

INFORMATION AND PHONE-NUMBERS FOR PEOPLE WHO ARE AFFECTED BY VIOLENCE

You are affected by violence and need help? In this current situation around COVID19 offers for help are limited. Here you find some contacts for support that you can reach via telephone. If you can't find a place in a shelter or women's house: Speak to a person you trust, try to seek shelter at the home of a friend, family or people you trust. Call the police in an emergency. As a neighbor: Do you notice violence in your house, in another flat etc.? Get help! Offer your support, do not look away!

Nation-wide help-phone number for women who are affected by violence

0800 11 60 16 / anonymous and free of charge

Helpline via chat or telephone available in 17 languages. The number does not appear on the bill and is available 24/7. Also well-suited for „just being able to talk openly“!

Helpline for raped girls and women

0511 33 21 12 / anonymous

Council via telephone
Monday 3pm-5pm, Wednesday 10am-12noon, Friday 10am-1pm

Crisis Phone of Lower Saxony against forced marriage

0800 06 678 88 / anonymous and free of charge

German, English, Turkish, French, Bosnian, Croatian, Serbian, Arabic, Persian, Kurmanji (kurdish), more if required

Suana: helpline for female migrants who are affected by domestic violence, forced marriage and stalking

0511 12 60 78 14 / anonymous

German, Persian, Russian, Polish, English, French, Arabic, Kurdish, Bosnian, Croatian, Serbian, Spanish, Vietnamese, Turkish

Andersraum

The Andersraum currently offers a video-helpline
Appointments can be made at info@andersraum.de

Anti-discrimination-work with the main emphasis on sexual orientation and gender identity (LGBT*IQ)

Number against grief: phone-number for children, teenager and parents

0800 11 105 50 / anonymous and free of charge

Monday:	1:45 pm - 7:45 pm	Friday:	12:30 pm - 5pm
Tuesday:	2pm - 8pm	Saturday:	2pm - 8:15pm
Wednesday:	3pm - 9pm	Sunday:	closed
Thursday:	1pm - 6:45 pm		