

outlook

**INFORMATION AND BEHAVIOURAL TIPS
FOR WOMEN AFFECTED BY VIOLENCE**



SACHSEN-ANHALT

Ministerium für
Arbeit, Soziales, Gesundheit
und Gleichstellung

#moderndenken

WHY ME? HOW CAN I PROTECT MYSELF?

Violence against women takes many forms: It occurs in marriages and partnerships, during sexual assaults and rape, as well as in the form of stalking, trafficking in women and violence in the name of honour.

Are you looking for answers or help? Are you scared, helpless, sad or angry and full of rage? Whatever you feel and whatever questions are running through your head: We offer you advice and support, irrespective of whether the violent experience is in the past or present. In this flyer you can find information on the different services in the support system to fight violence against women in Saxony-Anhalt and other suggestions and tips.

We know that it may be difficult for you to confide in us. You

decide what you confide in us. We will take your situation and your questions seriously. The counselling for you is provided free of charge, confidentially and anonymously, if desired.

People in a social circle of affected women who want to help and provide information on support for victims of violence can also contact the support system and receive free counselling.

The service is also aimed at professionals who come into contact with female victims of violence in the context of their professional or voluntary work.

Are you a transwoman, inter- or non-binary? The crisis services are available to you. If required, the counsellors will work with you to find a suitable support service.

You will find information on the following aspects:

- Local help and support
- Counselling in acute crisis situations
- Counselling & protection arrangements
- Help after sexual assaults
- Help and advice on female genital mutilation (FGM)
- Help with trafficking in women, forced marriage and honour-related violence
- Safe free space for meeting and talking
- Further help and advice
- Support in legal processes
- Behavioural tips and emergency plans



LOCAL HELP AND SUPPORT

www.gewaltfreies-sachsen-anhalt.de

Receive counselling in your mother tongue via the help hotline **Violence against Women** at the tollfree number **116 016**

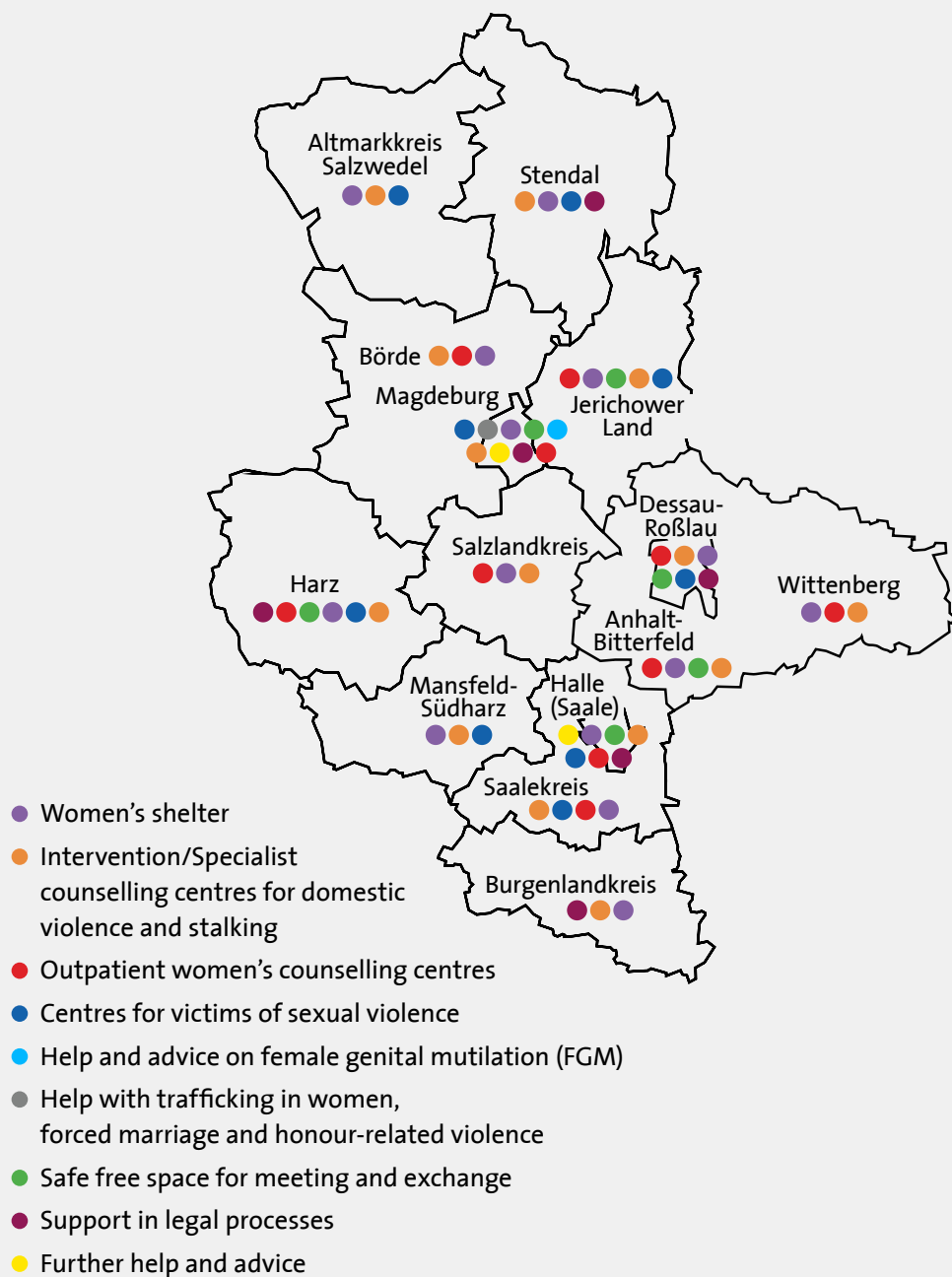
The help hotline also supports you with personal advice and arranges the right local service.

All support and advisory services can be provided in your mother tongue thanks to existing interpreting services.

Women with disabilities are ensured barrier-free access, and individual solutions will also be found. If you have any questions or problems, the State Intervention and Coordination Office for Domestic Violence and Stalking (LIKO) will be glad to help you under: **0391-629 35 23**



LOCAL HELP AND SUPPORT



COUNSELLING AND PROTECTION FACILITIES

WOMEN'S SHELTERS

Are you threatened with or affected by violence and seeking protection?

Women's shelters are shelters that offer women and their children safe shelter. All female employees are professionals who are well educated and experienced. They are guided by your needs and will help you restart a self-determined life without violence. They are available for you 24 hours a day.

As a special support service, psychologists at Mobile Teams in the women's shelters in Saxony-Anhalt will offer you and your children special psychological care. You will also be advised without staying in the women's shelter.



Aschersleben	0152-02 89 35 28
Ballenstedt	0171-853 74 59
Bernburg (Saale)	0163-178 29 28
Bitterfeld-Wolfen	03494-310 54
Burg	0392-12 140
Dessau-Roßlau	0177-433 22 16
Halle (Saale)	0345-444 14 14
Köthen	0162-892 29 65
Magdeburg	0152-23 42 66 34
Merseburg	0172-871 74 70
Salzwedel	03901-42 48 59
Sangerhausen	03464-57 00 72
Staßfurt	0162-159 97 41
Stendal	03931-715249
Weißenfels	0171-540 48 44
Wernigerode	0173-209 97 00
Wittenberg	0177-602 02 80
Landkreis Börde	0391-289 210 60
Zeitz	0160-648 49 13

COUNSELLING IN ACUTE CRISIS SITUATIONS

Intervention/Specialist counselling centres for domestic violence and stalking

DOMESTIC VIOLENCE

Are you being or have you been abused or threatened by your partner or ex-partner? Domestic violence takes many forms: insults, beatings, irascible damage to your property, threats, coercion and/or extortion.

STALKING

Are you being harassed, persecuted, stalked and/ or threatened and do not know how to put an end to this situation?

The specialist counselling centres offer advice in person, by phone or as outreach. If required, the staff at the counselling centre will prepare an individual safety plan and accompany you to the police, inform you about lawyers and the courts, and provide you with information on civil and criminal options available to you.



→ Interventionsstelle Dessau-Roßlau (Dessau-Roßlau, Wittenberg)	0340-66 12 85 39
Außenstelle Köthen (Salzlandkreis, Anhalt-Bitterfeld)	01590-449 97 98
→ Interventionsstelle Halle (Halle, Saalekreis, Mansfeld-Südharz, Burgenlandkreis)	0345-68 67 90 7
→ Interventionsstelle Magdeburg (Magdeburg, Jerichower Land, Bördekreis, Landkreis Harz)	0176-43 18 05 37
→ Interventionsstelle Stendal (Landkreis Stendal, Altmarkkreis Salzwedel)	03931-70 01 05
Außenstelle Salzwedel	0176-83 78 68 23

OUTPATIENT WOMEN'S COUNSELLING CENTRES

Are you threatened or affected by domestic violence, but do not want protection in a women's shelter? Use the outpatient women's counselling centre to get advice, guidance and support. The employees will help you restart in a self-sustaining, non-violent life.

Women with physical, mental and/or intellectual disabilities can contact the outpatient counselling centre of the Magdeburg women's shelter.



Outpatient counselling centres

Bernburg (Saale)	03925-30 25 95
Bitterfeld-Wolfen	03494-31 05 4
Burg	03921-21 40 0162-28 54 70 9
Dessau-Roßlau	0151-11 53 11 22
Halberstadt	03941-61 35 55
Haldensleben	0170-72 48 79 7
Halle (Saale)	0345-44 41 41 4
Magdeburg	0162-53 02 74 0 0176-62 82 28 80
Merseburg	03461-24 99 84
Oebisfelde	0170-72 48 79 7
Oschersleben (Bode)	0170-72 48 79 7
Schönebeck (Elbe)	03925-30 25 95
Staßfurt	03925-30 25 95
Wanzleben	0170-72 48 79 7
Wernigerode	0173-2099700
Wittenberg	03491-87 71 16 9 0173-36 20 29 1
Wolmirstedt	0170-72 48 79 7

HELP AFTER SEXUAL ASSAULT

Specialist counselling centres for victims of sexual assault



Are you or have you been affected by sexual assaults and/or abuse?

Sexual violence is a massive intrusion in your private sphere against your will.

The staff of the specialist counselling centres provide advice and accompany you in coping with the experience, intervening in the crisis, stabilising the situation and managing stress. They provide

therapy and help search for suitable support services and will go with you to the authorities and help with criminal proceedings.

→ **Wildwasser Dessau e. V.** | Törtener Straße 44 | 06842 Dessau-Roßlau |
Tel. 0340-220 69 24 | wildwasser-dessau@t-online.de |
www.wildwasser-dessau.de

→ **Lichtung – Fachberatungsstelle gegen sexualisierte Gewalt in Halle (Saale), Saalekreis, Burgenlandkreis und Mansfeld-Südharz der AWO Sozialwerk Halle (Saale) gGmbH** | lichtung@awo-halle-merseburg.de

Beratungsstelle Halle | Wilhelm-Külz-Straße 22 | 06108 Halle (Saale)
Tel. 0345-523 00 28 | lichtung@awo-halle-merseburg.de

Außenstelle Querfurt | Merseburger Straße 70 | 06268 Querfurt
Tel. 0345-52 300 28 | lichtung@awo-halle-merseburg.de

Außenstelle Sangerhausen | Karl-Liebknecht-Straße 33 | 06526 Sangerhausen |
Tel. 0345-523 00 28 | fachberatung@awo-halle-merseburg.de

Außenstelle Weißenfels | Naumburger Straße 85 | 06667 Weißenfels
Tel. 0345-523 00 28 | lichtung@awo-halle-merseburg.de

→ **Wildwasser Magdeburg e. V.** | Ritterstraße 1 | 39124 Magdeburg
Tel. 0391-251 54 17 oder 0171-295 15 71 (SMS/Signal) | info@wildwasser-magdeburg.de | www.wildwasser-magdeburg.de

Außenstelle in den Räumlichkeiten des Beratungszentrums der Diakonie Genthin | Poststraße 3 | 39307 Genthin | Tel. 0391-2515417

Außenstelle in den Räumlichkeiten des Beratungszentrums der Diakonie Quedlinburg | Carl-Ritter-Straße 16 |
06484 Quedlinburg | Tel. 0391-2515417

→ **DRK Beratungsstelle Miß-Mut** | Stadtseeallee 1 | 39576 Stendal
Tel. 03931-21 02 21 | miss-mut@drk-stendal.de |
drk-stendal.de/miss-mut

Außenstelle im Familienhof Salzwedel
Schmiedestraße 13 | 29410 Salzwedel | Tel. 03931-210221

ASSISTANCE FOR TRAFFICKING IN WOMEN, FORCED MARRIAGE AND HONOUR-RELATED VIOLENCE

Vera counselling centre

TRAFFICKING IN WOMEN

Are you forced to work and live under exploitative conditions? Human trafficking is a serious human rights violation!

FORCED MARRIAGE AND HONOUR-RELATED VIOLENCE

Due to your family environment, are you subject to strong psychological pressure and constant control? Perhaps you should be forced into a marriage?

The specialist counselling centre will help you to get out of the situation. It will support you in the long term and help you with legal matters. Staff at the specialist counselling centre will work with you to find a safe and anonymous place to stay.

→ Vera – Fachstelle gegen Frauenhandel und Zwangsverheiratung in Sachsen-Anhalt

Termin nach Vereinbarung unter:
Telefon: 0391-999 77 850
vera@awo-sachsenanhalt.de

Postanschrift:
AWO Landesverband
Sachsen-Anhalt.e.V.
Seepark 7 / 39116 Magdeburg

Schutzwohnung für
hochgefährdete Betroffene:
Telefon: 0391-999 77 868



HELP AND ADVICE ON FEMALE GENITAL MUTILATION (FGM)

SAIDA specialist counseling center

Have you survived female genital mutilation?

Are you being threatened or are you worried about a girl in your family?

Would you like to protect your daughter or sister, but don't know how?

SAIDA mobil provides confidential support free of charge with:

- Specialized counseling
- Medical and psychosocial care
- Support for the protection of girls at risk

→ SAIDA International e.V.

Delitzscher Straße 80
04129 Leipzig
und in mobiler Beratung in
Sachsen-Anhalt

Telefon: 0341-24 74 669
0176-48 09 66 81

beratung@saida.de

Online:
www.beratungsstelle-
genitalverstümmelung.de

www.fgm-hilfe.de



SAFE SPACE FOR MEETING AND TALKING

WOMEN'S CENTRES

The women's centres offer services for women and girls to strengthen, support and encourage them. You will find a safe free space for meeting and talking. The female staff are available to you, no matter what your situation in life is, so you can get advice and help with finding the support you need in your vicinity.



→ **Tea-TREFF**
August-Bebel-Straße 30
39288 Burg | Tel. 03921-31 58
fz-teatreff@rolandmuehle-burg.de
www.szk-burg.bplaced.net/maedchen-und-frauenzentrum-tea-treff/

→ **Sozial-kulturelles Frauenzentrum Dessau e. V.**
Törtener Straße 44
06842 Dessau
Tel. 0340-882 60 70
frauenzentrum-dessau@gmx.de
www.frauenzentrum-dessau.de

→ **Frauenzentrum Halberstadt**
Gröperstraße 56
38820 Halberstadt
Tel. 03941-60 11 92
lilith@ufv-halberstadt.de
www.ufv-halberstadt.de

→ **Frauenzentrum Weibervirtschaft Halle**
Karl-Liebkecht-Str. 34
06114 Halle (Saale)
Tel. 0345-202 43 31
fzweibervirtschaft@web.de
www.dornrosa.de



→ **Volksbad Buckau c/o Frauenzentrum Courage**
Karl-Schmidt-Straße 56 | 39104 Magdeburg | Tel. 0391-404 80 89
kontakt@courageimvolksbad.de | www.courageimvolksbad.de

→ **Frauenzentrum Wernigerode**
Marktstraße 11 | 38855 Wernigerode | Tel. 03943-62 60 12
frauenzentrumWR@web.de | www.frauenzentrumwr.de

→ **Frauenzentrum Wolfen**
Fritz-Weineck-Straße 4 | 06766 Bitterfeld-Wolfen | Tel. 03494-210 05
frauenzentrumwolfen@t-online.de | www.frauenhelfenfrauen-wolfen.de



SUPPORT FOR LEGAL PROCESSES

VICTIM COUNSELLING AT SOCIAL SERVICE OFFICE OF THE COURT

Are you a victim of a crime? Are you supposed to be a witness in a court case? Victim counselling offers respectful support through information and counselling, in the form of discreet and empathetic conversations, practical assistance, process support and mediation for further assistance.

PSYCHOSOCIAL SUPPORT

The psychosocial process support offers you intensive support before, during and after of a court hearing. The employees will help to reduce the individual burden and give you the strength to persevere in the hearing, especially if you have been affected by a sexual offence or the serious consequences of an offence.



VICTIM COUNSELLING ADDRESSES

- **Sozialer Dienst der Justiz in Halle**
Willi-Brundert-Straße 4
06132 Halle (Saale)
Tel. 0345-220 18 30
soz-dienst.hal@justiz.sachsen-anhalt.de
- **Sozialer Dienst der Justiz in Magdeburg**
Halberstädter Straße 8
39112 Magdeburg
Tel. 0391-567 49 05
soz-dienst.md@justiz.sachsen-anhalt.de
- **Sozialer Dienst der Justiz in Naumburg**
Jahnstraße 3
06618 Naumburg (Saale)
Tel. 03445-230 92 11 und 03445 230 92 12 (Sekretariat)
soz-dienst.nmb@justiz.sachsen-anhalt.de



- **Sozialer Dienst der Justiz in Stendal**
Mönchskirchhof 6 | 39576 Hansestadt Stendal | Tel. 03931-649 50
soz-dienst.sdl@justiz.sachsen-anhalt.de
- **Sozialer Dienst der Justiz in Dessau-Roßlau**
Parkstraße 10 | 06846 Dessau-Roßlau | Tel. 0340-21 65 41 12
soz-dienst.de@justiz.sachsen-anhalt.de
- **Sozialer Dienst der Justiz in Halberstadt**
Große Ringstraße 52 | 38820 Halberstadt | Tel. 03941-57 33 60
soz-dienst.hbs@justiz.sachsen-anhalt.de

ADDRESSES OF THE WITNESS PROTECTION ROOMS

- **Amtsgericht Magdeburg**
Breiter Weg 203 – 206 | 39104 Magdeburg | Tel. 0391-606 60 39
- **Landgericht Magdeburg**
Halberstädter Straße 8 | 39112 Magdeburg | Tel. 0391-606 21 51
- **Amtsgericht Halberstadt | Amtsgericht Quedlinburg
Amtsgericht Wernigerode**
erreichbar über den Sozialen Dienst der Justiz Halberstadt
(siehe Adressen Opferberatung)

Confidential evidence collection (Netzwerk Evidence)

Have you experienced (sexual) violence and are still unsure whether you want to report it? Or do you perhaps feel that you cannot do so safely at the moment because you feel dependent on the perpetrator or are afraid of putting yourself in even greater danger? In that case, confidential evidence collection offers you the opportunity to have evidence of the crime secured in a protected environment without having to report it immediately. You can then weigh up when the right time to report the crime is without feeling pressured to act, and use the evidence at a later date. The secured evidence will not be lost; it will be documented in a legally admissible manner and stored anonymously for you.

You decide for yourself which traces on your body and, for example, clothing are to be secured, and you are welcome to bring an accompanying person with you. It is important to

secure evidence promptly after the incident. That is why there is a comprehensive network of hospitals in Saxony-Anhalt that offer this service. You can find out where confidential evidence collection is possible here:

→ **Netzwerk Evidence des
Institut für Rechtsmedizin der
Universitätsmedizin Halle**

Rechtsmedizinische Ambulanz
Mo – Fr: 8.00 – 16.00 Uhr
0345 557 1885

In an emergency
Central Emergency Room
0345 557 5533

or:

www.gewaltfreies-sachsen-anhalt.de



FURTHER HELP AND ADVICE

Fachstelle ProMann

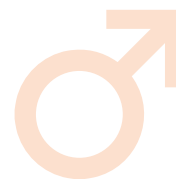
ADVICE AND GUIDANCE FOR MEN USING VIOLENCE

Do you want to be able to resolve conflicts without violence?
ProMann will support your change process and show you alternative ways of dealing with conflicts.

→ **Fachstelle Täterarbeit bei
häuslicher Gewalt - ProMann**
Otto-von-Guericke Str. 6
39104 Magdeburg
Tel. 0391-721 74 7
www.dfv-lsa.de

**Außenstelle
ProMann Halle und Saalekreis**
In den Räumen des
Familienzentrum des CVJM
Geiststraße 29 | 06108 Halle
Tel: 0151-23 23 30 21

promann.halle@dfv-lsa.de
www.dfv-lsa.de/promann-halle/



BEHAVIOURAL TIPS



I always carry money, mobile phone and the most important numbers with me.

I only make phone calls from a safe place so that the perpetrator of violence does not find out about my plans.

I partially inform my children. I arrange the pick-up rules for my children in kindergarten.

I can save emergency numbers in the phone and show my children how to call the police or the fire brigade. I make sure that they are then able to provide the address.

I trust my instinct. When I have violent confrontations, I try to stay in the vicinity of the telephone or to leave the flat. I get a mobile phone without him knowing it.

In case of imminent danger in public, on the way to work, to kindergarten, I do the following: I apply to the competent local court for protection orders under the Protection against Violence Act. I carry this court order with me at all times.

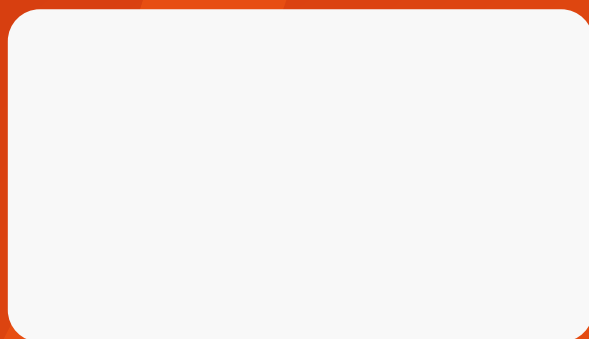
I am looking for legal support to help me with.

I pack an emergency bag and store it in a safe place.

- ☐ Identity card/passport and children's identity cards
- ☐ Phone and charging cable ☐ Proof of citizenship, if applicable
- ☐ Documents on legal residence ☐ Birth certificates/marriage certificate
- ☐ Health insurance card (also of the children)
- ☐ Rental contract, employment contract ☐ Pension, social security and job centre notices
- ☐ Possible custody decisions ☐ Bank documents, savings books, securities (copies)
- ☐ Essentials for a few days: clothing, hygiene articles, school supplies, favourite toys ☐ Medicines
- ☐ Spare key for apartment/car ☐ Address book
- ☐ Memories: diaries, photos and beloved items
- ☐

**Counselling in your **MOTHER
TONGUE** via the **HELP HOTLINE**
"Violence against Women"
at the toll-free number:**

 **116 016**



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SACHSEN-ANHALT

Ministerium für
Arbeit, Soziales, Gesundheit
und Gleichstellung

#moderndenken

Mitarbeit:

Landeskoordinierungsstelle zivilgesellschaftlicher
Akteurinnen und Akteure zur Umsetzung der
Istanbul-Konvention (LIKO)

 **DER PARITÄTISCHE**
Sachsen-Anhalt