

OUTLOOK

Information and behavioural tips
for women affected by violence



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.



CONTENTS

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 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



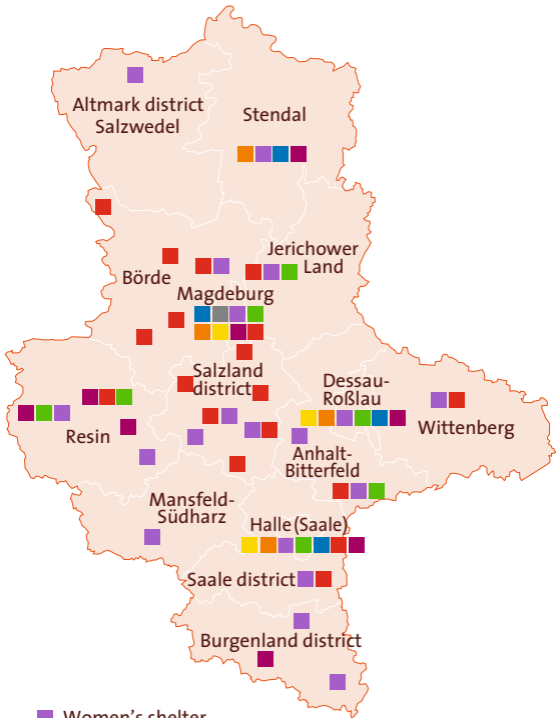
Receive counselling in your mother tongue via the help hotline Violence against Women at the toll-free number **0800 116 016**

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



■ Women's shelter

■ Intervention/Specialist counselling centres for domestic violence and stalking

■ Outpatient women's counselling centres

■ Centres for victims of sexual violence

■ Help with trafficking in women, forced marriage and honour-related violence

■ Safe free space for meeting and exchange

■ Further help and advice

■ Support in legal processes

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.



Aschersleben	0152-02 89 35 28
Ballenstedt	0171-853 74 59
Bernburg	0163-178 29 28
Bitterfeld-Wolfen	03494-310 54
Burg	0173-576 38 20
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	0170-986 77 25
Weißenfels	0171-540 48 44
Wernigerode	0173-209 97 00
Wittenberg	0177-602 02 80
Wolmirstedt	0175-276 33 13
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.

Intervention Centre Dessau-Roßlau 0340-66 12 85 39
(Dessau-Roßlau, Anhalt-Bitterfeld, Wittenberg, Salzlandkreis)

Intervention Centre Halle 0345-686 79 07
(Halle, Saalekreis, Mansfeld-Südharz, Burgenlandkreis)

Intervention Centre Magdeburg 0391-540 34 26
(Magdeburg, Jerichower Land, Bördekreis, Landkreis Harz)

Intervention Centre Stendal 03931-70 01 05
(Landkreis Stendal, Altmarkkreis Salzwedel)

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

Alsleben	03925-30 25 95
Bernburg	03925-30 25 95
Bitterfeld-Wolfen	03494-310 54
Burg	03921-21 40 or 0162-285 47 09
Calbe (Saale)	03925-30 25 95
Egeln	03925-30 25 95
Halberstadt	03941-61 35 55
Haldensleben	039201-28 92 10 60
Halle (Saale)	0345-444 14 14
Magdeburg	0162-530 27 40 or 0176-62 82 28 80
Merseburg	03461-24 99 84
Oebisfelde	039201-28 92 10 60
Oschersleben (Bode)	039201-28 92 10 60
Schönebeck (Elbe)	03925-30 25 95
Staßfurt	03925-30 25 95
Wanzleben	039201-28 92 10 60
Wittenberg	03491-877 11 69 or 0173-362 02 91
Wolmirstedt	039201-28 92 10 60

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

Tel. 0340-220 69 24

wildwasser-dessau@t-online.de

www.wildwasser-dessau.de

Wildwasser Halle e.V.

Große Steinstr. 61/62 • 06108 Halle (Saale)

Tel. 0345-523 00 28

wildwasser-halle@t-online.de

www.wildwasser-halle.de

Wildwasser Magdeburg e.V.

Ritterstraße 1 • 39124 Magdeburg

Tel. 0391-251 54 17 oder 0171-295 15 71

info@wildwasser-magdeburg.de

www.wildwasser-magdeburg.de

DRK Counselling Centre Miß-Mut

Bruchstraße 1 • 39576 Stendal

Tel. 03931-21 02 21

miss-mut@drk-stendal.de

drk-stendal.de/miss-mut

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.

AWO Landesverband Sachsen-Anhalt e.V.

Vera – Specialist Counselling Centre against
Trafficking in Women and Forced Marriage
in Saxony-Anhalt

Seepark 7 • 39116 Magdeburg

Tel: 0391-99 97 78 50

vera@awo-sachsenanhalt.de

www.awo-sachsenanhalt.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-Str. 30 • 39288 Burg

Tel. 03921-31 58

fz-teatreff@rolandmuehle-burg.de

www.skz-burg.bplaced.net/maedchen-und-frauenzentrum-tea-treff/

Sozial-kulturelles Frauenzentrum Dessau e.V.

Törtener Str. 44 • 06842 Dessau

Tel. 0340-882 60 70

frauenzentrum-dessau@gmx.de

www.frauenzentrum-dessau.de

Halberstadt Women's Centre

Juri-Gagarin-Str. 19 • 38820 Halberstadt

Tel. 03941-60 11 92

lilith@ufv-halberstadt.de

www.ufv-halberstadt.de

Women's Centre Weibewirtschaft Halle

Karl-Liebknecht-Str. 34 • 06114 Halle (Saale)

Tel. 0345-202 43 31

fzweibewirtschaft@web.de

www.dornrosa.de

Volksbad Buckau c/o Women's Centre Courage

Karl-Schmidt-Straße 56 • 39104 Magdeburg

Tel. 0391-404 80 89

kontakt@courageimvolksbad.de

www.courageimvolksbad.de

Women's Centre Wernigerode

Breite Str. 84 • 38855 Wernigerode

Tel. 03943-62 60 12

frauenzentrumWR@web.de

www.frauenzentrumwr.de

Women's Centre Wolfen

Fritz-Weineck-Str. 4 • 06766 Bitterfeld-Wolfen

Tel. 03494-210 05

frauenzentrumwolfen@t-online.de

www.frauenhelfenfrauen-wolfen.de



FURTHER HELP AND ADVICE

Counselling centre ProMann

COUPLES COUNSELLING

After experiencing violence, would you like to talk in an open and trusting manner?

Couples counselling offers you strategies and help to recognise existing patterns of violence and work with the violent partners to develop alternative behaviour.

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.

Deutscher Familienverband Sachsen-Anhalt e.V. ProMann Magdeburg

Johannes-R.-Becher-Str. 49 • 39128 Magdeburg

Tel. 0391-721 74 41 • Fax 0391-721 74 42

promann@dfv-lsa.de

www.dfv-lsa.de

ProMann Halle and Saale District

In the rooms of the family centre of the YMCA

Geiststr. 29 • 06108 Halle

Mobile 0151-23 23 30 21

promann.halle@dfv-lsa.de

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

ProMann Dessau

Schloßplatz 3 • 06844 Dessau-Roßlau

Mobile 0157-88 11 88 84

promann.dessau@dfv-lsa.de

www.dfv-lsa.de/promann-dessau/

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:

Social service office of the court in Halle

Willi-Brundert-Straße 4 • 06132 Halle (Saale)

Tel. 0345-220 18 30

soz-dienst.hal@justiz.sachsen-anhalt.de

Social service office of the court in Magdeburg

Halberstädter Straße 8 • 39112 Magdeburg

Tel. 0391-567 49 05

soz-dienst.md@justiz.sachsen-anhalt.de

Social service office of the court in Naumburg

Jahnstraße 3 • 06618 Naumburg (Saale)

Tel. 03445-230 92 11 und 03445-230 92 12 (Secretariat)

soz-dienst.nmb@justiz.sachsen-anhalt.de

Social service office of the court in Stendal

Mönchskirchhof 6 • 39576 Hansestadt Stendal

Tel. 03931-649 50

soz-dienst.sdl@justiz.sachsen-anhalt.de

Social service office of the court in Dessau-Roßlau

Parkstr. 10 • 06846 Dessau-Roßlau

Tel. 0340-21 65 41 12

soz-dienst.de@justiz.sachsen-anhalt.de

Social service office of the court in Halberstadt

Große Ringstr. 52 • 38820 Halberstadt

Tel. 03941-57 33 60

soz-dienst.hbs@justiz.sachsen-anhalt.de

ADDRESSES OF THE WITNESS PROTECTION ROOMS:

Magdeburg Local Court

Breiter Weg 203 – 206 • 39104 Magdeburg

Tel. 0391-606 60 39

Magdeburg Regional Court

Halberstädter Straße 8 • 39112 Magdeburg

Tel. 0391-606 21 51

Halberstadt Local Court | Quedlinburg Local Court

Wernigerode Local Court

Reachable via the social service office of the

Halberstadt court (see victim counselling addresses)

BEHAVIOURAL TIPS

Personal safety plan

I plan my escape

- The main emergency numbers are:

Police 110

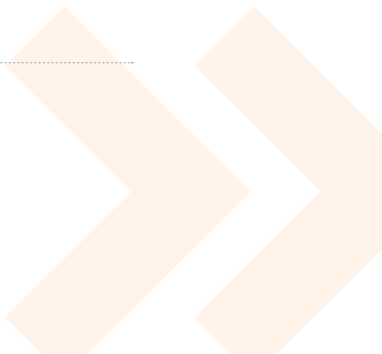
Women's shelter:

- 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 can work with
to discuss my plans.
- I partially inform my children.
- I open my own bank account with my own credit card and make copies of all the important documents that I store 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
-



IN AN EMERGENCY I CAN DO THE FOLLOWING:

Escape

- If I decide to do this, I know the escape routes: exits, windows, lifts.
- I store money and spare key with
- I leave spare keys, copies of the most important papers, clothes and children's things with who keeps them and brings them to me, when I need them.
- If I have to flee, I'll go to I have discussed this.
- If I cannot speak openly, I use as a code, so that my children know that we are leaving and my friend understands that I am coming and need help.



Get help

- I use the word:

[REDACTED]

as a code word, so that my confidants know that they should call the police.

- With my neighbour:

[REDACTED]

I can talk about violence and can ask them to call the police if they perceive anything suspicious or hear my knocking signals on the heating pipes.

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.



SAFETY AT HOME AND AT WORK AFTER SEPARATION

- I change the door locks and install security locks
- I avoid places where the violent person suspects I might be or will look for me.
- I arrange the pick-up rules for my children in kindergarten.
- 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 TAKE CARE OF MYSELF

- I am looking for legal support to help me with
- When I feel bad and think about whether I will go back to a dangerous situation, then I can call or speak with

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

☎ 08000 116 016

Published by:

Ministry of Labour,
Social Affairs, Health and
Equality of the
State of Saxony-Anhalt



SACHSEN-ANHALT

Ministerium für
Arbeit, Soziales, Gesundheit
und Gleichstellung

#moderndenken

Collaboration:

Nationwide Network for
a Life without Violence
The EQUAL
Saxony-Anhalt



4th edition 2022