#### **IMPORTANT NUMBERS** TO HAVE

Safe places for women: Women's refuges

Frauenhaus AWO Bremen: 0421 - 23 96 11 Autonomes Frauenhaus: 0421 – 34 95 73 Frauenhaus Bremen-Nord: 0421 – 63 64 874

## Help for girls

Kinder- und Jugendschutztelefon: 0421 – 699 11 33

Ask us about accommodation for women with children or for women on their own.

Advice is free.

Your details will be treated with the strictest confidence!

**WE CAN HELP AND ADVISE YOU. ANONYMOUSLY, IF YOU WISH.** 

Talk to someone you can trust.

A staff member at your accommodation. A doctor. A midwife.

**Doctors and midwives are** bound to confidentiality.

Immigrant Advice Centres will help you cope with living in Germany. You can ask them about help against violence. Counselling is free of charge and confidential. Call: 0421 - 7902-0

Take this booklet with you!

**How to get INFORMATION** 24 hours a day in various languages. Anonymously.



IN AN EMERGENCY:

Call emergency number 110

The Police will protect you!



Advice and help in Bremen: www.gewaltgegenfrauen.bremen.de

Issued by:

2015

I'm lookina

for help!





so hard! What can 1 do? Whocan helo me?

INFORMATION

AGAINST VIOLENCE

#### Every woman is entitled to a life free from violence.

- You have a right to safety and protection.
- You have a right to take action against violence.
- You have a right to talk about violence.

1 have



In Germany, violence against women

There are laws to protect women throughout the world.

**NO WOMAN HAS TO ACCEPT VIOLENCE!** 

#### **NOBODY IS ALLOWED**

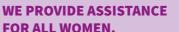
- to hit a woman
- to force her to have sex
- to threaten her
- to abuse or insult her
- to keep her confined at home

Not even her husband.

Not even family members.

They have no right to control her.

She has a right to her own decisions.



No matter what language you speak or where you come from.

It doesn't matter how long you have been in Germany.

I'm staying

in Germany

Women will not lose their residence permit if they seek help.

## The law states:

Under the "hardship ruling", women who have suffered violence may keep their residence permit.

Women can apply for asylum on their own.

# **IMPORTANT NUMBERS** TO HAVE

Advisors here will help you.

#### Telephone helplines open 24 hours a day:

Frauenhaus AWO Bremen: 0421 – 23 96 11 Autonomes Frauenhaus: 0421 - 34 95 73 Frauenhaus Nord: 0421 - 63 64 874 Mädchennotruf (girls' helpline): 0421 – 34 11 20

# Call here if you want an appointment:

Neue Wege: 0421 - 79 47 118 0421 - 33 77 188 AWO Immigrants Advice:

Advice for women forced

into prostitution: 0421 - 34 96 70

# Advice for girls:

Mädchenhaus Bremen (girls' refuge): 0421 – 33 65 444

Advisors will try to arrange translations.