

Am I affected by domestic violence?

- ▶ You are insulted, threatened, humiliated and exposed?
- ▶ Are you constantly controlled and accused, is your partner extremely jealous?
- ▶ Does your partner make contact with friends, relatives and neighbors difficult for you?
Are you isolated?
- ▶ You are not allowed to decide for yourself what you want to do and your money is being taken away from you?
- ▶ Are you being abused, hit, injured, threatened or imprisoned?
- ▶ You are forced into sexual acts or raped?
- ▶ Are you being harassed, threatened or followed (also on the internet)?

**Then you have the right
to fight back!**



**Counseling center MiM e.V.
in Eastgate**
0159-067 79 657
beratung@mimev.de

**Counseling center
Women's Center Matilde e.V.**
Tel. (030) 56 400 229
beratung@matilde-ev.de

BIG HOTLINE

Tel. (030) 611 03 00 daily from 8 a.m. to 11 p.m.

HELP TELEPHONE - VIOLENCE AGAINST WOMEN

Tel. 116 016 24 hours a day

BERLIN CRISIS SERVICE

Tel. (030) 390 63 70 24 hours a day

WOMEN CRISIS TELEPHONE

Tel. (030) 6154243

Migrant women advice hotline

Tel. (030) 6157596

**LARA Counseling for women*
who have experienced sexualized violence**

Tel. (030) 216888

Advice and help for children, 24 hours a day
Children's emergency service Tel. (030) 610061



**NO
TO DOMESTIC VIOLENCE**

What can I do?

First steps for women¹



¹ The term *women* refers to any person who defines themselves as such.

If you are in acute danger...



1/ Get yourself (and your children) to safety.



2/ Always call the police 110!

You have the right to talk to the police separately from the perpetrator. The police can take measures to protect you.

The police can:

- ▶ direct the perpetrator away from the scene of the crime/the apartment and take the keys from him.
- ▶ temporarily prohibit the abuser from contacting or approaching you.
- ▶ take the perpetrator into temporary custody.
- ▶ give you (and your children) police protection when you leave the crime scene/home.

What else can you do?

1/ Go (with your children) to a **shelter:
women's shelter / shelter.**



Mediation / advice: BIG HOTLINE
Tel. (030) 611 03 00 / 8 a.m. - 11 p.m



2/ Have your injuries documented
in court and free of charge, without
the obligation to report.



**Violence Protection Outpatient Clinic
of the Charité**

Birkenstraße 62, 10559 Berlin
Tel. (030) 450 570 270

3/ File a criminal complaint.



Police Headquarters 3 (East)

Marzahn - Section 32
Cecilienstraße 92
12683 Berlin

Tel. (030) 4664 - 332700/ 1

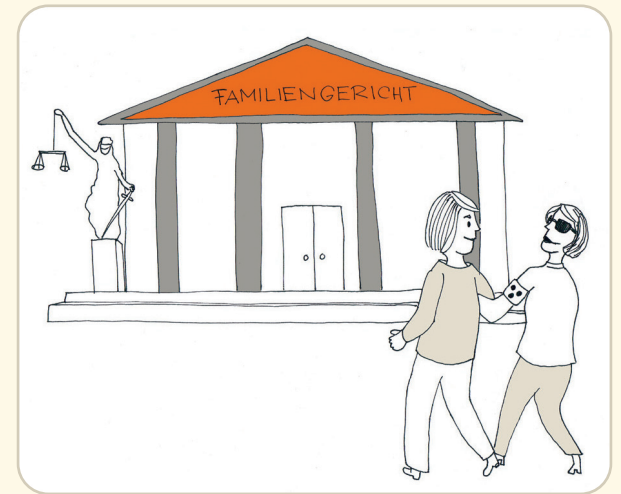
Hellersdorf - Section 33
Heinrich-Grüner-Straße 35
12621 Berlin

Tel. (030) 4664 - 333700/ 1

**4/ Submit an application under the
Violence Protection Act for:**



- Protective regulations
(e.g. no approach or no contact)
- Sole right to reside in your apartment for a
maximum of 6 months.



Apply directly at the legal application office of
the family court, preferably in the morning

**Tempelhof-Kreuzberg Family Court,
Hallesches Ufer 62, 10963**

Tel. (030) 901 75 - 0

**In the event of an acute threat and danger,
it is possible to apply for a temporary
injunction to protect you.**