

●What is Intimate Partner Violence?

Intimate Partner Violence is violence by a current or former spouse or partner.

Physical Abuse

- beating
- slapping
- kicking
- throwing objects
- thrusting a knife or other arms against your body
- pulling hair
- choking, etc.



Emotional Abuse

- yelling
- continuing to ignore
- controlling your friendship
- checking your phone calls and emails without your permission
- speaking in a dominating manner
- not providing living expenses
- limiting your work
- refusing to help you renew your residency status
- depriving you of speaking in your native language, etc.



Sexual Abuse

- forcing sexual acts
- refusing birth control
- forcing abortion, etc.

Whatever the reason, abuser is to be blamed, not you.

◎Who to contact about Intimate Partner Violence

Consultation is free of charge, and kept confidential.



●Consultation about Intimate Partner Violence

Organization	Telephone	Office Hours	Language
Nagano Prefecture Women's Consultation Center	026-235-5710	8:30am~5:15pm Monday~Friday	Japanese ※An interpreter can be arranged as necessary.
Saku Health and Welfare Office	0267-63-3142		
Ueda Health and Welfare Office	0268-25-7123		
Suwa Health and Welfare Office	0266-57-2911		
Ina Health and Welfare Office	0265-76-6811		
Iida Health and Welfare Office	0265-53-0411		
Kiso Health and Welfare Office	0264-25-2219		
Matsumoto Health and Welfare Office	0263-40-1914		
Omachi Health and Welfare Office	0261-23-6508		
Nagano Health and Welfare Office	026-225-9096		
Hokushin Health and Welfare Office	0269-62-3943	8:30am~5:00pm Tuesday~Saturday	
Nagano Prefecture Center for Gender Equality	0266-22-8822		
Nagano 24-hour Hotline for Child Abuse and Domestic Violence	026-219-2413	Available all day, all year round	Japanese

※You can also consult your municipal office.

※Request or consultation about having an interpreter

Organization	Telephone	Office Hours	Language
Association of Nagano Prefecture for Internationalization (ANPI)	026-235-7186	9:30am~5:30pm Monday~Friday	Japanese, Chinese, English, Portuguese, Tagalog, Thai

If you are a victim of violence...

You need a lot of courage to share that you are a victim of violence. However, it is very important to seek help for the safety of yourself and your children.

Please do not blame yourself or keep it to yourself, but talk to us.

We will think with you what to do.

If someone is abused...

A victim of intimate partner violence is deeply hurt emotionally. If someone is abused, please listen to them and accept their statement as it is, telling them that it is not their fault. Then give them this brochure and encourage them to contact a consultation office. If the victim is unable to seek help, you should contact an office for them.

●Consultation about Other Problems

You may have other problems about family matters and daily living. Please consult us about these problems as well, without keeping them to yourself.

◎You can contact the same offices about these problems as the problems of intimate partner violence.

●About Your Residency Status

If your spouse is not willing to cooperate with you in application for residency extension or status renewal, or if you hope to continue to live in Japan to raise your child whose other parent is Japanese, your request may be granted.

Please consult an immigration bureau in your area.

◎Who to Contact

Organization	Telephone
Nagano Branch Office, Tokyo Regional Immigration Bureau	026-232-3317
Immigration Information Center, Tokyo Regional Immigration Bureau	0570-013904 03-5796-7112

Issued by: Children and Family Division,
Nagano Prefecture
Address: 692-2 Habashita, Minami Nagano,
Nagano City 380-8570
TEL : 026-235-7099
FAX : 026-235-7390
E-mail : kodomo-katei@pref.nagano.lg.jp

To foreign residents, and those who have difficulty communicating in Japanese:

Please contact us if you are a victim of Intimate Partner Violence!



Symbol of elimination of violence against women

Nagano Prefecture

