba
Pagalbos moterims linija / Women’s Helpline	Women	Emotional help after experiencing violence	8 800 66366	pagalba@moteriai.lt chat on home page	24/7	https://pagalbosmoterimslinija.lt/	Smurtas Pagalba
Moters pagalba moteriai / A woman's help for a woman	Women	Emotional help and support for women	8 800 66366	pagalba@moteriai.lt	24/7	www.moters-pagalba.lt	Smurtas Pagalba









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Moterų informacijos centras/ Women's Information Center	Women	A non-governmental women's organization working to promote gender equality, overcome violence against women, and educate the public.	+370 5 2629 003	mic@lygus.lt chat on page	-	https://www.moteruinformacijoscentras.lt/	Smurtas Pagalba
Krizinio nėštumo centras/ Crisis Pregnancy Center	Women	A non-governmental organization established to help women experiencing crisis pregnancies and different pregnancy – related issues. It is also helping women after miscarriages, premature childbirths, postpartum depressions or suffering after abortions.	+370 603 57912	pagalba@neplanuota snestumas.lt	-	https://neplanuotasnestumas.lt/	Nėštumas Neplanuotas nėštumas Smurtas Pagalba
Vilniaus moterų namai/ Vilnius women house	Women	A non-governmental organization providing specialized comprehensive assistance to persons who have experienced violence and abuse in the immediate environment.	8 5 261 63 80, 8 5 246 55 55, 8 5 269 63 91	vmotnam@vmotnam.lt	-	https://www.vmotnam.lt/	Smurtas Pagalba Moterų namai
Vyrų krizių centras/ Men's Crisis Center	Men	Provides support and assistance to men of all ages facing psychological, social and other problems that alone cannot solve	8 662 26770	info@vyrukrizes.lt	-	http://vyrukrizes.lt/	Smurtas Pagalba Krizių centras
Pagalbos vyrams centras/ Men's Support Center	Men	Provides support and assistance to men of all ages facing psychological, social and other problems that alone cannot solve	+37067446813	vkrizes@gmail.com or labas@pagalbavyrams.lt	I-V 4-8 p.m.	http://www.pagalbavyrams.lt/kontaktai/	Smurtas Pagalbos centras
Vyrų linija Men's line/	Men	Helpline for men	8 670 00027	info@vyrų linija chat on home page	I-V 10 a.m. – 2 p.m.	https://www.vyrulinija.lt/	Smurtas Pagalba Vyrų linija









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„Nelik vienas“/ "Don't be alone"	Men	Helpline for men	8 604 11119	-	Everyday 6-9 p.m.	https://nelikvienas.lt/	Smurtas Pagalba
Tėvų linija/ Parents' line	Parents	Emotional help for parents	8 800 90012	-	5-9 p.m.	http://uzsaugialietuva.lt/gerieji-pavyzdziai/tevu-linija	Smurtas Pagalba Tėvų linija
Anoniminiai alkoholikai/ Alcoholics Anonymous	Alcoholics	It is a society of men and women who share their experiences, strengths and hope to help themselves and others recover from alcoholism.	+370 685 05191	chat on home page	-	https://www.aalietuvoje.org/	Alkoholikai Smurtas
Al-Anon: alkoholizmu sergančių artimųjų ir draugų bendrija /A Community of Relatives and Friends of People with Alcoholism	Relatives and friends of people with alcoholism of any age	Support for relatives and Friends of People with Alcoholism of any age	+37067210684	chat on home page	-	https://al-anon.lt/apie-al-anon/	Alkoholikai Smurtas
Aš esu /I am	Relatives of dependent/ addicted	Help for relatives of dependent/ addicted persons	8 699 68409	info@asesubendruomene.lt chat on home page	-	https://asesubendruomene.lt/	Priklausomybė Smurtas Pagalba
Lietuvos sutrikusios psichikos žmonių bendrija/ Lithuanian community for care of people with mental disorders	Relatives of people with mental disorders	Help for relatives of people with mental disorders	+370 5 212 1656	bendrija@lspzgb.lt chat on home page		https://lspzgb.lt/	Psichikos ligos Pagalba

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Užkrečiamųjų ligų ir AIDS centras/ Centre for Communicable Diseases and AIDS	Anyone	Help in sexual violence	8 (5) 230 0124	ulac@ulac.lt	I-IV 8 a.m. - 4.45 p.m. V 8 a.m. 3.30 p.m.	http://www.ulac.lt/lt	AIDS Užkrečiamos ligos
Nacionalinė LGBT teisių organizacija/ National LGBT rights organization	Anyone	Help LGBT individuals in many situation	+370 5 2610314	office@gay.lt	-	www.lgl.lt/en/	LGBT
Lietuvos profesinių sąjungų konfederacijos/ Lithuanian Trade Union Confederation	Adults	Help in violence/mobing in work place	+370 5 2496921	info@lpsk.lt	-	https://www.lpsk.lt/?s=smurtas	Smurtas darbe
Lietuvos Profesinė Sąjunga „Sandrauga“/ Lithuanian Trade Union „Sandrauga“	Adults	Help in violence/mobing in work place	(8-37) 20 65 97 +370 655 85311	info@sandrauga.lt	3-5 p.m.	http://www.sandrauga.lt/archyvas/4709	Smurtas darbe
Valstybinė darbo inspekcija/ State Labour Inspectorate	Adults	Help in violence/mobing in work place	(8 5) 213 9772	info@vdi.lt	-	http://www.vdi.lt/Forms/Nauji_enos1.aspx?Tekstai_ID=3352	Smurtas darbe