



# What to do in case of domestic violence



## What to do in case of domestic violence?

The person you live with - whether he be your husband, boyfriend or relative - has started to act violently towards you or has threatened you with violence.

Living together this way is no longer possible.

You're scared and stressed by the situation. You're looking for a way out.

### Help and Advice

We support, inform and care for you, regardless of whether you wish to separate from your partner or stay with him.

The Women's Counselling Centre is an independent counselling centre for women. We also provide support to children who have been affected by violence. Our counselling services are free of charge and conducted anonymously. We're obliged to maintain confidentiality.

If you don't speak German, just ask friends or people you know to give us a call. They are also more than welcome to come along to the counselling sessions with you. We also provide interpreters for various languages.

Women with a refugee background who lack a secure residence status can also use our counselling services and receive the best possible support.

If you require, we can also help you put together your own personal security plan!

### Security and Protection

If you're physically assaulted at home, you can dial 110 to inform the police and receive immediate protection from the abuse.

The police are able to ask the abuser to leave the apartment. The man has to hand over his key and leave the apartment. He's then not allowed to return for up to 14 days.

During these 14 days, you've got the chance to reflect calmly on what you'd like to do.

**Use this time to arrange a counselling session!**

We'll support you if you wish to make an emergency court appeal for the legal allocation of your shared apartment. You can then also make an appeal for a protective order. This means that the abuser is forbidden from contacting or bothering you and from staying nearby.

If your residence permit is still dependent on your husband, you can apply for your own residence permit. We'll support you through the process of reviewing your residence permit and your right to receive social welfare benefits.

If you separate from your husband, you'll retain joint custody and won't lose your children. If you separate from your husband, you'll retain joint custody and won't lose your children. In certain cases, you can also apply for their sole custody

### Women and Child Protection Shelter

You can decide whether, despite these possibilities being available to you, you still require the protection of the Women's Shelter.

If you require, we can also provide free rooms for you and your children at our Women's Shelter. At the Women's Shelter, you can relax and plan the next stages of your life. You'll also receive regular counselling sessions.

### Helpline

Our helpline is available all across Germany, 24 hours a day and 365 days a year. There you can receive information in various languages on how to act in case of domestic violence. Freephone Hotline No. +49 (0) 8000-116016

**Domestic violence is punishable by law and is NOT OK!**

## Support in the Filder area:



Frauen  
helfen Frauen  
Filder e.V.

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Info sheet