



Stadt Bielefeld

Help in cases of violence

 www.frauen-in-bielefeld.de

We all have to stay at home now and this limits what we can do in our daily lives. But home is the place where a lot of women are not safe. In this present crisis situation, there is an increased danger of women and children being exposed to domestic and sexual violence. Their own home is often no longer a safe place.

Please get support if you suffer sexual or domestic violence! You don't have to be alone with this.

The most important thing – for everybody – is not to look away. Dear friends, neighbours and everybody else: Please show civil courage and offer your help to those affected.

You can find information about our offers of help here!

Shelters, the emergency number for the police and specialised advice centres can be reached by phone and online for support in each individual case.

Refuge day and night

Frauen helfen Frauen Frauenhaus e.V.

Tel. 0521 177376

Frauenhaus AWO (womens' shelter)

Tel. 0521 5213636

Shelter for girls and young women

Tel. 0521 21010

Notruf (police emergency number)

Polizei 110

Advice centres for women and girls

Psychologische Frauenberatung e.V.

Tel. 0521 121597, auch Online-Beratung

www.frauenberatung-bielefeld.de

Frauennotruf Bielefeld e.V.

Tel. 0521 124248, auch Online-Beratung

www.frauennotruf-bielefeld.de

Mädchenhaus Bielefeld e. V.

Tel. 0521 173016, auch Online-Beratung

www.maedchenhaus-bielefeld.de

Stadt Bielefeld

Amt für Jugend und Familie – Youth Office –

Tel. 0521 51-2084

Amt für soziale Leistungen – Social Office –

Tel. 0521 51-0

Impressum

Herausgegeben von:



Stadt Bielefeld
Gleichstellungsstelle

Tel. 0521 51-2018