



مجلس العلماء كينالهام

POSITION PAPER # 26

Domestic Violence

March 2024

ABOUT THE MAJLIS UL ULAMAA (MAJLISTT)

The Majlis ul Ulamaa is a forum to facilitate the collaboration of Islamic Scholars resident and active within Trinidad and Tobago. It seeks to define the authentic Islamic position as it relates to Islam and the Muslim community of the country, considering the various scholastic positions and schools of law. To this end, it deliberates on issues of importance, and defines the Islamic position. The due process is meticulous, spanning the issuing of a draft position paper, inviting stakeholders and public comment and consultations before a final position is issued.

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**(in alphabetical order of first name)*

***participating non-member*

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Allahumma salli alaa sayyidinaa Muhammadin wa baarik wa sallim

DOMESTIC VIOLENCE

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1. INTRODUCTION

Domestic Violence (DV) is a prevalent issue in society today.

Statistics in Trinidad and Tobago [Newsday 2023¹] indicate:

- 30% of all women in intimate relationships have experienced physical or sexual abuse from their *partners*, and
- 1 in 5 women (20%) having experienced abuse by *non-partners* within their lifetimes.

Statistics reflect that DV is not restricted or limited to any specific group in society – it includes persons of different races, ages, localities, economic classes and educational backgrounds. While primarily perpetuated by males to females, DV is not restricted to a specific gender – abuse is also meted out by women to men. That being said, that 50% of women experience abuse in their lifetimes is significant, startling and unacceptable.

The effects of DV go far beyond the individuals involved, and impact other members of families, extended relationships, the neighborhood, the workplace, security and health sectors. It damages affected individuals' morale; their confidence levels; their behaviors and physical capabilities; decision making and cognitive functions; faith and trust in others and in Allah; can even result in irreversible physical, psychological and emotional damage; and in murder or suicide.

DV is neither permissible nor excusable in Islam. All Muslims are required to honor their families and abide by the Islamic injunctions that guide us on how to operate as a family unit. Islam means peace, and we greet each other with peace. That being said, reports indicate that Muslims are not immune to domestic violence, and this paper is an effort towards eradicating the presence of this phenomenon in the Muslim community. **There should be no incidents of domestic violence in Muslim households** – rather, Muslims should be at the forefront of being an example for others and working towards solving the issues in the wider national context. **We call on the Muslim community to adopt a ZERO-TOLERANCE policy towards DV in their homes and in their families.**

2. WHAT IT IS

DV is defined as violent or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner, of parents and children, or among family members or residents sharing a property. It includes physical, sexual, emotional or psychological or financial abuse committed by a person against a spouse, child, any other person who is a member of the household or a dependent. [Trinidad and Tobago Domestic Violence Act Ch. 45:56, 1999²]

¹ <https://newsday.co.tt/2023/03/09/devalsingh-reveals-startling-data-6250-domestic-violence-cases-in-2-years/>

² [Ministry of the Attorney General and Legal Affairs Domestic Violence Act 1999](#)

3. WHAT IT LOOKS LIKE

Abuse is a broad term and relates in a general sense to the cruel or violent behaviors perpetrated by one party to another, or in other connotations from improper use of substances and materials.

It is important to note that DV includes, but not the same as, violence. Violence entails the use of physical force to cause harm. Where physical violence is involved, these can attract additional charges or accusations of assault, battery, and other breaches of the law based on the prevailing circumstances and jurisdictions. Violent interactions can manifest in relationships, or by complete strangers, and can be one-off incidents or patterns of repeated behavior. DV may include use of force, but also includes the victim's fear of being harmed.

DV, on the other hand, may take physical and/or non-physical forms, and hinges on aggression by someone in a position of power against another, in a domicile. Some jurisdictions make the distinction between domestic violence as being between spouses, whereas acts against others in the household, including children, are classed as domestic abuse. In this paper, we include under the banner of DV acts against others in the household or in long-term relationships, including acts against children, extended family or neighbors.

In this consideration, abuse can take different forms, including:

- Physical abuse in the form of acts of violence or suppression that injures a person
- Verbal abuse and the act of making cruel remarks against another person. This includes the use of threats aimed at another person (e.g. the threat of divorce)
- Emotional & psychological abuse that are perpetrated to control, isolate or frighten others. These include blackmail, threats, insults, constant scrutiny, manipulation, humiliation, intimidation, frustration, dismissiveness, disrespect or neglect
- Economic abuse in the form of withholding from someone their just dues, limiting resources and/or access to resources; or giving the bare minimum to instill feelings of unrest or anxiety or dependency.
- Sexual abuse in the form of sexual acts forced upon another person, without their consent. This includes acts against men, women and children, and includes rape, assault, exploitation, harassment, or sharing sexual images / recordings of others without their consent. In some cases sexual abuse includes incest perpetrated by parents or guardians on children.
- Technological or digital abuse, through which technology devices and tools are used to control, coerce, threaten, stalk, harm or incite others to do the same against other individuals. This includes but is not limited to cyber bullying.

- Spiritual abuse in the form of obeah, voodoo or other acts designed to affect others, or give the impression of affecting others, physically, mentally, spiritually in their wake to sleep states, at home or elsewhere.

4. HOW IT FEATURES IN SOCIETY

DV is usually framed in the presence of some type of abuse among relations and those in a dwelling. We recognize DV to feature commonly among different types of relations, not restricted to a dwelling or residence, but in its proximity by distance (i.e. neighbors) or in proximity of relations (family members). From this view, DV commonly features in:

- Relations of husband and wife, either as a married couple or as courting or divorced couples. Relations can become abusive in singular instances or become a pattern of behavior.
- Parents or step-parents and children, occurring in both directions. In some instances the parent might become abusive towards the child/children, and in other instances child might become abusive towards the parents
- Children and their siblings. Some children at times can become abusive towards their siblings either as patterns of behavior or temporarily and mend relations soon after. From experiences shared with MajlisTT this often occurs among adult siblings when new members of families are introduced (such as the spouse of a sibling) which changes the relationship dynamics. Other instances suggest lingering issues of favoritism, allocation of inheritance or control of resources and assets, or tension arising from use of shared spaces.
- Extended family relations (cousins, uncles, aunts, grandparents, etc.). This can typically manifest as similar iterations of children and siblings – new family relationship dynamics, differential treatment and/or tension arising from use of shared spaces.
- The relations of in-laws. Tension among in-laws can become abusive – typically with abuse erupting after a build-up of friction, tension or other forms of discontent over a period of time; but otherwise in one-off instances of disquiet or disrespect.
- Among neighbors. Similar to relations of in-laws, tension features from buildup of issues, or singular instances of disquiet that trigger violent outbursts.

5. IMPACTS / EFFECTS

The effects of DV reverberate to not just the individuals involved, but to the other members of the family and the extended families, neighborhood and friends or acquaintances, the workplace, and even at the national level of security and health facilities, etc.

Effects of DV include

2.1 Physical Health: common physical effects include:

- Death: murder, suicide or both
- Paralysis or loss of use of organs or limbs
- Disfigurement, scarring
- Bruises, cuts, swelling or sprains on the head, face or body
- Broken limbs or dislocated joints
- Involuntary trembling or shaking
- Cold sweating
- Shortness of breath
- Muscle tension
- Chronic fatigue
- Unhealthy weight loss / gain
- Changes in eating and sleeping patterns, including insomnia
- Sexual dysfunction
- Menstrual cycle or fertility issues in women

In addition, longer-term effects include chronic illnesses that affect: blood pressure, circulation issues, breathing difficulties, digestive issues including kidney failure, cancer, stroke or heart disease or more.

2.2 Mental Health: common mental effects include:

- Anguish, distress, desperation or violation
- Anger, irritability, short-temper, aggression or low tolerance
- Post-traumatic stress disorder (PTSD), including flashbacks, nightmares, severe anxiety, and uncontrollable thoughts
- Fear, anxiety, nervousness or restlessness
- Psychological disorders and disruptive behavioural patterns
- Memory loss
- Depression, including prolonged sadness
- Suicidal thoughts or attempts
- Alcohol, drug or other substance abuse
- Low self-esteem, low self-worth, insecurities, feelings of inadequacy or feeling unworthy
- Apprehension, discouragement, demotivation, deference
- Distrust, fear or avoidance of commitment, aversion to building relationships

2.3 Homelessness, Migration or Poverty: Resulting from DV incidents, some become homeless or are forced to migrate or live in poverty and squalor as a result.

2.4 Abandoning Religion: Some people convert to other religions or abandon Islam or religion entirely after experiencing DV incidents.

2.5 Infidelity & Divorce: Some persons, after DV incidents, can engage in infidelity, or choose divorce as a consequence of DV incidents.

Many victims of DV experience combinations of the above effects. Effects are always immediate, and often extend into the short, medium and long terms. Some persons do not have an opportunity to feel the effects – their lives are taken at the time of the incident. Others are able to put it behind them and live functional lives. Yet others live with the occurrence and its memory over extended periods.

For some people, DV becomes what they are familiar with or all they know, and they perpetuate its occurrence in their relations with others throughout their lives – continuing a cycle of abuse across generations and societies.

How can a human being do this to another? We look at the root causes of DV in society.

6. ROOT CAUSES

There are a range of various causes that can be identified that trigger instances of DV. These causes can be the result of (1) issues affecting the individual perpetrator, (2) a reaction to behaviors of the victim, (3) the influence of the cultural or social environment, or (4) combinations thereof. We can identify root causes to include:

2.6 Individual / Personal Causes

6.1.1 Attachment and abandonment psychological issues. These include a range of behaviors and psychological behavior patterns that feature which cause tension and friction in relationships, including:

- Distrust
- Fear of intimacy or commitment
- Fear of rejection / pushing others away
- Relationship anxiety / codependency
- Separation anxiety
- Settling in unsatisfactory relationships / maintaining unhealthy relationships
- Emotional instability
- Envy and jealousy

- The need to control others
- Constant need for reassurance
- Constantly striving to please others / everyone
- Feelings of insecurity or hyper-competition
- Hypersensitivity to criticism
- Overthinking and rumination

6.1.2 Psychological disorders, including bi-polarity, depression, attention-deficit disorders, insanity, dictatorial / narcissistic / megalomaniac behaviors, or a propensity to tyranny, cruelty or a lack of empathy (typically labelled as psychopath or sociopath).

6.1.3 Substance abuse and addiction. Especially use of narcotics, either those that can be obtained legally or illegally.

6.1.4 Misinterpretation or misinformation of Islam and what is acceptable, such as an erroneous perception of the permissibility of abusive behaviors in relations.

6.1.5 Envy in relationships – envy between partners where 1 becomes envious of the other, or envy of partners against others in relationships.

6.1.6 Control and challenges to authority, particularly where 1 person attempts to dictate and another rebels or sabotages such attempts.

6.1.7 People want to be heard, seek attention or lash out against others. In some instances, persons act out against those in proximity, even though those victims were not the intended targets of DV acts. In others, perpetrators act out against a situation irrespective of who becomes the victims.

6.1.8 Emotional immaturity or poor anger or crisis management. Different persons have different ways of reacting to situations or communications, which can include inconsideration for others and perpetuation of feelings of disrespect, belittling, hostility or otherwise negative behaviors. In other instances, some persons equate assertiveness with aggression, or poorly manage anger and let it feature in negative ways including DV. In times of perceived crises, especially with high emotive states or severe consequences, DV also can feature when interaction becomes strained, misconstrued, or opposing among parties.

6.2 Interpersonal Causes

6.2.1 Poor choices in choosing partners, including common law relationships. Person of diverse backgrounds, cultures, values and beliefs coming together can increase the risk of friction and tension – either in their relations or in the relations of their families' interaction. The keyword is the risk of tension – which is not absolute.

- 6.2.2 Differences in lifestyle preferences or values and beliefs. Differing values, beliefs or behaviors based on perception of what is right or wrong, what is permissible or not, what is expected or what is insisted on, all serve as examples of differences that can cause tension and lead to DV behaviors.
- 6.2.3 Miscommunication or misunderstandings on single issues or in general conduct. Instances of misunderstood communications, actions or behaviors all feature to misconstrue understandings, create doubt, or infer erroneous meanings, which lead to tension and instances of DV.
- 6.2.4 Changes to behavior after marriage or after having children – for e.g. if 1 person becomes more pious and the other more wayward. From the experiences shared, it features in some instances that persons in relationships choose different pathways in their religious or social conduct, which leads to tension and instances of DV.
- 6.2.5 Some people promulgate or engage in gossip, lies, slander and other similar behaviors that result in instances of DV.

6.3 Financial & Resource Causes

- 6.3.1 Financial problems and the stress or misalignment of priorities as a result of resource scarcity. There were instances where persons had different priorities that led to dissonance, tension and outbursts of DV. In other instances, stress of poverty causes strains and tension in the relationships, with triggers often leading to DV incidents.
- 6.3.2 Disagreement on matters relating to inheritance and property. Instances featuring disagreements of how resources are shared, accessed, or assets are distributed often lead to tension and outbreaks of DV among parties. Some may feel left out, sidelined, cheated, discriminated against, used or victimized, which can result in DV incidents. Conflicting positions, preferences, priorities or pursuits also risk breeding tension that can manifest as DV.

6.4 Environmental, Social and Cultural Causes

- 6.4.1 External influences. There have been instances described where persons were influenced by others, including their peers, social circles, work colleagues, family members, to perpetuate DV incidents, or act in ways that result in incidents of DV by the affected parties. In some cases persons were ill-advised and in others persons were embarrassed into acting in particular ways, leading to DV incidents.
- 6.4.2 Cultural practices and social norms. There are instances where cultural practices result in DV incidents. Expectations of different parties result in tension. In a common thread of

occurrences, the wife moves into her husband's family dwelling and becomes the servant to the household, triggering instances of DV. This also features as preconceived notions of family roles – for e.g. after marriage the wife is expected to leave her job and stay at home.

- 6.4.3 Family structure and relationships. Broken homes, single-parent homes, abusive, neglectful or inconsiderate parents, step-parents, children or family members all feature to foster situations where DV occurs. In some single-parent homes persons become abusive to their children in fits of frustration and anger. In others, persons were neglectful or abusive to their elderly parents who relied on them for care. In yet others, some family members felt taken advantage of in dealing with some situations while other family members exhibited disregard, taking advantage of the situation for personal gain, or otherwise exhibiting negative behaviors towards them. These can lead to instances of DV.

6.5 Metaphysical or Supernatural Causes

- 6.5.1 Jinn & Sehr (practices of magic and other efforts involving supernatural forces). In some cases persons can be affected directly or indirectly by metaphysical forces and behave in ways that result in DV incidents – perpetrated by themselves or against their persons by others.
- 6.5.2 Spiritual issues (the influence of Shaitan/Satan). Some persons can be influenced in their thinking by Shaitan to act in certain ways that result in DV incidents. In one instance a person who was always playfully mischievous to their partner triggered a DV incident, which resulted in disruptive effects to the individuals and their relationship.

6.6 In summary

- 6.6.1 The general root causes can be attributed to:
- Values and beliefs which may vary by individual and over time
 - Individual psychology, personality and behavior
 - Interpersonal interaction abilities and maturity
 - Culture, customs and practices
- 6.6.2 Persons may not want others to know of instances of DV affecting them, their families or persons in their circles. This may happen for a number of reasons:
- A person might feel embarrassed to have others learn of their situation, or fear that raising the issue would embarrass the family or popular individuals involved.

- A person may choose to bear the sacrifice for the sake of his/her children, household and its stability
- A person may not have someone they can turn to, confide in or trust, or they may not trust that others would handle the issue with diplomacy or tact
- A person may want to escape the situation (with or without their dependents) but not have the means to look after themselves or find alternative arrangements.
- Fear that if they leave and are caught, they can be subject to even harsher treatment or they may endanger those they leave behind.

7. ISSUES RELATING TO DOMESTIC VIOLENCE IN ISLAM

Some persons misunderstand or misrepresent Islam to fit their outlook, narrative, culture or otherwise adhere to beliefs and practices which they were wrongly taught. We address the issues relating to DV from Islamic theology, to clarify its position.

7.1 Permissibility of husbands to beat their wives

Some persons interpret Islam to maintain that it is permissible for men to beat their wives based on the Quranic verse (Quran 4:34) – and use this as the justification for acts of DV. The Quran says:

Men are the protectors and maintainers of women, because Allah has given the one more (strength) than the other, and because they support them from their means. Therefore the righteous women are devoutly obedient, and guard in (the husband's) absence what Allah would have them guard. As to those women on whose part ye fear disloyalty and ill-conduct, admonish them (first), (Next), refuse to share their beds, (And last) beat them (lightly); but if they return to obedience, seek not against them Means (of annoyance): For Allah is Most High, great (above you all). [Quran 4: 34]

Such persons should note the conditions and sequence of activities enunciated in the Quran, and not overstep Quranic injunctions, or adhere to the principle without or beyond the defined conditions.

- a. Admonish them
- b. Separate from them in beds
- c. Beat them (lightly)

In Tafsir ibn Kathir it is mentioned it should not be a severe beating that is administered. Beating lightly is informed in Ahadith (that specify do not slap the face, do not cause severe injury such as breaking bones, etc.) Abdullah ibn Abbas narrated this means striking with a miswak or something small. Generally, this provision is understood to mean causing embarrassment, not pain, and be the basis for her to realize she has done something wrong, not cause her harm.

Finally, we remind persons of the hadith that guides us “people who beat their wives are not the best of you.”

We remind Muslims of the guidance from Quran and Ahadith with regards to treatment of women:

O believers treat women with kindness even if you dislike them; it is quite possible that you dislike something which Allah might yet make a source of abundant good (An Nisa 4:19)

And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought” (Ar-Rum 30:21)

A companion asked the Prophet Muhammad (peace be on him) what is the right of a wife over her husband? He said, “That you feed her when you eat and clothe her when you clothe yourself and do not strike her face. Do not malign her and do not keep apart from her, except in the house.” (Abu Dawood)

Abu Hurairah (May Allah be pleased with him) reported: Messenger of Allah (ﷺ) said, "The believers who show the most perfect Faith are those who have the best behavior, and the best of you are those who are the best to their wives, and I am the best to my family". (At-Tirmidhi)

7.2 The position of the husband as leader of the family, and ways to deal constructively with opposing views by his wife

In Islam, the husband is the leader of the household. We are told this in the hadith:

Ibn 'Umar reported that the Prophet, may Allah bless him and grant him peace, "All of you are shepherds and each of you is responsible for his flock. A man is the shepherd of the people of his house and he is responsible. A woman is the shepherd of the house of her husband and she is responsible. Each of you is a shepherd and each is responsible for his flock."

While decision-making is at the discretion of the head of the household, leadership is and should be established from the home. To be an effective leader, the husband should consult and engage with the members of the household regarding matters affecting them, and try to gain consensus. We are guided thusly in the Quran:

And those who have responded to their lord and established prayer and whose affair is [determined by] consultation among themselves, and from what We have provided them, they spend. (Quran 42:38)

Consultation includes not just the wife, but also children when they have the capacity to understand good from evil.

And those who pray, "Our Lord! Grant unto us wives and offspring who will be the comfort of our eyes, and give us (the grace) to lead the righteous." [Quran 25:74]

The best of you is the best to his family, and I am the best to my family. (Tirmidhi).

In so doing, the husband has the opportunity to live good, be good and do good, having open channel of communication.

Wives must respect and honor their husbands, and obey them. We are told in Islam:

Men are the protectors and maintainers of women, because Allah has given the one more (strength) than the other, and because they support them from their means. Therefore the righteous women are devoutly obedient, and guard in (the husband's) absence what Allah would have them guard....” (Quran 4:34)

“And they (women) have rights (over their husbands as regards living expenses) similar (to those of their husbands) over them (as regards obedience and respect) to what is reasonable” (Quran 2:228)

Prophet Muhammad (peace be upon him) is reported to have said: “It is not permissible for a woman to fast when her husband is present except with his permission, or to allow anyone in his house without his permission.”

We remind everyone that obedience to the husband regarding permissible acts is obligatory on wives. We are told in a hadith:

Prophet Muhammad (peace be upon him) is reported to have said: “There is no obedience to any created being if it involves disobedience toward the Creator.”

Obedience does not mean subservience or slavery, however. Husbands are reminded that marriage is based on love, mercy, honor, peace, and dispensing his responsibilities with justice and refinement.

7.3 The role of the man when faced with conflicts between his wife and his mother/parents

Relations between in-law frequently occur in households. In instances of tension, obedience by the wife to the husband takes priority. For the man, obedience to his mother takes priority. A man has more rights over his wife than her parents. The man should obey his parents because they have more rights over him.

At the same time, it should be noted that the wife is the stewardess of her household, not living with (and under the influence of) her in-laws. It should be noted that generally, married couples live on their own. Conditions may vary across societies – it is left to the individual to observe this practice as an Islamic principle. It is better for the couple to live together separately from others.

We also note the rights of the wife enshrined in Islam – the husband must provide (within his means) the mahr; finances (for provision for the household); and accommodation

7.4 The acceptability of corporal punishment for disciplining children

Some persons defend the permissibility of persons to discipline their children through the use of corporal punishment. Such persons are reminded of the hadith following:

On the authority of Abdullah bin Amr bin Al-Aas, may God be pleased with them both: The Prophet, may God's prayers and peace be upon him, said: (Command your children to pray when they are seven years old, and *beat them for doing so when they are ten years old*, and separate them in their beds); (Narrated by Ahmad and Abu Dawud)

The conditions for this provision are highlighted – it relates to the child's inclination to pray, and also manifests as a sequence over a period of years of reminders and encouragement. Persons are guided to encourage children, advise them, command them, and after that process, are allowed to administer corporal punishment, from 10 years onwards.

Muslims are guided to temper the severity of punishment in this instance. We remind persons of the hadith "He is not from amongst us the one who does not have mercy on children or respect for the elders."

Whilst corporal punishment is manifest in the penal law (hudood or judicial decree), this is done for persons convicted in a court for different types of misconduct, in Islamic countries. In domestic situations, for children, while it is seen as a last resort, there is no record in sunnah that Prophet Muhammad (peace be on him) beat any individual or any animal.

Anas ibn Malik reported: I served the Prophet, peace and blessings be upon him, for ten years. By Allah, he never even said to me, "Uff!" He never said harshly, "Why did you do that?" or, "Why did you not do that?"

Persons who fear Allah and follow the Sunnah in their interactions with others (as representatives of Allah) will temper their behavior, and avoid harsh or dissociative actions against others. The family should be kind, loving, gentle, merciful to one another. So that everyone behaves with each other in an environment of love, kindness, patience and perseverance.

8. SOLUTIONS

How do we solve the issue of DV and mitigate the damaging effects on persons?

Solutions would feature at different levels, including that of the Muslim community as a whole, the institutions and jamaats (including volunteers / activists championing the issue), and the individuals. Of the individuals, different parties would include the aggressors or perpetrators of DV, the victims, related parties to the first 2, and others. We look at the role of each one:

8.1 Community

We believe that Islam is the perfect way of life, and presents the right balance of individual behavior, interpersonal interaction principles, guides and examples, and social justice.

We reiterate the position that **there should be no incidents of domestic violence in Muslim households. We call on the Muslim community to adopt a ZERO-TOLERANCE** policy towards DV in their homes, neighborhoods and in their families.

Instead, Muslims should be at the forefront of being an example for others and working towards solving the issues in the wider national context. The community should see it as a collective responsibility to ensure that its members are protected – in particular the more vulnerable – elderly, infirmed, women and children.

Given the sensitive nature of the problems identified, there needs to be some undertaking by the community to support the provision of arrangements or facilities that offer protection and care for affected members. This can include:

- A family court to look at Muslim cases and advise on Islamic solutions or guidelines to help with issues
- Institutions that can provide the needed services to victims and those affected, while adhering to Islamic injunctions on dresscode, parda, meals, and avenues to practice Islam.
- Trained counsellors, mediators, psychologists, doctors, nurses, social workers and other persons involved in care for victims, children and others affected.
- Support network of persons who have been able to overcome the negative effects of DV, and are in a position to help others do the same.
- Print and digital content and materials on the issues, including research and statistical insights, kuthbas, case studies and highlights.

8.2 Institutions and Jamaats

8.2.1 **Institutions:** Some institutions provide dedicated care and support to persons affected by DV. These include the following (This is not an endorsement of any institution, and information is subject to change without notice).

National bodies

- Family Court (See Courts Services Directory Appendix 1)
- Regional Health Authorities (See Contact Information Appendix 2)
- Social Welfare Division, Ministry of Social Development and Family Services (<https://social.gov.tt/social-welfare-division/>) (See Appendix 3)
- Police – 999
- Ambulance Services – 990
- The Children's Authority Hotline Numbers – 996 / 1 (868) 800-2014

Active NGOs and institutions:

- 1 (868) 800-SAVE – Domestic Violence Abuse Hotline
- Rape Crisis Hotline – 1 (868) 627-7273

- Legal Aid – 1 (868) 625-0454
- Family Court – 1 (868) 627-8716/623-2631/624-1307
- Victim and Witness Support – 1 (868) 624-8853
- The Shelter (A safehouse for victims of domestic violence) 1 (868) 345-4218 / 1 (868) 345-4555 / admin@trinidadshelter.com

8.2.2 Jamaats & Individual Advocates

The jamaats stand at the front lines to ensure DV issues are preventatively and correctively managed within their communities. Their involvement can feature in a number of ways.

- **Awareness:** Imams, kateebes and advocates can prepare / deliver kuthbas, talks and distribution materials to raise awareness of the issue, highlight the Islamic position, guide persons on the signs and symptoms that feature, advocate for the need for action and sensitize persons on the root causes and its effects.
- **Monitoring:** Imams and jamaat officers are best-placed to know the families aligned to the jamaat, and through regular interaction can detect signs of DV, or risks of its occurrence.

We also note that data to inform measurement of instances of DV are not available. As such, institutions seeking to track the number of incidents should liaise with bodies that are involved – in the institutions listed above, as well as organs like the Divorce council and related bodies that are positioned to capture such data. In the agenda of Zero-tolerance, such monitoring can inform progress, and direct efforts to programs and responses that have demonstrable results.

- **Services:** Imams and jamaat officers can orchestrate services to the community to help avoid or resolve issues, including:
 - Establishing a hotline or other mechanism to receive calls and reports of instances of DV.
 - Hosting a visit by practicing psychologists or counsellors to speak to the issue as part of events, share cases, outline issues, risks and treatments.
 - Imams and jamaat officers can take action where necessary – speaking to parties, referring persons to trained personnel, making reports (even discreetly) on behalf of victims. There would be the need for training for persons getting involved in this space.
 - Establish a data-sheet of the issue, including contact information and other supporting information (including for e.g. nearby police station contact information) and guidelines as required.
 - Build trained persons in the jamaat to be able to provide support, through for e.g. counselling, mediation, print and digital content and materials

8.3 Individuals

Some persons have been aggressors and perpetrators of DV. Others, victims, while yet others, witnesses or parties related to the situation or incidents.

8.3.1 Islamic guidance relating to the issues

Islam guides us on treating with the issues in a number of ways. Some guidance apply to the perpetrators of DV, others to victims or other related parties. Some guidance applies to all persons.

8.3.1.1 *Do not be aggressive to others:* Abu Hurairah (may Allah be pleased with him) reported that the Prophet also said: “None of you should point his weapon at his brother, as Satan may provoke him (to hurt his brother) and as a result, he would fall into a pit of Fire.” (Al-Bukhari)

(Abdullah ibn Mas’ud reported: The Messenger of Allah, peace and blessings be upon him, said, “The believer does not insult others, he does not curse others, he is not vulgar, and he is not shameless.” Source: Sunan al-Tirmidhī

8.3.1.2 *Do your duty responsibly to those in your care:* Ibn 'Umar reported that the Prophet, may Allah bless him and grant him peace, "All of you are shepherds and each of you is responsible for his flock. A man is the shepherd of the people of his house and he is responsible. A woman is the shepherd of the house of her husband and she is responsible. Each of you is a shepherd and each is responsible for his flock."

8.3.1.3 *Be forgiving and seek forgiveness:* seek forgiveness abundantly, overlook the faults or mistakes of others if they have wronged you in the past, and know that Allah is Most Forgiving, Most Merciful. Islam tells us:

“Say, “O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful.” (Qur’an 39:53)

“And those who, when they commit an immorality or wrong themselves [by transgression], remember Allāh and seek forgiveness for their sins - and who can forgive sins except Allāh? - and [who] do not persist in what they have done while they know.” (Quran 3:135)

Abdullah ibn Amr reported: The Prophet, peace and blessings be upon him, said, “Be merciful to others, and you will receive mercy. Forgive others, and Allah will forgive you.” [Bukhari]

8.3.1.4 Do not be unjust to others: “We made a covenant with you, that you shall not shed your blood, nor shall you evict each other from your homes. You agreed and bore witness.” (Qur’an, 2:84)

“Who is more *unjust* than one who invents a lie against Allah or rejects His signs? Beware, the *unjust* shall not prosper.” (Quran 6:21)

8.3.1.5 Restrain your anger: Those who can control their anger have strength, and those who cannot are powerless in the face of it. We are told in a hadith: "The powerful man is not the one who can wrestle, but the powerful man is the one who can control himself at the time of anger." We are taught in Islam:

Restrain your anger: *Who spend [in the cause of Allah] during ease and hardship and who restrain anger and who pardon the people, and Allah loves the doers of good.* (Quran 3:134)

Do not get angry: Abu Hurayrah (reported): “A man said to the Prophet, ‘Give me advice.’ The Prophet, peace be upon him, said, ‘Do not get angry.’ The man asked repeatedly and the Prophet answered each time, ‘Do not get angry.’” [Bukhari & Muslim]

Do not display anger: Prophet Muhammad (peace be on him) is reported to have said: "When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down."

Stay silent when angry: Prophet Muhammad (peace be on him) is reported to have said: “If one of you becomes angry then he should stay silent.”

Make wudhu: Prophet Muhammad (peace be on him) is reported to have said: “Anger comes from the devil, the devil was created from fire, and fire is extinguished only with water. So when one of you becomes angry, he should make wudu.”

8.3.1.6 Be patient: “O ye who believe! seek help with *patient* perseverance and prayer; for Allah is with those who *patiently* persevere.” (Quran 2:153)

“And obey Allâh and His Messenger, and do not dispute (with one another) lest you lose courage and your strength departs, and be *patient*. Surely, Allâh is with those who are As-Sâbirûn (the *patient*).” (Quran 8:46)

8.3.1.7 Defend yourself: “Certainly, those who stand up for their rights, when injustice befalls them, are not committing any error. The wrong ones are those who treat the people unjustly, and resort to aggression without provocation. These have incurred a painful retribution. Resorting to patience and forgiveness reflects a true strength of character.” (Qur’an, 42:37-43)

“You may fight against those who attack you, but do not aggress. God does not love the aggressors. You may kill those who wage war against you, and you may evict them

whence they evicted you. Oppression is worse than murder. Do not fight them at the Sacred Masjid, unless they attack you therein. If they attack you, you may kill them. This is the just retribution for those disbelievers. If they refrain, then God is Forgiver, Most Merciful. You may also fight them to eliminate oppression, and to worship God freely. If they refrain, you shall not aggress; aggression is permitted only against the aggressors.” (Qur’an, 2:190-193)

“Permission is granted to those who are being persecuted, since injustice has befallen them, and God is certainly able to support them. “[They are] those who have been evicted from their homes without right, only because they say, ‘Our Lord is Allah.’ And were it not that Allah checks the people, some by means of others, there would have been demolished monasteries, churches, synagogues, and mosques in which the name of Allah is much mentioned. And Allah will surely support those who support Him. Indeed, Allah is Powerful and Exalted in Might.” (Qur’an, 22:39-40)

8.3.1.8 *Take necessary steps to improve your condition:* “Indeed, Allāh will not change the condition of a people until they change what is in themselves.” (Quran 13:11)

8.3.1.9 *Make Du’a to Allah, and Trust in Him to look after your affairs:* “*I respond to the invocation of the supplicant when he calls upon Me*” (Qur’an 2:186).

Indeed Allah provides to whom He wills with no limit! (Quran 3:37)

We are told in a Hadith Qudsi, “Whoever comes to Me walking, I will come to him running. Whoever meets Me with enough sins to fill the earth, not associating any partners with Me, I will meet him with as much forgiveness.” (Muslim)

“If it were not for God’s support of some people against others, there would be chaos on earth. But God showers His grace upon the people.” (Qur’an, 2:251)

Do people think once they say, “We believe,” that they will be left without being put to the test? (Quran 29:2) We will certainly test you with a touch of fear and famine and loss of property, life, and crops. (Quran 2:155) “For indeed, with hardship [will be] ease. Indeed, with hardship [will be] ease.” (Qur’an 94:5–6).

“Whoever puts his trust in Allah; He will be enough for Him.” (Quran 65:3)

“And for those who fear Allah, He (ever) prepares a way out. And He provides for him from (sources) he never could imagine” (65:2-3).

“And if any one puts his trust in Allah, sufficient is (Allah) for him. For Allah will surely accomplish his purpose. Verily, for all things has Allah appointed a due proportion” (Quran 65:3)

“Verily in the remembrance of Allah do hearts find rest” Quran (13:28)

“If anyone continually asks forgiveness from Allah, Allah will appoint for him a way out of every distress, and a relief from every anxiety, and will provide for him from where he did not reckon.” (Hadith)

8.3.1.10 *Don't give up hope or contemplate suicide:* “O you who believe, do not consume each other properties illicitly; only mutually acceptable transactions are permitted. You shall not kill yourselves. God is Merciful toward you.” (Qur'an, 4:29)

We are told in a hadith: “Whoever Allah wants good for him, He puts them to the test. He puts them through difficulties; like a diamond or gold that has to be burnt after which anything bad from it is removed so that what you have is pure diamond or pure gold.”

8.3.1.11 *See something? Say Something:* If you see anything wrong happening, try to prevent it with your hand, or speak out against it, or hate it in your heart... (if you are capable to do, then do, do not resort to the 2nd unless you are incapable of the first, and so on)

8.3.2 Complementary Solutions

There are available support to help deal with the root causes and symptoms / effects of DV. Where available, people should make full use of what is available and permissible.

Persons are especially encouraged to seek treatment or at least testing after incidents, to determine what the effects may be and get necessary treatment to resolve the issue. Persons may tend to ignore, disregard, hide, or minimize the effects on their bodies after incidents, and in fact cause a minor injury to fester or become more severe, even life threatening in some cases.

Solutions include:

Medical Treatment

- For physical conditions, including Rehab, Diagnosis & Medication
- For psychological conditions, including psychological and psychiatric support

Available Interventions

- Mediation,
- Counselling,
- Arbitration
- Overcoming Addiction & Substance Abuse

Personal Training and Development

- Islamic studies – to learn the proper beliefs, behaviors and practices to live their best lives
- Communication skills
- Emotional intelligence
- Anger management

- Dealing with difficult people
- Coping skills and mental strength
- Personal protection
- Parenting skills

9. CONCLUSION

Domestic violence is a recurring issue with severe effects and disruptive repercussions. We reiterate that as a community we should adopt and enforce a Zero-Tolerance approach to this issue. Rather, we should be models and examples to each other and to others in society, to highlight the value of adherence to Islam.

Those who can drive the issue in its awareness, prevention and correction are strongly encouraged to do so, for the benefit of others. We are told in a hadith: “A Muslim is he who others are saved by his hand and his tongue.”

We pray that Allah guides us, protects us, gives us the patience to persevere in the face of trials, and the strength and resilience to work towards changing our situation, with trust in Him and faith that He will look after our affairs, and give us the best in this world, and the next.

Ameen.

APPENDIX 1: COURTS DIRECTORY

Court Operations during the COVID-19 Pandemic

02 April 2020

What do you want to do?	Where?	How do I do it?
Apply for a Domestic Violence Protection order	At Family Courts At Magistrates' Courts	Email using domesticviolence.response@ttlawcourts.org Or Call the Domestic Violence hotline 866-DVCT (3828)
Apply for urgent custody order	Family Courts	Email or Call the Family Court (North or Tobago)
Apply for urgent custody order	At a Magistrates' Court	Email or Call the relevant Magistrates' Court
Apply for urgent maintenance order	At Family Court At a Magistrates' Court	Call the CourtPay hotline 866-CPAY (2729) Or Email Convert2CourtPay@ttlawcourts.org
Switch to CourtPay to pay or receive maintenance	At Family Courts At Magistrates' Courts At Family Courts	Call the CourtPay hotline 866-CPAY (2729) Or Email Convert2CourtPay@ttlawcourts.org Call the CourtPay hotline 866-CPAY (2729)
Collect maintenance money	At Magistrates' Courts At Family Courts	Or Email Convert2CourtPay@ttlawcourts.org Call the CourtPay hotline 866-CPAY (2729)
Pay maintenance	At Family Courts	Call the CourtPay hotline 866-CPAY (2729) Or

What do you want to do?	Where?	How do I do it?
	At Magistrates' Courts	Email Convert2CourtPay@ttlawcourts.org
File an urgent Private complaint	At Magistrates' Court	Contact the relevant Magistrates' Court by email or by telephone
Make an urgent Children In Need of Supervision (CHINS) application	At Children Courts	Email or Call the Children Court (North, South, Tobago)
Pay a ticket	At Magistrates' Court	Call the Magistrates' Court for information
Pay a fine	At Magistrates' Court	Call the Magistrates' Court for information
Find out the date for my Magistrates' Court Matter Maintenance	At a Magistrates' Court	Call the Magistrates' Court for information
	Convert2courtpay@ttlawcourts.org	866-CPAY (2729)
Domestic Violence Matters		Call the Domestic Violence Hotline: 866-DVCT (3828) or Email domesticviolence.response@ttlawcourts.org
File Urgent High Court Civil Matters		Contact the Civil High Court by email or telephone
Find out the new date for my High Court Civil matter		Contact the Civil High Court by email or telephone
	High Court	
Find out the new date for my High Court Criminal matter		Contact the Criminal High Court by email or telephone

What do you want to do?	Where?	How do I do it?
Find out the new date for my Appeal	Court of Appeal	Contact the Court of Appeal by email or telephone
File Urgent Court of Appeal Matters		Contact the Court of Appeal by email or telephone
Get copies of Court documents:		Email or Call relevant court
Contact the Finance and Accounts Unit		Call the Accounting Unit counter at (868) 223-1060 Ext. 3217

Court	Location	Email	Telephone
North Trinidad			
Supreme Court			
Court of Appeal	All locations	hojcoa.response@tllawcourts.org	(868)223-1060 Ext. 2398/2432
			(868) 223-1060 Ext. 2231 (868) 223-1060 Ext. 1254-1258/1265
High Court - Family Court	Port of Spain	fcn.response@tllawcourts.org	(868) 223-1060 Ext. 3507/3512-3513
High Court - Children Court	Port of Spain	ccn.response@tllawcourts.org	(868) 223-1060 Ext. 1250-1444-1445
High Court - Civil	Hall of Justice, PoS	hojcv.response@tllawcourts.org	(868) 223-1060 Ext. 2498/2216/2100/2101

Court	Location	Email	Telephone
North Trinidad			
High Court - Criminal	Hall of Justice, PoS	hojcr.response@tllawcourts.org	(868) 223-1060 Ext. 2237/2356/2498-2499
			(868) 223-1060 Ext. 2404/2247-8
High Court - Probate	Hall of Justice, PoS	hojpb.response@tllawcourts.org	(868) 223-1060 Ext. 2245/2257
			(868) 223-1060 Ext. 2270/2241/1007-8
Trinidad North District			
		mrcc.portofspain@tllawcourts.org	(868) 223-1060 Ext. 2633-4/2636/2640/2679/2698
Port of Spain District Court	Magistracy Registrar		(868) 312-9727 or 297-0906
	Court Manager		(868) 281-5659 or 277-3193
	District Clerk of the Peace		(868) 286-4949 or 286-4904 (868) 223-1060 Ext. 2908-9-10/2913
Arima District Court	Magistracy Registrar	mrcc.arima@tllawcourts.org	(868) 223-1060 Ext. 2915/ 2916 or 312-2212/364-0230
	Court Manager		(868) 223-1060 Ext. 2920 or 291-2808 or 296-1786
	District Clerk of the Peace		(868) 286-4029 or 286-4123
Tunapuna District Court	Magistracy Registrar	mrcc.tunapuna@tllawcourts.org	(868) 223-1060 Ext. 2824/2826/2827-8
	Court Manager		(868) 223-1060 Ext. 2823 or 312-0118

	District Clerk of the Peace	(868) 223-1060 Ext. 2839 or 281-9199 or 302-2523
		(868) 223-1060 Ext. 2826 or 297-0906
		(868) 223-1060 Ext. 2945-6/2947/2950
		(868) 223-1060 Ext. 2945 or 312-2543
Sangre Grande District Court	mrcc.sangregrande@ttlawcourts.org	
	Magistracy Registrar	(868) 223-1060 Ext. 2948 or 353-4195
	Court Manager	
	District Clerk of the Peace	(868) 223-1060 Ext. 2947 or 286-3828
		(868) 223-1060 Ext. 1801-1807
		868) 223-1060 Ext. 1802 or 312-7805/293-0585
Chaguanas District Court	mrcc.chaguanas@ttlawcourts.org	
	Magistracy Registrar	(868) 223-1060 Ext. 1820/1843 or 353-2694/296-9378
	Court Manager	
	District Clerk of the Peace	(868) 223-1060 Ext. 1801 or 286-5038
Virtual Access Customer Centres (VACC)	Assistant Court Manager	(868) 282-4729

South Trinidad

Supreme Court		(868) 223-1060 Ext. 1608/1610/1619/1621/1634/1640
High Court - Civil	Supreme Court, San Fernando	(868) 223-1060 Ext. 1612
		(868) 223-1060 Ext. 1613
		(868) 223-1060 Ext. 1614

South Trinidad

High Court – Criminal	Supreme Court, San Fernando	scsfdo.response@ttlawcourts.org	(868) 223-1060 Ext. 1609/1645/1647
High Court – CSR	Supreme Court, San Fernando		(868) 223-1060 Ext. 1621
High Court – Matrimonial	Supreme Court, San Fernando		(868) 223-1060 Ext. 1666/1667
High Court - Children Court Trinidad South District	Fyzabad (South)	ccs.response@ttlawcourts.org	(868) 223-1060 Ext. 1343
			(868) 223-1060 Ext. 1821/1825/1833
	Couva District Court	mrcc.couva@ttlawcourts.org	(868) 223-1060 Ext. 1821 or 312-8879
		Magistracy Registrar	(868) 223-1060 Ext. 1828 or 278-7410
		Court Manager	(868) 223-1060 Ext. 1833 or 286-5336
		District Clerk of the Peace	(868) 223-1060 Ext. 3700-3703
			(868) 223-1060 Ext. 1917/ 3700 or 366-1773
	San Fernando District Court	mrcc.sanfernando@ttlawcourts.org	(868) 223-1060 Ext. 1602 or 373- 2649 or 315-7782
		Magistracy Registrar	(868) 223-1060 Ext. 1602 or 373- 2649 or 315-7782
		Court Manager	(868) 223-1060 Ext. 3709 or 287-4398 286-5636
		District Clerk of the Peace	(868) 223-1060 Ext. 3709 or 287-4398 286-5636
		mrcc.mayaro@ttlawcourts.org	
	Mayaro District Court	Magistracy Registrar	(868) 223-1060 Ext. 2961- 2/2964
		Court Manager	

South Trinidad

		(868) 223-1060 Ext. 2961 or 312-1899
		(868) 223-1060 Ext. 2968 or 276-3024
		(868) 223-1060 Ext. 1850-1/1853/1857
	mrcc.pointfortin@ttlawcourts.org	
Point Fortin District Court	Magistracy Registrar	(868) 223-1060 Ext. 1850 or 312-6985
	Court Manager	(868) 223-1060 Ext. 1870 or 281-4811
	District Clerk of the Peace	(868) 223-1060 Ext. 1851 or 287-9129
	mrcc.rioclaro@ttlawcourts.org	(868) 223-1060 Ext. 1881-2
	mrcc.princestown@ttlawcourts.org	
Rio Claro District Court	Magistracy Registrar	(868) 223-1060 Ext. 2985 or 312-9931
Princes Town District Court	Court Manager	(868) 223-1060 Ext. 2990 or 281-4382 or 281-6115
	District Clerk of the Peace	(868) 223-1060 Ext. 2986 or 286-4647
		(868) 223-1060 Ext. 1933/1935/1941/1945
	mrcc.siparia@ttlawcourts.org	
Siparia District Court	Magistracy Registrar	(868) 223-1060 Ext. 1932 or 312-4753
	Court Manager	(868) 223-1060 Ext. 1931 or 355-6059
	District Clerk of the Peace	868) 223-1060 Ext. 1951 or 287-8016 or 362-4938
Virtual Access Customer Centre (VACC)	Court Manager	(868) 353-2694 or 281-6115

Tobago

Supreme Court			(868) 223-1060 Ext. 2002
High Court – Civil/Criminal	Hall of Justice, Tobago		(868) 223-1060 Ext. 1445
		hojngo.response@ttlawcourts.org	
Family Court		fct.response@ttlawcourts.org	(868) 223-1060 Ext.1259-1261
High Court - Children Court		cct.response@ttlawcourts.org	(868) 223-1060 Ext. 6002/6040
Tobago District			(868) 223-1060 Ext. 2053/2054/2073
		mrec.tobago@ttlawcourts.org	
	Scarborough District Court	Magistracy Registrar	(868) 223-1060 Ext. 2053 or 312-8304
		Court Manager	(868) 223-1060 Ext. 2003 or 364-3067
		District Clerk of the Peace	(868) 223-1060 Ext. 2054 or 286-3702
Petty Civil Court E-filing			
District Court		Email accounts	
North Trinidad			
Port of Spain District Court		pcc.portofspain@ttlawcourts.org	
Tunapuna District Court		pcc.tunapuna@ttlawcourts.org	
Arima District Court		pcc.arima@ttlawcourts.org	
Sangre Grande District Court		pcc.sangregrande@ttlawcourts.org	
Chaguanas District Court		pcc.chaguanas@ttlawcourts.org	
South Trinidad			

Couva District Court	pcc.couva@ttlawcourts.org
San Fernando District Court	pcc.sanfernando@ttlawcourts.org
Princes Town District Court	pcc.princestown@ttlawcourts.org
Rio Claro District Court	pcc.rioclaro@ttlawcourts.org
Siparia District Court	pcc.siparia@ttlawcourts.org
Mayaro District Court	pcc.mayaro@ttlawcourts.org
Point Fortin District Court	pcc.pointfortin@ttlawcourts.org
Tobago	
Scarborough District Court	pcc.tobago@ttlawcourts.org

Office Copy Request

Court Office	Email Address
Supreme Court Hall of Justice - Office Copies	offcopypos@ttlawcourts.org
San Fernando Supreme Court Sub-registries - Office Copies	offcopysfo@ttlawcourts.org
Tobago Supreme Court Sub-registries - Office Copies	offcopytgo@ttlawcourts.org
Family Court North	fcn.response@ttlawcourts.org
Family Court Tobago	fct.response@ttlawcourts.org
Children Court North	ccn.co@ttlawcourts.org
Children Court South	ccs.co@ttlawcourts.org
Children Court Tobago	cct.co@ttlawcourts.org

Judiciary Library Services

Location	Email Address
Hall of Justice, Port of Spain	Email scrtlib@ttlawcourts.org
	or

Call 1-868-624-8049 or 1-868-223-1060 Ext.
2362 or 2367

Supreme Court, San Fernando Call 1-868-623-8049 or 1-868-223-1060 Ext. 1656 or
1658

Supreme Court, Tobago Call 1-868-639-2640 or 1-868-635-1513 Ext. 223

Family Court Library Call 1-868-624-8049 or 1-868-223-1060 Ext. 3559

APPENDIX 2: REGIONAL HEALTH AUTHORITIES

Regional Health Authority

North West Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
St Ann's Psychiatric Hospital	National Service	St Ann's Road, St Ann's	624-1151 to 5 Ext: 3333 / 323-0624-7834	24 Hours	Specialised Psychiatric Consultation and assessment, Forensic Services, Psychology, Psychiatric Social Work.
Barataria Mental Health & Wellness Centre	Laventille/San Juan to St Joseph Bridge	135 Eastern Main Road, Barataria	325-8883 (downstairs) 325-9263 (upstairs) mental.healthservices@nwrha.gov.tt	Monday-Friday 8:00 am-4:00 pm	Community based mental health care, psychiatric outpatient clinic mental health promotion.
Pembroke Street Mental Health & Wellness Centre	St George West, Port of Spain	69-75 Pembroke Street, Port of Spain	623-9084 (same)	Monday-Friday 8:00 am-4:00 pm Outpatient Clinic Every 2nd and 4th Thursday of the month	Community-based mental health care, psychiatric outpatient clinic, counseling services.
Diego Martin Health and Wellness Centre	Diego Martin	Wendy Fitzwilliam Blvd, Diego Martin	488-1502	Monday-Friday 8:00 am-4:00 pm	Community-based mental health care, psychiatric outpatient clinic,

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Child Guidance Clinic	NWRHA ERHA NCRHA	74 Pembroke Street, Port of Spain	623-2348 624-5257	Monday-Friday 8:00 am-4:00 pm	counseling services. Referral and walk in service for children up to 18 years, mental health assessment including challenging behavior and psychological testing.

North Central Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Arima Psychiatric Out-Patient Clinic	Arima, Blanchisseuse	Arima Health Facility, Queen Mary Avenue, Arima	662-4607	2nd and 4th Wednesday of the month	Psychiatric Outpatient Clinic.
Chaguanas Psychiatric Out-Patient Clinic		Chase Village, Chaguanas, Montrose, Ravine Stable Up to Las Lomas #2 Ankavilla Building, 8 Endeavour Road, Chaguanas	305-6419	Monday-Friday 8:00 am-4:00 pm Outpatient Clinic Tuesdays & Thursdays 8:00 am-4:00 pm	Psychiatric Outpatient Clinic, Counseling Music and Art Therapy, Home Visits.
Arima Rehabilitation Centre	Referrals from St Ann's Psychiatric Hospital	Tumpuna Road, Arima	643-2350	24 Hours	Psychosocial Rehabilitation which aims to educate clients about their illness, teach social and

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
					independent living skills and prepare clients for independent living.
Substance Abuse Prevention & Treatment Centre	National Service	Ward 2 Caura Hospital, Royal Road, Caura	645-1405 662-2211 645-3919 Ward Ext: 3026 Centre Ext: 3024	Monday-Friday 8:00 am-4:00 pm Outpatient Clinic Mondays & Wednesdays 8:00 am-4:00 pm	Provides treatment of drug/alcohol dependent patients, gambling and sex addiction.
Eric Williams Medical Sciences Complex Outpatient Clinic	NCRHA	Uriah Butler Highway, Champs Fleurs	(868) 645-3232 Ext: 2196	Monday & Wednesday 1:00 pm 4:00 pm	Patients Referred from Inpatient Unit and other services within NCRHA and nationally.
Eric Williams Medical Sciences Complex In-Patient Unit	NCRHA	Uriah Butler Highway, Champs Fleurs	(868) 645-3232 Ext: 2196	24 hours	Adult psychiatric in patient services.
CALM Clinic and Liaison Clinic	Curepe, St. Joseph 1 & 2	Mount Hope Women's Hospital, Women's Centre	397-7016; 489-1168	Thursdays 8:00 am 4:00 pm	Integrated Primary Care and Psychiatry Adolescent Mental Health Services at CALM Unit.
Tacarigua Psychiatric Out-Patient Clinic	St. George East	Tacarigua Health Centre, El Dorado Road, Tacarigua	325- 8781	Thursdays at El dorado rd.	Psychiatric Outpatient Clinic, Home Visits, Counseling

Eastern Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Sangre Grande Enhanced Health Centre Community Mental Health Services	St. Andrew, St. David, Nariva, Mayaro	Ojo Road, Sangre Grande	226-1102 Ext: 9642	Monday-Friday 8:00 am-4:00 pm , Outpatient Clinic Every Friday except on 5th Fridays & Public Holidays 8:00 am-4:00 pm	Information Desk, Psychiatric Outpatient Clinic, Rehabilitation, Counseling, Home Visits.
Toco Psychiatric Out-Patient Clinic	Toco	Toco Health Centre, Paria Main Road, Toco	676-8277	1st Thursday of the month 8:00 am-4:00 pm	Psychiatric Outpatient Clinic.
Rio Claro Psychiatric Out-Patient Clinic	Rio Claro	Rio Claro Health Centre, Corner De Verteuil & Dougdeen Street, Rio Claro	644-2236	Outpatient Clinic Every 2nd Thursday of the month 8:00 am-4:00 pm Depot Clinic/Injections Every 2nd Wednesday of the month 8:00 am 2:00 pm	Psychiatric Outpatient Services, Injections, Counseling.
Mayaro Psychiatric Out-Patient Clinic	Nariva/Mayaro	Mayaro District Health Facility, Pierreville, Mayaro	630-1258	Every 4th Thursday of the month 8:00 am-4:00 pm	Psychiatric Outpatient Clinic, Counseling.

South West Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Area Hospital, Point Fortin	St. Patrick	Volunteer Road, Point Fortin	225-4325 Ext: 4168	Monday-Friday 8:00 am-4:00 pm Outpatient Clinic 1st & 3rd Thursdays 8:00 am-12:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.
Cedros Health Centre	St. Patrick	St. Marie Road, Bonasse	690-1440	3rd Fridays 8:00 am-12:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.
Princes Town District Health Facility	Victoria	Circular Road, Princes Town	225-4325 Option 3 Ext: 3827	Monday-Friday 8:00 am-4:00 pm Outpatient Clinic Tuesdays 8:00 am-12:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.
Rochard Douglas Health Centre	Victoria	Rochard Douglas Rd. Princes Town	226-5571	1st & 3rd Wednesdays 8:00 am-1:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.
Couva District Health Facility	Caroni	Balmain Road, Couva	636-4033 Option 4 Ext: 3922	1st & 3rd Tuesdays 2nd & 4th Tuesdays (New Cases) 8:00 am-12:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.
Child Guidance Clinic	Victoria	Chaconia Avenue & Prince Albert Street, Pleasantville	225-4325 Ext: 4306	Wednesdays (Follow-ups) Thursdays (New Cases)	The services of the Child Psychiatrist, Psychologists and Psychiatric Social Workers are available to children and adolescents, as well as, their families.

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Couva Extended Care Centre	Couva and Environs	Caroni Grant Street, Couva	777-0746/225-4325 Ext: 5660/5661/5662	24 Hours	Occupational Therapy to enable persons in everyday living to perform, modify or adapt their skills and activities in order to live healthier, and more productive lives.
Point Fortin Extended Care Centre	St. Patrick, Point Fortin and Environs	St. Patrick - West Warden Road, Point Fortin	648-2126/225-4325 Ext: 5651	24 Hours	Occupational Therapy to enable persons in everyday living to perform, modify or adapt their skills and activities in order to live healthier, and more productive lives.
San Fernando Community Mental Health Centre	Victoria	Paradise Pasture, Independence Avenue, San Fernando	225-4325 Ext: 3057 / 3371	Monday-Friday 8:00 am-4:00 pm	Community Mental Health Services including Mental Health promotion and community outreach
Psychiatric Outpatient Clinic	Victoria	Paradise Pasture, Independence Avenue, San Fernando	225-4325 Ext: 3057 / 3371	Wednesdays 8:00 am-12:00 pm	Psychiatric Social work services, counselling, home visits, mental health assessment, medication treatment.
Substance Abuse	Victoria	Paradise Pasture, Independence Avenue, San Fernando	225-4325 Ext: 3057 / 3371	Mondays (Clinic) 8:00 am-12:00 pm Support Group 2nd and 4th Fridays 9:00 am-11:00 am	Provides treatment and therapeutic support of drug/ alcohol dependent patients.
Memory Clinic	Victoria	Paradise Pasture, Independence Avenue, San Fernando	225-4325 Ext: 3057 / 3371	Tuesdays 8:00 am-12:00 pm Support Group 1 st Tuesday of every month	Rehabilitation and Treatment for patients with memory loss and dementia.

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Ward 1 In Patient Unit	Victoria	Ground Floor, Independence Avenue. San Fernando	225-4325 Ext: 3220/3221/3222/ 3224	24 Hours	Inpatient care for patients diagnosed with psychiatric disorders. Patients also receive occupational therapy services while warded.
South Oropouche Health Centre	St. Patrick	Main Road, South Oropouche	677-7305	2nd Fridays 8:00 am-12:00 pm	Home Visits, Counseling Psychiatric Out Patient Clinic, Social Work Services.
Siparia District Health Facility	St. Patrick	Corner High Street & Grell Street, Siparia	649-1196 Ext: 4510	Monday-Friday 8:00 am-4:00 pm Outpatient Clinic 1st & 3rd Thursdays (New Cases) 2nd & 4th Thursdays (Re-visits) Occupational Therapy Tuesdays 9:00 am	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.

Tobago Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Scarborough General Hospital	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3156,3157	Monday-Friday 8:00 am-4:00 pm	Information Desk. Assessment, Treatment, Counselling & Drug Abuse Intervention
Psychiatric Assessments & Treatment	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3154/3157	Wednesdays 8:00 am-1:00 pm	Psychiatric Assessment / Intervention & Treatment with Consultants & Department Doctors.
Psychotherapy & Counselling	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3154/3157	Appointments only 8:00 am-4:00 pm	Psychological Testing, Assessment and Therapy/Treatment.
Occupational Therapy	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3177/3182	Monday-Friday 8:30 am-4:00 pm	Assessments / Evaluations activities in daily living and Interventions in life skills training, cognitive rehab, support employment and social and interpersonal skills training.
Scarborough General Hospital In-Patient Unit	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3157/3152 /3166	24 Hours	Acute psychiatric care. All types of Admissions.
Scarborough Health Centre-Mental Health Dept. (Main Community psychiatric clinic)	Bacolet and Environs	Sunstone Blvd Bacolet, Tobago	660-7000 Ext: 4220 4218	Monday-Friday 8:00 am-4:00 pm	Mental Health Clinic. Assessments, Therapeutic Support for dialysis patients, Group Therapy.

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Psychiatric Treatment and Psychotherapy	Bacolet and Environs	Sunstone Blvd Bacolet, Tobago	660-7000 Ext: 4220 4218	Fridays 8:00 am-1:00 pm	Psychiatric Social work services, counselling, home visits, mental health assessment, medication treatment.
Substance Abuse Clinic	Bacolet and Environs	Sunstone Blvd Bacolet, Tobago	660-7000 Ext: 4220 4218	Thursdays 8:00 am-1:00 pm	Psychiatric Social work services, counselling, home visits, mental health assessment, medication treatment
Memory/ Alzheimer's Clinic	Bacolet and Environs	Sunstone Blvd Bacolet, Tobago	660-7000 Ext: 4220 4218	Wednesdays 8:00 am-1:00 pm	Rehabilitation and Treatment for patients with memory loss and dementia.
Roxborough Health Centre	Roxborough	Windward Road Roxborough, Tobago	660-2219	2nd Mondays of the month 9:00 am-1:00 pm	Mental Health Outpatient Clinic Psychiatric Treatment & Psychotherapy.
Bethel Health Centre	Bethel	Simon Lawrence St. Bethel, Tobago	639-8580	1st Thursdays of the month 8:00 am-12:00 am	Mental Health Outpatient Clinic Psychiatric Treatment & Psychotherapy.
Canaan Health Centre	Canaan/Bon Accord	Guy Street, Canaan, Tobago	639-8829	3rd Mondays of the month 1:00 pm-4:00 pm	Mental Health Outpatient Clinic Psychiatric Treatment & Psychotherapy.
Mason Hall Health Centre	Mason Hall / Moriah, Scarborough	Northside Road, Mason Hall	635-1622	2nd Thursdays of the month 12:30 pm 4:00 pm	Mental Health Outpatient Clinic Psychiatric Treatment & Psychotherapy Schizophrenia: Support

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Child and Adolescent Centre	Tobago	Administrative Building Fort Street, Scarborough, Tobago	660-4744 Ext: 3400 & 3401	Monday-Friday 8:00 am - 4:00 pm	group (Social Workers). Assessment & Treatment, Family Intervention Counselling, Speech and Language Therapy, Occupational Therapy

APPENDIX 3: SOCIAL WELFARE DIVISION

Our Contact Centre team is available from 8:00 a.m. to 4:00 p.m., Mondays to Friday except for Public Holidays and Carnival. Scroll down for details about your nearest local board. The Ministry of Social Development and Family Services, Helping...Empowering...Transforming Lives.

Head Office

[CL Financial Building,](#)
[39-43 St Vincent Street,](#)
[Port-of-Spain](#)

Telephone: 623-2608,
Toll Free – 800-1673
(Exts. For Call Centre 1134, 1140, 1143, 1144,
1145)
Email: info@social.gov.tt

Division of Ageing

Head Office [St. Vincent Street,](#)
[Port of Spain](#)

623-2608 ext. 2001 – 2013

National Social Development Programme

Head Office
[2nd Floor, #45A-C St. Vincent Street,](#)
[Port of Spain](#)

623-2608 ext. 1501 – 1517

NSDP – Princes Town – 1535

NSDP – Rio Claro – 1536

NSDP – Chaguanas – 1537

NSDP – Tunapuna – 1538

NSDP – Penal – 1539

NSDP – San Fernando – 1540

National Family Services Division

[95-97 Frederick Street,](#)
[Port of Spain](#)

623-2608 ext. 6701-6710

Nahous Building

Disability Affairs Unit

[1st Floor, #45A-C St. Vincent Street,](#)
[Port of Spain](#)

623-2608 ext. 1155, 1153

Social Displacement Unit

[Nahous Building, #45A-C St. Vincent Street,](#)
[Port of Spain](#)

[623-2608 ext. 5701-5703](#)

NGO Unit

[2nd Floor, #45A-C St. Vincent Street,](#)
[Port of Spain](#)

623-2608 ext. 5023

Local Board Offices

[107 Eastern Main Road, Tunapuna](#)
[\(Opposite Royal Castle\)](#)

623-2608 ext. 1700-1719

[Lot 11 Naparima Mayaro Road,](#)
[Rio Claro](#)

623-2608 ext. 2502-2509 / 2511/2512/2518

Omardeen Building

[59-61 Ciper Street,](#)

[Gooding Village, San Fernando](#)

623-2608 ext. 2302, 2305, 2309, 2310, 2313 -
2317, 2322

Marlsons Building
97 High Street, Princes Town

623-2608 ext. 2404, 2405, 2406, 2407, 2408,
2420

Siparia Administrative Complex,
Corner SS Erin Road and Allies Street,
Siparia

612-1425 ext 2801-2821

MTS Plaza, Aranguez Main Road, Aranguez

623-2608 ext. 1607-1615

Eleanore Street, Chaguanas

623-2608 ext. 2102-2107 & 6200-6203

Corner Savi Street & Boodooville Circular,
Sangre Grande

623-2608 ext. 1903-1906, 1908, 1909

11 Richardson Street,
Mahaica, Point Fortin

623-2608 ext. 2600-2616

Tam Building, Glen Road,
Scarborough, Tobago

639-2673

Cor. Richmond & 128 Duke Street,
Port of Spain

623-2608 ext. 1000-1004 & 5900-5903