

## 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!**

*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 Bremen:  
[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: Bette 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 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
AWO Immigrants Advice:	0421 – 33 77 188

Advice for women forced into prostitution:	0421 – 34 96 70
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### **Advice for girls:**

Mädchenhaus Bremen (girls' refuge):	0421 – 33 65 444
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**Advisors will try to arrange translations.**