

What can be done against violence?

- Protect yourself and your children!
- In cases of existing threats call the police – **phone No.: 110**
- The police will find and mediate an appropriate protective place for women and children.
- It is also possible for the police to evict a violent man from the mutual living place for 14 days.

Take advantage of this time period by contacting us or a lawyer!
Inform yourself about your rights!

What to do about injuries?

- If you or your children have been physically injured, let a doctor examine and document it!
- If needed, document the injuries yourself and show them to a person you trust!

What to do when violence is threatening?

- Call our advice centre. We will answer any questions you may have – our phone No.: 07721-54400

What is to be done when you move into a women's protective place?

When you decide on a stay in a protective place for women and children, please bring the following:

- Identification and passport, from the children as well
- health insurance card, from the children also
- cash, bank cards, savings account documents,
- medicines, vaccination records if possible,
- school necessities, if possible record cards, clothes
- favourite cuddly toy and children's toys

What else is needed?

Nation-wide free of charge telephone number in many different languages around the clock!



More information under: www.hilfetelefon.de