Kompas

updated September 25 · https://www.kompas.help

Where to find us

Vercel: https://www.kompas.help

GitHub Pa

Detained right now?

Message the Net Freedoms hotline or the OVD-Info bot: they'll tell you what to say and help find a lawyer. Human rights defenders point to Article 51 of the Russian Constitution: you may decline to testify against yourself.

Net Freed

Detained or summoned for questioning

Draft · Detained on the street or at a protest

• Ask on
hours; for

Draft · Called in for a 'chat' or for questioning

• Questio
check thr

Draft · Administrative court case: defending yourself

• Since Ju
Code of A

Net Freedoms Project

Legal hotl

Nora

Help for
psychiatri

RosShtraf

Helps pay

First Department (foreign agent)

Lawyers f
security.

OVD-Info (foreign agent, extremist, on Rosfinmonitoring list)

Advice fo
statemen

Criminal case

Draft · Your home is being searched

• Ask to s
165 pt 5 C

Draft · Criminal case: what happens next

• Now: a
groups us
the Const

Draft · Complaints to the UN and ECHR after Russia left the Council of Europe

• The ECH
with its ju

Prison Lawyer

Answers c

First Department (foreign agent)

Lawyers f
security.

Solidarity Zone (foreign agent)

Lawyers a

Institute for Law and Public Policy (foreign agent)

Strategic

Memorial Human Rights Defence Centre (extremist, on Rosfinmonitoring list)

Legal tean

Memorial Political Prisoners Support (extremist, on Rosfinmonitoring list)

Recognise

OVD-Info (foreign agent, extremist, on Rosfinmonitoring list)

Advice fo
statemen

Police came to the family / a relative disappeared after a search

Draft · Police came to the family, or a relative has disappeared

• Now: as
the Const

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Answers c

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psychiatri

First Department (foreign agent)

Lawyers f
security.

OVD-Info (foreign agent, extremist, on Rosfinmonitoring list)

Advice fo
statemen

Torture and violence by security forces

Draft · Beaten or tortured by security forces

• Now: if
descriptio

First Department (foreign agent)

Lawyers f
security.

Crew Against Torture (foreign agent)

Investigat
rehabilita

Public Verdict Foundation (foreign agent)

Legal aid f

Prosecuted for what you said online

Draft · Prosecuted for a post, repost or comment

• Main of
'fakes' (20

Net Freedoms Project

Legal hotl

RosShtraf

Helps pay

OVD-Info (foreign agent, extremist, on Rosfinmonitoring list)

Advice fo
statemen

Conscription and mobilisation

Draft · Call-up papers from the military enlistment office

• Call-up
appearing

Call to Conscience

Helps pec
court defe

Soldiers' Mothers of St Petersburg

Free legal
for conscr

Go by the Forest（foreign agent)

How to av

Conscientious Objectors Movement（foreign agent)

Legal way

Draft raids and same-day conscription

Draft · Draft raids and same-day conscription

• In adva
applicatio

Call to Conscience

Helps pec
court defe

Soldiers' Mothers of St Petersburg

Free legal

for consc

Go by the Forest (foreign agent)

How to av

Conscientious Objectors Movement (foreign agent)

Legal way

Pressured or forced to sign a military contract

Draft · Pressured or forced to sign a military contract

• Refusin
posting is

Call to Conscience

Helps pec
court defe

Soldiers' Mothers of St Petersburg

Free legal
for consc

Go by the Forest (foreign agent)

How to av

Conscientious Objectors Movement (foreign agent)

Legal way

Someone close is at war: refusing to fight, AWOL, missing or captured

Draft · Someone close is at war: missing, captured or wanting out

• If conta
prosecut

Call to Conscience

Helps pe
court def

Soldiers' Mothers of St Petersburg

Free legal
for consc

Go by the Forest (foreign agent)

How to av

Conscientious Objectors Movement (foreign agent)

Legal way

Our Way Out (foreign agent)

A moveme
where to

Need to leave, asylum

Draft · Need to leave: where to start

• First ch
case, or s

Kazakhstan International Bureau for Human Rights and Rule of Law

Protects
Kazakh ac

inTransit

Helps ant
temporary

Connection e.V.

German o
cases.

PRO ASYL

Germany'

Quarteera

Associatio

VluchtelingenWerk Nederland

Help for re

Russie-Libertés

Associatio

AIDA (ECRE): asylum database

Detailed,
applicants

UNHCR Help

UN Refuge

Georgian Young Lawyers' Association (GYLA)

One of Ge
applicatio

Go by the Forest (foreign agent)

How to av

The Ark (Kovcheg) (foreign agent)

Legal adv

housing, f

Reforum Help（undesirable)

Free psyc
groups an

Russian America for Democracy in Russia (RADR)（undesirable)

Associatio
detention

North Caucasus SOS Crisis Group（foreign agent, extremist)

Evacuates
and Dages

Asylum: application, interview, refusal

Draft · Asylum: application, interview, refusal

• You ap
summons

inTransit

Helps ant
temporary

Connection e.V.

German o
cases.

PRO ASYL

Germany'

VluchtelingenWerk Nederland

Help for re

AIDA (ECRE): asylum database

Detailed,
applicants

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Legal adv
housing, f

Reforum Help (undesirable)

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groups an

Russian America for Democracy in Russia (RADR) (undesirable)

Associatio
detention

Someone close is in prison

Draft · Someone in prison is being denied treatment

• Human
pressing f

Draft · Parcels and visits in SIZO and penal colonies

• In SIZO,
SIZO need

Draft · Prison transfer: a relative has been moved and gone silent

• A transf
There is a

Draft · Punishment cells and hunger strikes

• A punis
women); I

Draft · A relative died in SIZO or a penal colony

• The adm
facility he

Draft · Getting out early: parole, a lighter sentence, pardon

• Parole i
grave; late

Prison Lawyer

Answers c

Freedom Zone

Associatio

Women's Term

Helps wor

RosUznik

Letters to
post.

First Department (foreign agent)

Lawyers f

security.

Solidarity Zone (foreign agent)

Lawyers a

Public Verdict Foundation (foreign agent)

Legal aid f

Memorial Political Prisoners Support (extremist, on Rosfinmonitoring list)

Recognise

Released from prison

Draft · Released: first steps

• On rele
medical r
decision li

Prison Lawyer

Answers c

First Line

Free, ano
families; a

First Department (foreign agent)

Lawyers f
security.

Solidarity Zone (foreign agent)

Lawyers a

The Ark (Kovcheg) (foreign agent)

Legal adv
housing, f

Memorial Political Prisoners Support (extremist, on Rosfinmonitoring list)

Recognise

Pressure on children and parents: school, university, child services

Draft · Pressure on children and parents: school, university, child services

• Children
into a chil

Draft · A child or teenager has been detained

• Adminis
and the p

First Line

Free, ano
families; a

First Department (foreign agent)

Lawyers f
security.

OVD-Info (foreign agent, extremist, on Rosfinmonitoring list)

Advice fo
statemen

Need psychological support

Draft · Need psychological support

• Anxiety
reactions

First Line

Free, ano
families; a

Nora

Help for
psychiatri

Sphere (foreign agent, "LGBT movement" designated extremist)

Legal, psy

LGBTQ+ people in danger

Draft · LGBTQ+ in Russia after the 'movement' was declared extremist

• What is
extremist

Quarteera

Associatio

Equality Movement

The larges
HIV testin

Sphere (foreign agent, "LGBT movement" designated extremist)

Legal, psy

North Caucasus SOS Crisis Group (foreign agent, extremist)

Evacuates
and Dages

Fleeing the North Caucasus: women, LGBTQ+, pressure from family or security forces

Draft · Fleeing the North Caucasus

• A typica
her back.

Marem

Helps wo
temporary

Sphere (foreign agent, "LGBT movement" designated extremist)

Legal, psy

North Caucasus SOS Crisis Group (foreign agent, extremist)

Evacuates
and Dages

Pressure on journalists

Draft · Pressure on a journalist

• Main ris
CC), army

First Department (foreign agent)

Lawyers f
security.

Mass Media Defence Centre (foreign agent)

Legal aid f

Reforum Help (undesirable)

Free psyc
groups an

Refugees and migrants in Russia

Draft · Migrants in Russia: raids, recruitment, documents

• If police
names. Fi
police car

Call to Conscience

Helps pec
court defe

Civic Assistance Committee (foreign agent)

Free help

Ukrainians: leaving Russia and occupied territories

Draft · Ukrainians: leaving Russia and occupied territories

• Helping

their will,
SIM card s

Helping to Leave

Free help
escort, hu

Civic Assistance Committee (foreign agent)

Free help

Phone being checked

Draft · Phone checks

• With gro
does not e

Net Freedoms Project

Legal hotl

First Department (foreign agent)

Lawyers f
security.

Messaging, VPNs and blocking

Draft · Messaging, VPNs and blocking in 2026

• WhatsA

intermitte
advance:

Net Freedoms Project

Legal hotl

First Line

Free, ano
families; a

Access Now Digital Security Helpline

Free 24/7
Russian-la

First Department (foreign agent)

Lawyers f
security.

Donations, Telegram Stars and money

Draft · Donations, Telegram Stars and money

• Telegra
in your ac

First Department (foreign agent)

Lawyers f
security.

OVD-Info (foreign agent, extremist, on Rosfinmonitoring list)

Advice fo

statemen

I've been designated a foreign agent

Draft · You've been designated a foreign agent

• The sta
include no

First Department (foreign agent)

Lawyers f
security.

Mass Media Defence Centre (foreign agent)

Legal aid f

Abroad and wanted in Russia

Draft · You are abroad and wanted in Russia

• How to
public Rec

Draft · Interpol, surveillance and abductions

• Most Int
the Contr

Kazakhstan International Bureau for Human Rights and Rule of Law

Protects
Kazakh ac

UNHCR Help

UN Refug

Georgian Young Lawyers' Association (GYLA)

One of Ge
applicatio

Access Now Digital Security Helpline

Free 24/7
Russian-la

First Department (foreign agent)

Lawyers f
security.

The Ark (Kovcheg) (foreign agent)

Legal adv
housing, f

Anti-War Committee 'Consuls' (terrorist)

Emergenc
appeals to

Detained abroad: immigration detention, deportation

Draft · Detained abroad: immigration detention and deportation

• In the U
thousand

Kazakhstan International Bureau for Human Rights and Rule of Law

Protects
Kazakh ac

PRO ASYL

Germany'

UNHCR Help

UN Refug

Georgian Young Lawyers' Association (GYLA)

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First Department (foreign agent)

Lawyers f
security.

Russian America for Democracy in Russia (RADR) (undesirable)

Associatio
detention

Planning a trip back to Russia

Draft · Travelling back to Russia: assessing the risks

• Check
Rosfinmo
when you

Net Freedoms Project

Legal hotl

Access Now Digital Security Helpline

Free 24/7
Russian-la

First Department (foreign agent)

Lawyers f
security.

OVD-Info (foreign agent, extremist, on Rosfinmonitoring list)

Advice fo
statemen

Documents abroad: passport, powers of attorney, the 284-FZ register

Draft · The register of people abroad: Law 284-FZ

• Since 4
Criminal C
the army'.

Draft · Documents abroad

• Before l
power of a

The Ark (Kovcheg) (foreign agent)

Legal adv
housing, f

Reforum Help (undesirable)

Free psyc
groups an

Money, banks and taxes after leaving

Draft · Money, banks and taxes after leaving

• The EU'
mostly hit

Draft · Seizure of property and accounts of those who left

• Since 1
administra
accounts,

First Department (foreign agent)

Lawyers f
security.

The Ark (Kovcheg) (foreign agent)

Legal adv
housing, f

Reforum Help (undesirable)

Free psyc
groups an

Helping family and prisoners from abroad

Draft · Helping family and prisoners from abroad

• In 2024
can count

Freedom Zone

Associati

RosUznik

Letters to
post.

Solidarity Zone (foreign agent)

Lawyers a

Memorial Political Prisoners Support (extremist, on Rosfinmonitoring list)

Recognise

Psychologists and communities abroad

Draft · Psychologists and communities abroad

• Anxiety
have left:

Quarteera

Associati

Russie-Libertés

Associati

The Ark (Kovcheg) (foreign agent)

Legal adv
housing, f

Reforum Help (undesirable)

Free psyc
groups an

Sphere (foreign agent, "LGBT movement" designated extremist)

Legal, psy

Travelling to Belarus / the border

Draft · Travelling to Belarus: the border and returning

• Human
trials in a
'extremist
guarantee

Draft · Donations and subscriptions: the risks for Belarusians

• A donat
prison and

Viasna Human Rights Centre（extremist in Belarus)

Political p
victims.

BYSOL Belarusian Solidarity Foundation（extremist in Belarus)

Money an
hotline ca

Free Belarus Center（materials deemed 'extremist' in Belarus)

Practical g
limits of su

Summoned by the KGB or police

Draft · Summoned by the KGB or police for a 'talk'

• First fin
and the rig

Viasna Human Rights Centre (extremist in Belarus)

Political p
victims.

Belarusian Helsinki Committee (extremist in Belarus)

Human rig

Belarusian Association of Journalists (BAJ) (extremist in Belarus)

Help for jo

Someone close is detained / a political prisoner

Draft · Someone close has been detained in Belarus

• Human
Both are
pass on in

Draft · For relatives of political prisoners: letters, parcels, help

• Address
other peo

INeedHelpBY

Food and
through p

Viasna Human Rights Centre (extremist in Belarus)

Political p
victims.

BYSOL Belarusian Solidarity Foundation (extremist in Belarus)

Money an
hotline ca

Dissidentby (extremist in Belarus)

Help for p
release.

Politzek.me (extremist in Belarus)

Database

Belarusian House in Warsaw (extremist in Belarus)

Material a
advice on

Belarusian Helsinki Committee (extremist in Belarus)

Human rig

Belarusian Association of Journalists (BAJ) (extremist in Belarus)

Help for jo

Released / deported

Draft · Released or deported from Belarus

• Straight
evacuatio

INeedHelpBY

Food and
through p

Viasna Human Rights Centre (extremist in Belarus)

Political p
victims.

BYSOL Belarusian Solidarity Foundation (extremist in Belarus)

Money an
hotline ca

Dissidentby (extremist in Belarus)

Help for p
release.

Belarusian House in Warsaw (extremist in Belarus)

Material a
advice on

Documents abroad

Draft · Passport abroad: what to do

• Since 7
attorney f

Belarusian House in Warsaw (extremist in Belarus)

Material a
advice on

Human Constanta (materials deemed 'extremist' in Belarus)

Legal advi

Pashpart.org (Tsikhanouskaya's Office) (extremist in Belarus)

Guide to c

In Kazakhstan or Kyrgyzstan and wanted by Russia

Draft · In Kazakhstan or Kyrgyzstan and wanted by Russia

• Since J
minor offe
exchange

Kazakhstan International Bureau for Human Rights and Rule of Law

Protects
Kazakh ac

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Helps ant
temporary

UNHCR Help

UN Refuge

The Ark (Kovcheg) (foreign agent)

Legal adv
housing, f

Anti-War Committee 'Consuls' (terrorist)

Emergenc
appeals to

Persecuted in Kazakhstan

Draft · Persecuted in Kazakhstan

• Cases a
Kazakhsta

Kazakhstan International Bureau for Human Rights and Rule of Law

Protects
Kazakh ac

Access Now Digital Security Helpline

Free 24/7
Russian-la

Adil Soz Foundation for Freedom of Speech

Defends
monitorin

Front Line Defenders

Emergenc
after dete

ProtectDefenders.eu

The EU hu

Persecuted in Kyrgyzstan

Draft · Persecuted in Kyrgyzstan

• Kloop,
charges (

Access Now Digital Security Helpline

Free 24/7
Russian-la

Bir Duino Kyrgyzstan Human Rights Movement

Free legal
Osh.

Adilet Legal Clinic

One of Ky
foreign na

Front Line Defenders

Emergenc
after dete

ProtectDefenders.eu

The EU hu

Uzbekistan, Tajikistan, Turkmenistan: family pressured, persecuted abroad

Draft · Uzbekistan, Tajikistan, Turkmenistan: pressure on family and persecution abroad

• Deporta
all arreste

UNHCR Help

UN Refuge

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Uzbek Forum for Human Rights

Document
release. D

Freedom for Eurasia

Investigat
other acti

Turkmen Initiative for Human Rights — Chronicles of Turkmenistan

Monitors
renewed a

Turkmen.news

Independe
abroad.

Prove They Are Alive! campaign

Seeks info
informatio

Front Line Defenders

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after dete

ProtectDefenders.eu

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Journalist or blogger in Central Asia

Draft · Journalist or blogger in Central Asia

• Journali
Kloop and

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Adil Soz Foundation for Freedom of Speech

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A journalis

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Turkmen Initiative for Human Rights — Chronicles of Turkmenistan

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renewed a

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Independe
abroad.

Committee to Protect Journalists (CPJ)

Helps jour

Reporters Without Borders (RSF) (undesirable)

Assistanc

Someone close is missing or imprisoned in Central Asia

Draft · Someone close is missing or imprisoned in Central Asia

• Record
a lawyer c

Bir Duino Kyrgyzstan Human Rights Movement

Free legal
Osh.

Uzbek Forum for Human Rights

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Turkmen Initiative for Human Rights — Chronicles of Turkmenistan

Monitors
renewed a

Prove They Are Alive! campaign

Seeks info
informatio

Front Line Defenders

Emergenc
after dete

Russian or Belarusian in Georgia

Draft · Russian or Belarusian in Georgia

• Visa-fre
required a

safer.

Transparency International Georgia

Free legal
protester

The Ark (Kovcheg) (foreign agent)

Legal adv
housing, f

Russian or Belarusian in Armenia

Draft · Russian or Belarusian in Armenia

• You can
Russia. La

Helsinki Citizens' Assembly – Vanadzor (HCA Vanadzor)

Free legal
deserter v

Protection of Rights Without Borders (PRWB)

Armenian

The Ark (Kovcheg) (foreign agent)

Legal adv
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Persecuted in Georgia: protests, fines, 'foreign agents'

Draft · Persecuted in Georgia: protests and 'foreign agents'

• Blocking
Rights gro

Georgian Young Lawyers' Association (GYLA)

One of Ge
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Access Now Digital Security Helpline

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Human Rights Center (HRIDC)

Georgian
journalist

Equality Movement

The larges
HIV testin

Reporters Without Borders (RSF) (undesirable)

Assistanc

Persecuted by Azerbaijan, at home or abroad: journalists, activists

Draft · Persecuted by Azerbaijan, at home or abroad

• Indepen
Toplum TV

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Front Line Defenders

Emergenc
after dete

Committee to Protect Journalists (CPJ)

Helps jour

Freedom Now

Works to
publicity.

Reporters Without Borders (RSF) (undesirable)

Assistanc

Extradition request or expulsion from Georgia or Armenia

Draft · Extradition request or expulsion from Georgia or Armenia

• Do not a
interprete

UNHCR Help

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One of Ge
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Helsinki Citizens' Assembly – Vanadzor (HCA Vanadzor)

Free legal
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First Department (foreign agent)

Lawyers f
security.

The Ark (Kovcheg) (foreign agent)

Legal adv
housing, f

Anti-War Committee 'Consuls' (terrorist)

Emergenc
appeals to

Check yourself

Rosfinmonitoring list

Whether
transactio

Foreign agents register (Ministry of Justice)

Entries fo

Extremist organisations (Ministry of Justice)

The list of

Undesirable organisations (Ministry of Justice)

The list of

Extremist materials list (Ministry of Justice)

Banned m

Inoteka (unofficial aggregator)

Easy sear

Register of people abroad 'evading punishment' (284-FZ, Ministry of Justice)

Whether
attorney.

Interior Ministry wanted list

Search by

Mediazona wanted database (unofficial copy)

A searcha

Interpol Red Notices

Public war

Interpol: Commission for the Control of Files (CCF)

How to as
or diffusio

Bailiffs (FSSP): enforcement proceedings

Debts and

Summons register

Whether a

Tax Service: tax debt

Whether y

Russian courts portal (sudrf.ru)

Cases in g

Moscow City Court: search	Cases and
Criminal record certificate	Criminal c
Passport validity check	Whether a
Roskomnadzor block register	Whether a
PR-CY block check (unofficial)	Whether a
Belarus: Interior Ministry wanted list	Whether a
Belarus: list of 'extremist formations' and individuals	Which org extremist
Belarus: KGB 'terrorist list'	Updates transactio
Belarus: trials in absentia ('special proceedings')	Who is su
Belarus: Belarusians on Russia's wanted list (Mediazona)	Over 4,70 and hande
Belarus: how to check for a criminal case (guide)	All ways t lawyer.