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Problems in the family

If there are conflicts in the partnership or in the family, you have the option of getting help from a counselling centre.

Equality between men and women

Women and men have equal rights in Switzerland. Every woman can decide for herself about her life, for example:

- Clothing
- Occupation
- Training
- Leisure

Women and men are allowed to move freely in public spaces.

Men and women are allowed to decide for themselves whether and whom they want to marry. No one may be married against his will. Women and men can live together even if they are not married.

Physical contact only takes place between people who know each other. Both must agree. Sexual violence is prohibited.

Support and help

- [Women's Centre St.Gallen](#)
- [ostschweizerinnen.ch Association](#)
- [cfd – The Feminist Peace Organization](#)
- [Protestant Women Switzerland \(EFS\)](#)
- [avanti donne Advocacy for women and girls with disabilities](#)
- [Umbrella organisation of Swiss men and fathers' organisations](#)

No violence!

Any kind of violence is forbidden. In Switzerland, this also includes threats. Violence in the family is also not tolerated.

Report any incident immediately.

Violence against women and domestic violence

Many women who experience violence often remain silent for a very long time. Get help and go to a counselling centre if you have been subjected to violence.

Examples of domestic violence:

- insult, threaten, intimidate or humiliate
- hitting, kicking, choking or throwing objects
- force sexual acts
- Lock up at home
- contact with family and friends
- Control or prohibit
- force them to marry
- take away wages

If you are at risk, you and all those affected will receive help to protect themselves. If necessary, contact will be established for you with the police and judiciary or other specialist bodies and authorities.

Help:

Victim Support | 071 227 11 00 | info@ohsg.ch | www.ohsg.ch

Child Protection Centre, Counselling | 071 243 78 02 | info.ksz@kispisg.ch | www.kszsg.ch

Women's shelter | 071 250 03 45 | info@frauenhaus-stgallen.ch | www.frauenhaus-stgallen.ch | 24 h

Cantonal Police | 117 | info.kapo@kapo.sg.ch

Short films on domestic violence

- 🔗 Français: Parlez-en, avant qu'il ne soit trop tard! 🌐 françaisch
- 🔗 Albanian: Guxoni të flisni, para se të jetë vonë! 🌐 albanisch
- 🔗 Turkish : Çok geç olmadan, konuşmaya cesaret edin ! 🌐 türkisch
- 🔗 Arabic: - تكلم/تكلّمي قبل فوات الاوان - 🌐 arabisch
- 🔗 Tigrinya: ክብር ክብር ክብር ክብር ክብር ክብር ክብር ክብር ክብር ክብር ክብር :: 🌐 tigrinya
- 🔗 Portuguese: Ouse falar sobre isso, antes que seja tarde demais!

Separation or divorce

In the event of a separation or divorce, you should be well informed and seek advice. Depending on your nationality and residence permit, there are consequences under migration law if you no longer live with your partner.

Consequences of separation or divorce under migration law

Have you received your residence permit through **family reunification**? Then the condition that you live together as a couple applies (exception EU/EFTA).

The residence permit for you and your children can also be extended without living together if:

- Your marriage or registered partnership has lasted at least 3 years
- the integration criteria have been successfully met
- there are important personal reasons for a separation (e.g. domestic violence, the common children live here or the return to the home country is not reasonable)

You may have to leave Switzerland if you:

- have been married for less than 3 years
- are dependent on social assistance
- do not have the required language level

EU/EFTA citizens and persons with a permanent residence permit in an EU/EFTA state

It is not necessary for you to live with your partner. However, if it is clear to both of you that you are separating or divorcing, then you must apply for a residence permit for yourself.

This is possible if you can prove that you have a job or sufficient assets to live in Switzerland.

Further information on the dissolution of marriage or partnership

Forced marriage

Engagement, marriage, divorce: every person has the same rights in Switzerland. You can decide for yourself whether and whom you want to marry and whether you want to divorce.

Forced marriage also occurs in Switzerland. Report such a case.

You can find help in these places:

Victim Support SG-AR-AI | 071 227 11 00 | info@ohsg.ch | www.ohsg.ch

Child Protection Centre, Counselling | 071 243 78 02 | info.ksz@kispisg.ch | www.kszsg.ch

Women's shelter | 071 250 03 45 | info@frauenhaus-stgallen.ch | www.frauenhaus-stgallen.ch | 24 h

Cantonal Police | info.kapo@kapo.sg.ch

Forced Marriage Unit | www.zwangsheirat.ch

Female circumcision is prohibited

In Switzerland, around 22,000 women and girls are threatened or affected by genital mutilation.

Female genital cutting is prohibited under national and international law!

Help and advice:

Contact point against female genital mutilation Eastern Switzerland and Liechtenstein
Bella Glinksi

Phone +41 76 679 86 52

Email: b.glinksi@agm-ost.ch

www.agm-ost.ch

Address:

ri.nova Impulse Center

Alte Landstrasse 106

9445 Rebstein

- [🔗 Contact point against female genital mutilation in Eastern Switzerland](#)
- [🔗 Information page german - Network against Female Genital Cutting Switzerland](#) 🌐 deutsch
- [🔗 Information page english - Network against Female Genital Cutting Switzerland](#) 🌐 englisch
- [🔗 Somali information page - Network against female genital mutilation Switzerland](#) 🌐 somalisch
- [🔗 Information page tigrinya - Network against female genital mutilation Switzerland](#) 🌐 tigrinya
- [🔗 Information page arabic - Network against female genital mutilation Switzerland](#) 🌐 arabisch
- [🔗 Information page french - Network against female genital mutilation Switzerland](#) 🌐 französisch
- [🔗 Information page italian - Network against female genital mutilation Switzerland](#) 🌐 italienisch

Video in other languages

- [🔗 Stop FGM - english](#) 🌐 englisch
 - [🔗 Stop FGM - farsi](#) 🌐 farsi
 - [🔗 Stop FGM - Somali](#) 🌐 somalisch
 - [🔗 Stop FGM - Swahili](#) 🌐 suaheli
 - [🔗 Stop FGM - Arabic](#) 🌐 arabisch
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Sexual orientation and gender identity LGBTIQ+

In Switzerland, all people are equal. Each person is allowed to live and love the way they want.

Is there anyone in the family who needs support or help with sexual orientation, gender identity, or intersex?

Advice and contacts

- [🔗 LGBTIQ Helpline](#)
 - [🔗 Pink Cross](#)
 - [🔗 Lesbian Organization Switzerland LOS](#)
 - [🔗 Queeramnesty](#)
 - [🔗 Info page for young people](#)
 - [🔗 Rainbow families](#)
 - [🔗 Transgender Network Switzerland](#)
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Addiction problems

Seek help with addiction problems such as:

- Alcohol
- Illicit drugs
- Tobacco / nicotine

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- Medication
 - Gambling addiction
 - Online Addiction / Gaming

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- Violence
 - Eating disorders
 - others (buying/addiction, etc.)
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Help and advice

 [Infodrog Switzerland](#)

Mental health problems

The whole family is affected when a family member becomes mentally ill.

Do you feel that a family member is changing in their psyche or behavior? To support the person at this stage, seek help from a professional.

In the event of crises and emergencies, you should act quickly:

Mental health

Radicalisation and extremism

Are you worried about someone in the family because the person is increasingly expressing extreme political or religious issues? Are you worried that the family member might even become radicalized?

Work with a specialist to find a sensible way to deal with this issue:

FAREX

Specialist and contact point
Radicalisation and extremism
Canton of St. Gallen

Tel. 0848 0848 55 (available 24 hours a day)

Email: farex@sg.ch

Website FAREX

Contact points

Find the right contact point, advice or authority in your area: [Contact points](#)

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