



# Stadt Bielefeld

## Help in cases of violence

 [www.frauen-in-bielefeld.de](http://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](http://www.frauenberatung-bielefeld.de)

**Frauennotruf Bielefeld e.V.**

Tel. 0521 124248, auch Online-Beratung

[www.frauennotruf-bielefeld.de](http://www.frauennotruf-bielefeld.de)

**Mädchenhaus Bielefeld e. V.**

Tel. 0521 173016, auch Online-Beratung

[www.maedchenhaus-bielefeld.de](http://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**

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