
Help for men

Counselling for men pro familia Flensburg

There are many men who were sexually abused in their childhood or youth. Not only women, but also men are victims of domestic or sexual violence. As a man, it can be difficult to talk about abuse or domestic violence. The men's counselling service offers men aged 16 and over the opportunity to seek advice. Counselling is free of charge. The counsellors have a duty of confidentiality.

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📍 [Marienstr. 29-31, 24937 Flensburg](#)

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🌐 Website of [men's counselling at pro familia](#)

💡 Flyer can be found [here](#)

Specialist counselling centre for sexualised violence/abuse against boys and men

Help hotline: ☎ [+49 \(0\) 04039842662](tel:+49(0)04039842662)

🌐 [Online counselling](#)

The counselling service is **free** and **anonymous**. Counselling for boys and men who have been victims of sexual violence.

Packhaus counselling centre

- Here you can find [information about the counselling centre's services](#)
- Counselling for adolescents and adult men who have become violent or have committed sexualised violence.

Weisser Ring - Counselling for victims of criminal offences

Help hotline: ☎ [+49 \(0\) 116006](tel:+49(0)116006)

🌐 [Online counselling](#)

🌐 [White Ring website](#)

The counselling service is **free of charge** and **anonymous**. You can find personal counselling and help on site [here](#).