

## IMPORTANT NUMBERS TO HAVE

### Safe places for women: Women's refuges

Frauenhaus Bremerhaven: 0471 – 830 01

### Help for girls

Mädchentelefon: 0471 – 860 86

**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.**

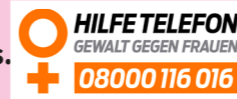
Immigrant Advice Centres will help you cope with living in Germany. You can ask them about help against violence. Counselling is free of charge and confidential. Call: 0471 – 3087 852

**Take this booklet with you!**

*I'm looking for help!*



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 Bremerhaven:  
[www.gewaltgegenfrauen.bremen.de](http://www.gewaltgegenfrauen.bremen.de)

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ZGF  
Bremische Zentralstelle für  
die Verwirklichung der  
Gleichberechtigung der Frau

Freie  
Hansestadt  
Bremen

Illustrations: Bettie Pankoke

*What can I do?*

*It's so hard!*

*Who can help me?*



# INFORMATION

## HELP 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.

*I have my rights*



**In Germany, violence against women and girls is against the law.**

**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.**

### **WE PROVIDE ASSISTANCE FOR ALL WOMEN.**

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 Bremerhaven  
und Beratungsstelle 0471 – 830 01  
Kinder- und Jugendnotdienst: 0471 – 308 72 22

### **Call here if you want an appointment:**

AWO Immigrants Advice  
for adults: 0471 – 308 78 52  
Advice for women forced  
into prostitution: 0471 – 947 58-0

### **Advice for girls:**

AWO Jugendmigrationsdienst: 0471 – 800 38 01

**Advisors will try to arrange translations.**