

LIVING WITHOUT VIOLENCE IN SAARLAND

Help for women who are victims of violence

Women and men have the same rights in Germany.

Nobody is allowed to control a woman. This applies to everyone living in Germany.

Everybody has the right to a life free from violence. No woman needs to accept violence! The same applies in marriage and in the family.



- Nobody is allowed to hit another person.
- Nobody can be forced to have sex.
- Nobody can be forced into prostitution.
- Nobody can be forced to get married.
- Female genital mutilation (female circumcision/ cutting of girls' and women's genitals) is forbidden in Germany.
- Nobody is allowed to threaten a woman or lock her up at home.

If someone does this, they will be punished by law in Germany.

If you experience violence, you can call the police or the telephone helpline - any time day or night. Calls are free.

▶ Helpline for women who are victims of violence 08000 116 016

The helpline provides free telephone advice for victims of violence in different languages.

▶ Helpline for pregnant women ("Schwangere in Not") 0800 40 40 020

The helpline provides free advice in different languages to women in need who have to keep their pregnancy secret.

▶ Police 110

In an emergency call the police!
The police will protect you!



If you would like some advice, you can contact an advice centre that will help you in your situation:

- Advice is free and available in many languages! The female counsellors will try to make sure an interpreter is available!
- You can remain anonymous! No one will find out what your name is.
- The female counsellors are not allowed to tell anyone else what you tell them!

These advice centres have a lot of experience in counselling and assisting immigrant women:

Advice for immigrant women who suffer domestic violence - or who have been exposed to violence

Therapie Interkulturell
Telephone 0681 373535

Advice for women and girls who are at risk of forced marriage

Advice centre for immigrant women
Telephone 0800 16 11 111



Advice for women who are being forced into prostitution

Aldona e.V.
Telephone 0681 373631

Other advice centres for domestic and sexual violence :

Frauennotruf Saarland: Emergency helpline for women in Saarland- advice (and support) following sexual violence

Telephone 0681 36767

Advice centre and outreach service for victims of domestic violence (SkF)

Telephone 0681 3799610

NELE - Advice on preventing sexual exploitation of girls

Telephone 0681 32058

If you experience violence and need somewhere safe to stay for yourself and your children, you can go to a women's refuge.

You will find a safe place here! Nobody will find out where you are staying:

AWO women's refuge in Neunkirchen
Telephone 06821 92250

AWO women's refuge in Saarlouis
Telephone 06831 2200

AWO women's refuge in Saarbrücken
Telephone 0681 991800

Girls can find a safe place to stay here as the youth welfare office will put them into care:

Elisabeth-Zillken-Haus
Telephone 0681 910270

Nobody is allowed to use violence towards you!

Women do not lose their right of residence in Germany because they ask for help.

Do get help!

Advice and help in Saarland:
www.gewaltfrei.saarland.de

