



HAVE YOU MET AMBER?

UNFPA Türkiye, one of the leading agencies working on women's empowerment and gender based violence has developed a new mobile app for women. AMBER has been designed for promoting women's health and protection.

Amber is not just a menstrual calendar but much more than that!

At first glance, AMBER looks like a menstrual calendar only that provides menstrual/ovulation tracking and pregnancy planning, but it actually offers much more. AMBER provides important information and guidance on both sexual and reproductive health and gender-based violence. It includes answers to questions one may be hesitant to ask.



You are not alone with AMBER!

With its special screen, AMBER aims to raise awareness about gender-based violence, to provide information on what to do in case of violence and the organizations providing services in this regard, and to facilitate women's access to support services in case of emergency.

With AMBER, women can share their location, send emergency messages and call hotlines if they feel unsafe. They can obtain detailed information about the forms of violence against women, better understand whether they experience violence, learn where the closest service points are and ask for support from the authorities. In addition, they can evaluate the risk of exposure to violence, make a safety plan and record their experiences day by day.

What can you do with Amber?



Track your menstrual cycle

You can track your menstrual & ovulation cycle and plan pregnancy.



Access information

You can access information on sexual and reproductive health and GBV.



Light up the darkness

You can define measures against violence and identify the closest service units.



You are not alone

You can keep a diary of violence experiences.



Reach protection services

You can access support for your needs.



Take emergency safety measures

You can prepare a security plan, share your location and emergency messages.

Amber

Now you have a guide for a healthy and safe life!
Meet AMBER!



Google Play



App Store