

## Help in cases of domestic violence

Violence against women and girls is a human rights violation and violates not only their physical and psychological integrity, but also their right to self-determination. Violence prevents equal and dignified participation in social life.

If you experience violence or are threatened by violence, you are not alone. There are many different counselling services. Do not hesitate to seek help! Talk about it and get advice!

If you observe violence or suspect it, you can get professional, anonymous and free support!

Here you can find contact points that offer you support and assistance when you experience violence. Your information will be treated confidentially there.

## Women's Information Centre of the Mannheim Women's Shelter e. V.

Counselling for women on the expulsion from housing and the Protection against Violence Act after domestic violence, support in difficult separation and divorce situations and in cases of stalking.

 [0621379790](tel:0621379790)

 [@fraueninformationszentrum@t-online.de](mailto:fraueninformationszentrum@t-online.de)

 [www.frauenhaus-fiz.de](http://www.frauenhaus-fiz.de)

## Overview of support services in Mannheim

You can find an overview of important support services and counselling centres on the website of the Equal Opportunities Officer of the City of Mannheim:

 [www.mannheim.de/de/service-bieten/frauen-gleichst...](http://www.mannheim.de/de/service-bieten/frauen-gleichst...)

## Brochure with offers of help in several languages

Physical, psychological, sexualised, structural, institutional or even digital violence are part of the daily experience of many people in our society. The brochure "Gewalt hat viele Gesichter" (Violence has many faces) provides information about support services and contact points in Mannheim that support victims of violence and implement preventive services.

 <https://www.mannheim.de/de/service-bieten/integra...>