



**Domestic violence  
is never OK!**



**BIG** KOORDINIERUNG

## What is this booklet about?

Important reading information

Preface: Why is this booklet so important?

1. What is domestic violence?
2. What types of domestic violence are there?
3. Cycle of violence
4. Children and violence
5. Ways out of violence. Who can help?

The police.

The BIG hotline.

Professional counselling and intervention centres.

Women's shelters.

Sanctuaries

6. How can the courts help.

The law for protection against violence.

Address list

**Imprint:** Who helped make this booklet?

## Important reading information

This booklet was written in simplified language. There may still be some difficult words in the booklet.

These words are in **boldface**.

They are explained in the text.

We often use the word "perpetrator" in this booklet.

They are usually men:

For example:

Husbands, caretakers, uncles, grandfathers, sons, a neighbour, or a friend.

However, women can also be perpetrators.

For example:

Partners, mothers, daughters.

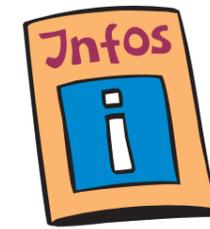
This is what this booklet is about.

We want to explain to you:

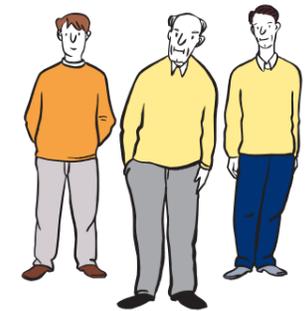
Where to find help in Berlin?

If you experience domestic violence.

We have listed **all addresses** at the end of the booklet.



in simplified language



## Preface



There is violence in many partnerships.  
 Almost always, women are the victims of this violence.  
 And almost always, men are the perpetrators.  
 For instance when a man hits his wife.  
 Or when a man yells at or threatens his girlfriend.



This violence mostly happens at home.  
 In the apartment or house. For this reason, it is called **domestic violence**.

### Domestic violence is illegal.



Nobody may hit a woman.  
 Nobody may threaten a woman.  
 Nobody may yell at a woman.



For this reason we have the **law for the protection against violence**.

The law is supposed to protect all people against violence.

Women experience violence especially often.

For this reason the law is especially important for women.

- So that they don't have to experience violence.
- So that they can defend themselves against violence.

## We want to encourage all women.

Nobody is allowed to hit or threaten you.  
 You can defend yourself!



**You are not alone! Get help!**



All **addresses** are listed at the end of the booklet.

## Domestic violence is never OK!

### 1. What is domestic violence?



Domestic violence occurs between people. They know each other well.

For example:

- Between husband and wife.
- Between boyfriend and girlfriend.
- Or in the family.



In cases of domestic violence, women are almost always the victim. And almost always, men are the perpetrators.



This violence often happens at home.

- At home
- Or where nobody can see it.

For this reason often nobody notices.

Domestic violence is:

- When a man hits his wife.
  - When an adult son threatens his mother.
  - When the father touches his adult daughter.
- When she does not want that.



This type of violence can happen to any woman.

- No matter whether it is a German woman. Or a woman from a different country.



- No matter how old the woman is.



- No matter whether she has a disability or not.



- No matter where the woman works. Or whether she is a housewife.



Many women are ashamed. Because their husband treats them badly. Because he is violent. And because they think it is their fault.



For this reason, many women do not seek help. And do not speak about the violence at home.



### We want to encourage you:

You do not need to be ashamed.  
The violence is not your fault.  
It is the fault of the perpetrator.

Please seek help.

And seek help for your children.



And talk about the violence.  
Violence is not a secret.  
Violence is not a private matter.



Maybe you want to separate.  
And live alone.  
Or alone with your children.



## 2. What types of domestic violence are there?

There are many types of domestic violence.



### Physical violence:

- When someone hits you.
- When someone pushes or kicks you.
- When someone chokes you.  
And you cannot breathe.



### Psychological violence:

- When someone treats you badly.
- When someone insults you.



When someone scares you.

Or **threatens** you

- That he will take the children away.
- That he will hurt you.
- That he will send you away.  
From the house. Or even out of the  
country.





**Sexual violence:**

- If someone touches you when you don't want them to.
- If someone forces you to watch porn.
- Rape:  
When someone has sex with you when you don't want to. And you said "No".



**Isolation:**

- If someone locks you in.  
And you are not allowed to go out.
- When you are not allowed to use the phone.
- When you are not allowed to speak to other people.



**That is also violence**

- When you are not allowed to go to work.
- When someone takes away your money.
- When you are not allowed to go to a language course.



- When you love a woman and your family forbids it.
- When you are forced to marry someone you don't like.

Then you must seek help.  
That is important.  
Violence does not stop by itself.  
It often gets worse.



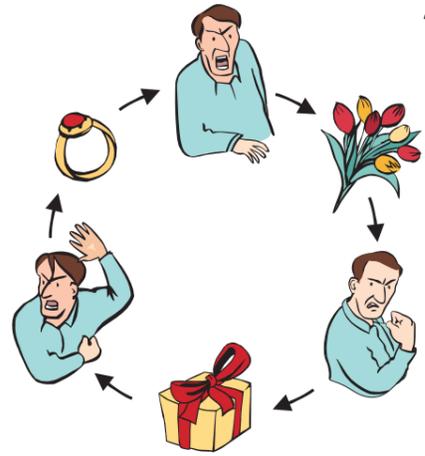
But you can do something about it!  
Tell other people about it.

For example:

- Speak to a female friend.
- Or a female colleague.
- Or anyone else who you trust.
- Go to the police.
- Or to a **counselling centre**



### 3. Cycle of violence



Violence does not stop by itself. Sometimes it gets better for a while. You might even think the violence has ended. But the problem remains. And then it starts again from the beginning. For this reason it is called the **cycle of violence**.

It may happen that:



- Your partner threatens you. He hits you again and again. This makes him feel strong and good. But you feel terrible.



- Then your partner maybe feels sorry. He apologizes to you. He promises that he will never do it again. He gives you presents.



- Then you feel better again. Your partner and you get along great again. And maybe you fall in love again.



- But then it starts again. The problem remains. Your partner threatens you again.

- You are afraid again. The violence can get worse.

### 4. Children and violence

It is especially bad for children: When they experience violence!



Some children had to leave another country.



They fled. Because there is a war there.

They were afraid for their lives. Or they saw terrible things on the way.



Children also feel when there is violence in the family. They can see, hear, and feel the violence.

In many cases, the children are also victims of the violence. They are beaten.



Or they are threatened and are afraid. Sometimes the children also experience sexual violence.



Violence is very bad for children.  
It makes them feel very bad.

- They may have bad dreams and are unable to sleep.
- They start bedwetting.
- They are afraid.
- Or the children change.



Some children become quiet and timid.  
Some children become angry and hit other children.

- The children may stop playing.
- And some are unable to learn as well.



Children must be protected from violence!  
All children should be able to grow up without violence. That is their right.



There are special help programs for children.  
Please get help for the children.  
For instance go to the police. Or to a **counselling centre**.  
Or a **women's shelter**.

You can find the **addresses** at the end of the booklet.

## 5. Ways out of violence. Who can help?



**The police can help you.**

### How do you reach the police?

When you experience violence, you can call the police.

- You can call the emergency number **110**.
- You can go to the police.  
There is always someone at the police station.  
Around the clock.  
Day and night.  
You can press charges there.  
You can also send a fax to the 110 number.



### What will the police do?

When you experience violence, you can call the police.  
They will come and help you.  
The police will ask you: what exactly happened?



Then the police will file a criminal complaint.  
The police will check: Are you in danger?  
Is the perpetrator still threatening you?



Then the police can send the perpetrator from the apartment.  
Or the home.  
He may be banned from returning for up to two weeks.  
That is for your protection.  
Then you have two weeks' time.



You can think in peace:  
What do you want to do next?

The police will explain to you:

- This is what you can do now.
- This is what your rights are.
- This is where you can get counselling and help.



The police can also take you to a safe place.

For instance a **women's shelter**.

If you want.

And if you would feel safer at the women's shelter.

There are many places where you can get help.

On the phone.

In a **counselling centre**.

In a **women's shelter**.

In a sanctuary.

The address is kept secret

This kind of apartment is called a **sanctuary apartment**.



You can tell them:

This is what happened.

The employees are not allowed to tell anyone else.

This is called **confidentiality**.

### Help on the phone

You can call the **BIG Hotline**.



### What is the BIG Hotline?

BIG stands for **Berliner initiative against violence** against women.

**Hotline** is another word for: phone counselling.

You can call there if you need help.



Even if you don't speak German.

A female interpreter will help you then.

She will translate what you say.

And what others say to you.

You can reach the BIG Hotline **every day**.

**Anytime.**

**Around the clock.**

- You can call.
- Or you can write an e-mail.
- You can also send a fax.



You don't have to tell them your name.

If you don't want to.



**When can the BIG Hotline help you?**

- If you don't know exactly what you want to do.
- If you don't know yet:  
Is this violence?
- If you don't know yet:  
Where can I get help?

- If you are looking for a place in a **women's shelter** or in a **sanctuary**.



- If you want to file motions in court.  
For example:  
To ban your partner from coming close to you.  
To ban your partner from coming to the apartment.  
Or your home.



**Where to go from here?**

The employees will counsel you.  
They will give you tips and information.

An employee can also meet with you. At a safe place.  
You can think together:

- What help do you need?
- Where to go from here?



**Professional counselling centres and intervention offices**

These are counselling centres for women who are experiencing domestic violence.



You can find the **addresses** at the end of the booklet.

**When can a counselling centre help you?**

- If you want to talk about it:  
This is what happened to me.
- If you experience violence.  
And you don't know yet what you can do.
- If the police has come to you because of domestic violence.  
Maybe you pressed charges.



- Maybe the police sent the perpetrator away.



- Maybe you have separated from your partner.  
Because he threatened or hit you.  
But he does not leave you alone.  
He continues to harass you.



- If you need counselling and help.  
Even for a longer period of time.



- Maybe you know another woman who is experiencing violence.  
And you want to help the woman.



- Counselling centres also help women from other countries:  
Maybe you are experiencing violence at home.  
Or in an asylum.  
But you are afraid to separate from your partner.

You are afraid:  
That you will no longer be able to live in Germany.



The employee of the counselling centre can help you with all these problems.  
There is also legal counselling.

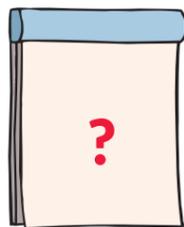


**How can you reach the counselling centres?**

- You can call a counselling centre.  
Or you can send a text message.
- You can also send an e-mail.
- You can also send a fax.



You don't have to tell them your name.  
If you don't want to.



**Where to go from here?**

You will make an appointment for a meeting in the counselling centre.  
If you want, you can bring someone to accompany you.



An employee will talk with you:  
About your questions and problems.

If you speak little or no German, an interpreter will be there.  
She will translate what you say.  
And what others say to you.



The employee will help you.  
For instance also in court.  
Or at official agencies.  
If you need help.

The counselling centre also offers legal counselling.  
For instance on these questions:

- What are your rights?
- How can you file charges against the perpetrator?
- Do you need an attorney? Who knows the law.
- What will happen in court?
- Who will receive custody of the children?
- What will happen to your residence rights?  
If you are from another country.



If you need protection, the employee will also help you.  
She can help you find a women's shelter.

Counselling centres also have programs for children.  
They also have daycare centres for children.  
Then you can speak in peace and quiet.





**Women's shelter**

**What is a women's shelter?**

If your partner beats or threatens you you can go to a women's shelter. You are safe in the women's shelter. The address is kept secret



Only women work in the women's shelter. You can come to the women's shelter at any time. Even at night.



If you are from another country You can also come to the women's shelter.



You do not have to pay rent in the women's shelters in Berlin. You can stay in the women's shelter for as long as you need.



You can also bring your children to the women's shelter. There is one exception: If you have a son who is older than 12. Then there are some women's shelters which will not let you bring him.



In the women's shelter you have to take care of yourself:

- You cook for yourself.
- You do your own laundry.
- You have to watch your own children.

**How can you reach the women's shelter?**

You call the women's shelter. You can also get someone to help you. The employee will tell you on the phone a place to meet. You will go there. An employee will pick you up at the meeting point. Or another woman from the women's shelter. Then you will go to the women's shelter together.



You can find the **phone numbers** at the end of the booklet.

**Where to go from here?**

You are safe in the women's shelter. You get your own room. You can find peace there.



You can think about what to do next:

- Do you want to move into your own apartment?
- Do you want to live with a relative or friends?
- Do you want to get divorced from your husband?



The employees of the women's shelter will help you with all your questions. They can give you tips and addresses. Where else can you find help for women and children?



There are female interpreters. For women who cannot speak German (well). There are also interpreters for hearing impaired women for sign language.

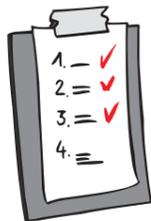


The employees can also come with you.  
For instance to court or administrative offices.  
Or counselling centres.



An attorney comes to the women's shelter  
once a week.  
The attorney can advise you.  
This is free of charge.

If you need to go to an appointment  
We have daycare for your children.



**Take the following papers if you are going to a women's shelter:**

- Personal ID
- Children's ID
- Birth certificate of your children
- Proof of income:  
It states how much money you receive.
- For women who are not from Germany: passport.  
Or a paper which states:  
This is how long you are allowed to stay in Germany.
- Insurance card from insurance company.
- ID for people's with disabilities.
- Bank papers.
- Addresses of important doctors.



**You should also bring:**

- medication
- clothes
- school things for the children
- toys for the children

**Sanctuaries**

**What is a sanctuary?**

You can live alone with your children in the apartment.  
Or together with other women and children.  
In a larger apartment with room-mates.  
You will have your own room.  
The address is kept secret



You do have to pay rent for the apartment.

If you don't have money:  
Ask for help.



A social worker can help you with your applications.

Or if you have questions and problems.  
The social worker can also come with you.  
For instance to court or administrative offices.  
Or counselling centres.

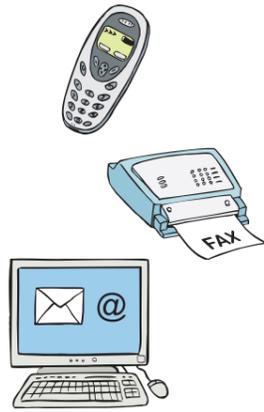


Some sanctuaries have programs for children.  
In some sanctuaries  
You can also move in with your older sons.  
Even if they are older than 14.



**When can you move into a sanctuary?**

- If you cannot stay at your home.
- If you cannot move to a women's shelter.

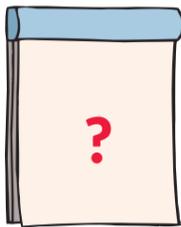


**How can you reach a sanctuary?**

- You can call the office of the sanctuary.
- Or you can send a text message.
- You can also send an e-mail.
- You can also send a fax.

You can find the **phone numbers** at the end of the booklet.

**Where to go from here?**



You will receive an appointment at the office. There you will get more information about the sanctuary. You can talk to the employees. You can tell them what happened to you. And ask them questions.

Sometimes you can already look at pictures of the sanctuary while you are at the office. Then you can think about whether you would like to move in. If you move in the employees will help you with questions and problems.



**6. How can the courts help?**



There is a law for the protection against violence. You can file various motions in family court. So you can be safe from the perpetrator. So that the violence stops.

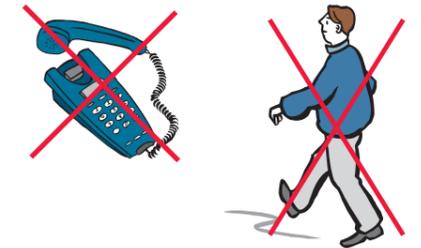


For instance, there are motions...

- to let you live alone in your joint home.
- to prevent the perpetrator from entering the home.
- to prevent the perpetrator from coming close to you.
- to prevent the perpetrator from harassing you.
- to prevent the perpetrator from following you.



In that case the perpetrator may no longer call you on the phone. He also may not send you an text message or e-mail. Or: the perpetrator must stay at least 50 meters away from you at all times. He is not allowed to come closer. He may not be in the same space as you.



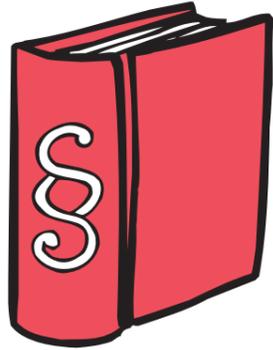
If the perpetrator does this anyway you can call the police: **110** The police can protect you. They will send the perpetrator away. He can be punished for this.



**The police can help you!**



The police will file a complaint. You then have to bring the complaint to the family court.



There are still more laws.  
For instance the **criminal code**.  
It states:  
What the punishments are for different crimes.  
And what punishment a perpetrator should receive.



You can press charges at the police.  
Then the police will investigate.  
What happened?  
Who did it?  
An attorney can help you.

Then the police will look for evidence.  
Then the perpetrator can be punished.  
By a **criminal court**.  
In that case you are a witness.  
This means: you tell the court everything what happened.

And there is even more help for you.  
This means: **psycho-social process guidance**.  
This is a guide who helps you deal with the entire process.  
She accompanies you to the police.  
If you want that.  
If you want to press charges.



She will also explain to you:  
What to do later on in court.  
You do not have to go to court by yourself.  
Your guide can come with you.  
She stays with you the whole time.  
While you tell them what happened.

### Violence protection ambulance

You will be examined there:  
If you were a victim of violence.  
You can come here if:

- The perpetrator has hurt you.
- The perpetrator has injured you.
- The perpetrator has choked you.
- The perpetrator has forced you to have sex.
- Or if you have bruises.  
Or wounds.

Then you can go to the ambulance for the protection against violence.

Call first:  
And make an appointment.

You can find the **phone numbers** at the end of the booklet.

A female doctor will examine you.  
She will take pictures of any injuries.  
She will record all injuries.  
Then you can decide whether you want to use the records.



Then you can decide whether you want to use the records.  
For instance for the police.  
If you want to press charges against the perpetrator.  
Or for court.



#### Attention:

If you are bleeding. Or if you have broken something:  
Then go to the doctor.  
Or the hospital. Or the emergency room.



## Important addresses.

If you are looking for help in case of domestic violence.

If you are looking for counselling and information on domestic violence.

### Police

 Phone: 110  
 Emergency fax: 110  
 Internet: [www.polizei.berlin.de](http://www.polizei.berlin.de)

### Fire department

 Phone: 112  
 Emergency fax: 112  
 Internet: [www.berliner-feuerwehr.de](http://www.berliner-feuerwehr.de)

### Women's projects



#### BIG Hotline

 Phone: 0 30 – 6 11 03 00  
 Fax: 0 30 – 61 07 45 65  
 E-mail: [info@big-hotline.de](mailto:info@big-hotline.de)  
 Internet: [www.big-hotline.de](http://www.big-hotline.de)

## Professional counselling and intervention offices for domestic violence

### Frauentreffpunkt (Neukölln) [Women's meeting point]

 Phone: 0 30 – 6 22 22 60  
 Fax: 0 30 – 62 70 55 18  
 text message 01 51 – 56 74 09 45  
 E-mail: [frauentreffpunkt@skf-berlin.de](mailto:frauentreffpunkt@skf-berlin.de)  
 Internet: [www.offenesozialarbeit-sfk.de](http://www.offenesozialarbeit-sfk.de)



#### Programs for women with disabilities:

One of the employees knows **a bit of** sign language.  
We have a ramp for wheelchair users.  
Programs for children: care, help, and support

### Frauenraum (Mitte) [Women's room]

 Phone: 0 30 – 4 48 45 28  
 Fax: 0 30 – 4 48 45 27  
 E-mail: [frauenraum@arcor.de](mailto:frauenraum@arcor.de)  
 Internet: [www.frauenraum.de](http://www.frauenraum.de)

### Frauen-Beratung Bora (Weißensee) [Women's counselling Bora]

 Phone: 0 30 – 9 27 47 07  
 Fax: 0 30 – 92 37 52 66  
 E-mail: [beratungsstelle@frauenprojekte-bora.de](mailto:beratungsstelle@frauenprojekte-bora.de)  
 Internet: [www.frauenprojekte-bora.de](http://www.frauenprojekte-bora.de)  
 Counselling on the computer: <https://bora.beranet.info/>

**Frauenberatung Tara (Schöneberg)**  
**[Women's counselling Tara]**

 Phone: 030 – 78 71 83 40  
 Emergency fax: 030 – 78 71 83 49  
 E-Mail: frauenberatung.tara@gmx.de  
 Internet: www.frauenberatung-tara.de

**Interkulturelle Fach-Beratungs-Stelle  
und Interventions-Stelle (Zehlendorf)**  
**[Intercultural professional counselling  
and intervention office]**

Information and help in many languages.

 Phone: 030 – 80 19 59 80  
 Fax: 030 – 80 19 59 82  
 E-mail: info@interkulturelle-initiative.de  
 Internet: www.interkulturelle-initiative.de

**Women's shelters**

**Frauen-Haus des Caritasverbandes**  
**[Women's shelter of the Caritas Society]**

 Phone: 030 – 8 51 10 18  
 Fax: 030 – 8 51 30 10  
 E-mail: frauenhaus@caritas-berlin.de  
 Internet: www.caritas-berlin.de

**Hestia-Frauen-Haus**  
**[Hestia women's shelter]**

 Phone: 030 – 5 59 35 31  
 Fax: 030 – 55 48 96 99  
 E-mail: pub@hestia-fh.de  
 Internet: www.hestia-fh.de

**2. Autonomes Frauen-Haus**  
**[Autonomous women's shelter]**

 Phone: 030 – 37 49 06 22  
 Fax: 030 – 37 49 06 20  
 Internet: frauenselbsthilfe-berlin@t-online.de

**Frauen-Haus Cocon**  
**[Cocon women's shelter]**

 Phone: 030 – 91 61 18 36  
 Fax: 030 – 91 61 18 37  
 E-mail: info@frauenhaus-cocon.de  
 Internet: frauenhaus-cocon.berlin.de

**Frauen-Haus Bora**  
**[Bora women's shelter]**

 Phone: 030 – 98 64 332  
 Fax: 030 – 98 65 320  
 E-mail: frauenhaus@frauenprojekte-bora.de  
 Internet: www.frauenprojekte-bora.de

**Interkulturelles Frauen-Haus**  
**[Intercultural women's shelter]**

 Phone: 030 – 80 10 80 50  
 Emergency fax: 030 – 80 10 80 55  
 E-mail: info@interkulturelle-initiative.de  
 Internet: www.interkulturelle-initiative.de

**Sanctuaries**

**Frauenort Augusta**

 Phone: 030 – 28 59 89 77  
 Fax: 030 – 46 60 02 18  
 text message for  
 hearing impaired  0160 – 66 63 77 8  
 E-mail: frauenort-augusta@zukunftbauen.de  
 Internet: www.frauen-zuflucht.de



**Programs for women with disabilities:**

Our colleagues know **a bit of** sign language.

**Flotte Lotte**

 Phone: 030 – 4 16 70 11  
 Fax: 030 – 40 71 35 92  
 E-mail: info@flotte-lotte-berlin.de  
 Internet: www.flotte-lotte-berlin.de

**Frauenzimmer e. V.**

 Phone: 030 – 78 75 015  
 Fax: 030 – 78 75 016  
 E-mail: frauenzimmer-zuflucht@web.de  
 Internet: www.frauenzimmer-ev.de

**Programs for women with disabilities:**



There are wheelchair-accessible sanctuaries.



A seeing-impaired woman may bring her seeing-eye dog.

**Hestia-Zufluchts-Wohnungen**  
[Hestia sanctuaries]

 Phone: 030 – 4 40 60 58  
 Fax: 030 – 44 05 50 40  
 E-mail: zuwo@hestia-ev.de  
 Internet: www.hestia-ev.de

**Matilde e. V.**

 Phone: 030 – 56 40 02 29  
 Fax: 030 – 5 64 75 62  
 E-mail: frauenzentrum.Mathilde@gmx.de  
 Internet: www.frauenzentrum-matilde.de

**offensiv '91 e. V.**

 Phone: 030 – 63 22 38 45  
 Fax: 030 – 6 31 60 01  
 E-mail: info@frauenhaus-cocon.de  
 Internet: frauenhaus-cocon.berlin.de

**Paula Panke**

 Phone: 030 – 4 85 47 02 or  
 030 – 4 85 47 01  
 Fax: 030 – 48 09 98 47  
 text message for  
 Hearing impaired 0163 – 9 60 63 82  
 E-mail: zufluchtswohnung@paula-panke.de  
 Internet: www.paula-panke.de



**Programs for women with disabilities:**  
 Our colleagues know **a bit of** sign language.

**ZUFF e. V.**

 Phone: 030 – 6 94 60 67  
 Fax: 030 – 69 81 83 58  
 E-mail: mail@zufluchtswohnungen.de  
 Internet: www.zufluchtswohnungen.de

**A few more help centres and living projects**

**Interkulturelles Wohn-Projekt**  
[Intercultural living project]

 Phone: 030 – 80 10 80 10  
 Fax: 030 – 80 10 80 15  
 E-mail: info@interkulturelle-initiative.de  
 Internet: www.interkulturelle-initiative.de

**Mädchen-Notdienst [Emergency service for girls]**  
**Krisen-Wohnung von Wildwasser e. V.**  
**[Crisis shelter of Wildwasser e.V.]**

 Address: Bornemannstraße 12  
 13357 Berlin  
 Phone: 030 – 21 00 39 90  
 Fax: 030 – 21 00 39 91  
 E-mail: maedchennotdienst@wildwasser-berlin.de  
 Internet: www.wildwasser-berlin.de

## Help centres for sexual violence

### Frauen-Selbsthilfe und Beratung [Women's self-help and counselling]

 Address: Friesenstraße 6  
10965 Berlin

 Phone: 030 – 69 39 192

 Fax: 030 – 69 38 852

 E-mail: [selbsthilfe@wildwasser-berlin.de](mailto:selbsthilfe@wildwasser-berlin.de)

 Internet: [www.wildwasser-berlin.de](http://www.wildwasser-berlin.de)

### Mädchen-Beratungs-Stelle Mitte [Girl's counselling center - Central]

 Address: Dircksenstraße 47  
10178 Berlin

 Phone: 030 – 28 24 427

 Fax: 030 – 28 48 49 15

 E-mail: [dircksen@wildwasser-berlin.de](mailto:dircksen@wildwasser-berlin.de)

 Internet: [www.wildwasser-berlin.de](http://www.wildwasser-berlin.de)

### Interkulturelle Wohngruppe für Mädchen DonyaA [Intercultural living group for girls DonyaA]

 Address: Wriezener Straße 10/11  
13359 Berlin

 Phone: 030 – 48 62 82 11

 Fax: 030 – 48 62 82 12

 E-mail: [donya@wildwasser-berlin.de](mailto:donya@wildwasser-berlin.de)

 Internet: [www.wildwasser-berlin.de](http://www.wildwasser-berlin.de)

### KIZ (Kind im Zentrum) [Child in the center]

 Address: Maxstraße 3a  
13347 Berlin

 Phone: 030 – 2 82 80 77

 Fax: 030 – 2 82 93 90

 E-mail: [kiz@ejf.de](mailto:kiz@ejf.de)

 Internet: [www.ejf.de](http://www.ejf.de)

### Lara Fachstelle gegen sexualisierte Gewalt an Frauen\* [Competence centre against sexualized violence on women]

 Address: Fuggerstraße 19  
10777 Berlin

 Phone: 030 – 2 16 88 88

 Fax: 030 – 2 16 80 61

 E-Mail: [beratung@lara-berlin.de](mailto:beratung@lara-berlin.de)

 Internet: [www.lara-berlin.de](http://www.lara-berlin.de)

### Frauen-Nacht-Café [Women's night cafe]

by Wildwasser e. V.

 Address: Mareschstraße 14  
12055 Berlin

 Phone: 030 – 61 62 09 70

 E-mail: [frauennachtcafe@wildwasser-berlin.de](mailto:frauennachtcafe@wildwasser-berlin.de)

 Internet: [www.wildwasser-berlin.de](http://www.wildwasser-berlin.de)

Here you can find help in the middle of the night.

## Even more counselling offices

### Netzwerk behinderter Frauen Berlin e. V. [Network of handicapped women Berlin]

 Address: Leinestraße 51  
12049 Berlin

 Phone: 030 – 61 70 91 67 or  
030 – 61 70 91 68

 Fax: 030 – 67 96 83 20

 E-mail: [info@netzwerk-behinderter-frauen-berlin.de](mailto:info@netzwerk-behinderter-frauen-berlin.de)

 Internet: [www.netzwerk-behinderter-frauen.de](http://www.netzwerk-behinderter-frauen.de)

### Lesbenberatung [Counselling for Lesbians]

 Address: Kulmer Str. 20  
10783 Berlin

 Phone: 030 – 21 52 000

 Fax: 030 – 21 91 70 09

 E-mail: [info@lesbenberatung-berlin.de](mailto:info@lesbenberatung-berlin.de)

 Internet: [www.lesbenberatung-berlin.de](http://www.lesbenberatung-berlin.de)

### Gewaltschutzambulanz Charité [Ambulance for the protection against violence Charité]

 Address: Birkenstraße 62, Hs. N  
10559 Berlin

 Phone: 030 – 450 570 270

 Fax: 030 – 450 7 570 270

 E-mail: [gewaltschutz-ambulanz@charite.de](mailto:gewaltschutz-ambulanz@charite.de)

 Internet: [www.gewaltschutz-ambulanz.charite.de](http://www.gewaltschutz-ambulanz.charite.de)

## Berlin emergency children's protection

### Hotline Kinder-Schutz [Hotline children's protection]

 Phone: 030 – 61 00 66

 Internet: [www.berliner-notdienst-kinderschutz.de](http://www.berliner-notdienst-kinderschutz.de)

### Kinder-Notdienst [Children's emergency services]

 Address: Gitschiner Straße 48/49  
10969 Berlin

 Phone: 030 – 61 00 61

 Internet: [www.kindernotdienst.de](http://www.kindernotdienst.de)

### Mädchen-Notdienst [Emergency service for girls]

 Address: Mindener Straße 14  
10589 Berlin

 Phone: 030 – 61 00 63

 Internet: [www.berliner-notdienst-kinderschutz.de](http://www.berliner-notdienst-kinderschutz.de)

### Jugend-Notdienst [Youth emergency service]

 Address: Mindener Straße 14  
10589 Berlin

 Phone: 030 – 61 00 62

 Internet: [www.berliner-notdienst-kinderschutz.de](http://www.berliner-notdienst-kinderschutz.de)

## Imprint

### Who made this booklet? Who helped make this booklet?



The work group "Protection for women with disabilities" made this booklet.

These offices participated:

- counselling centre Frauentreffpunkt
- these women's shelters:
  - women's shelter of the Caritas association
  - women's shelter Hestia
  - 2. Autonomes Frauen-Haus [Autonomous women's shelter]
- these projects for sanctuaries:
  - Frauenort Augusta
  - Frauenzimmer
  - Paula Panke
- the BIG hotline and BIG coordination office
- the Berlin police
- the network of women with disabilities Berlin
- Administration for Health, Care and Equality, Office for Women in Particular
- Conflict and Life Situations.

#### You can reach our work group here:

-  Address: BIG-Koordinierung  
Durlacher Straße 11 a  
10715 Berlin
-  E-mail: [mail@big-koordinierung.de](mailto:mail@big-koordinierung.de)
-  Internet: [www.big-koordinierung.de](http://www.big-koordinierung.de)

The images were drawn by Reinhild Kassing from Kassel.

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### This booklet is published by

**BIG e.V.**  
Bei häuslicher Gewalt  
Hilfe für Frauen und  
ihre Kinder

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**BIG** KOORDINIERUNG

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1. Ed., 2016

# **BIG** KOORDINIERUNG

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