




The **working group against domestic violence for the Bergstraße** district includes a network of institutions that offers help to victims of domestic abuse.

The aim of the working group is to support victims on their path to a life free from violence and self-determination.

Domestic violence is:

-  Humiliation, insults, jealousy, isolation, degradation, threats,
-  Physical and sexual violence
-  Economic abuse

Domestic violence usually takes place in the home.

This leaflet offers advice on how to get help if you are affected by domestic violence or are violent person yourself. People who witness domestic violence in their household can also receive help.

The staff at the advice centres will listen to your concerns confidentially and offer advice free of charge.

If you no longer feel safe at home, are afraid and need support, contact the Bergstraße women's refuge. You and your children will find protection and advice there.

If you are in acute danger, call the police on the **emergency number 110**.

The police also know the addresses of the advice centres and the women's refuge.

Further information about the **working group against domestic violence for the Bergstraße** district can be obtained from the staff at the Bergstraße women's refuge.

Youth helpline

„Nummer gegen Kummer“ - Support for children and teens
Free and anonymous
Tel: 116 111
www.nummergegenkummer.de

Violence against women helpline

For women affected by violence
Anonymous, free of charge & 24 hours a day, 365 days, multilingual
Tel: 116 016
www.hilfetelefon.de

Pro familia Darmstadt - Women's emergency hotline

Emergency call and advice in the event of sexual violence
Tel: 06151/45511
darmstadt@profamilia.de
www.profamilia.de/darmstadt

Women's refuge nationwide search

Nationwide search for women's refuges via website and map
www.frauenhaus-suche.de

Rapid assistance after rape

Available 24 hours a day, 365 days at the gynaecological outpatient clinic at Bergstraße District Hospital
Tel: 06252/7010
www.kreis-bergstrasse.de

Violence against men helpline

Here you can get help and advice
Tel: 0800 1239900
beratung@maennerhilfetelefon.de
www.maennerhilfetelefon.de

Support for domestic violence for women, men, children and teenagers



You don't have to deal with a difficult situation in life alone.

Help  is available in the Bergstraße district:



Bergstraße women's refuge

Refuge, protection and support for women with and without children

Tel: 06251/78388

kontakt@frauenhaus-bergstrasse.de

www.frauenhaus-bergstrasse.de



Bergstraße Advice and Intervention Centre

Domestic violence against women

The advice centre is aimed at women who are affected by violence in partner relationships or stalking.

People who witness domestic violence in their house hold also receive advice.

Advice centres:

Hauptstr. 79, 64625 Bensheim

Zweigstellen: Lampertheim und Fürth

Tel: 06251/67495

kontakt@frauenberatung-bergstrasse.de

www.frauenhaus-bergstrasse.de



Pro Familia - Bensheim advice centre

Advice for men and women on the topic of violence in relationships

Promenadenstr. 14, 64625 Bensheim

Tel: 06251/82675-30

bensheim@profamilia.de

www.profamilia.de/bensheim



Caritas Family Centre Heppenheim

General life counselling/psychosocial counselling

Bensheimer Weg 16, 64646 Heppenheim

Tel: 06252/990130

alb@caritas-bergstrasse.de

www.caritas-familienzentrum-heppenheim.de



Advice centres for parents, children and teenagers in the Bergstraße district

Help for families in difficult life situations with marriage, family and life counselling

Bensheim

Am Wambolterhof 8, 64625 Bensheim

Tel: 06251/84600

Jugendhilfe-eb-bensheim@kreis-bergstrasse.de

www.kreis-bergstrasse.de/eb-bensheim

Fürth, Heppenheim und Wald-Michelbach

Caritasverband Darmstadt e.V.

In den Pfarrwiesen 1, 64658 Fürth

Tel: 06253/806154-0

eb@caritas-bergstrasse.de

www.caritas-darmstadt.de/caritasvorort/bergstrasse/fuerth

Lampertheim & Viernheim

Blücherstr. 26, 68623 Lampertheim

Telefon: 06206/910411

mit Ehe-, Familien- und Lebensberatung

Kettelerstr. 5a, 68519 Viernheim

Tel: 06204/740505

jugendhilfe-eb-lampertheim@kreis-bergstrasse.de

www.kreis-bergstrasse.de/eb-lampertheim



Bergstraße District Youth Welfare Office

General advice

Participation in proceedings before the family court if there are minor children in the family. Help within the family, as well as the possibility of additional special assistance.

Graben 15, 64646 Heppenheim

Tel: 06252/155642

jugendamt@kreis-bergstrasse.de

www.kreis-bergstrasse.de



Integration officer for the Bergstraße district

Advice and support for integration processes

Graben 15, 64646 Heppenheim

Tel: 06252/15-5447

Integrationsbeauftragte-Anmeldung@kreis-bergstrasse.de

www.kreis-bergstrasse.de



Darmstädter Hilfe – Advice for victims and witnesses in southern Hesse e. v.

Advice for adults, children and teenagers in southern Hesse who have been affected by a crime - regardless of the type of crime.

Support for victims, their relatives and witnesses

Büdingen Straße 10, 64289 Darmstadt

Tel: 06151/97 14 200

info@darmstaedter-hilfe.de

www.darmstaedter-hilfe.de



PIT¹

Violence prevention, intervention, training

Anti-violence training/therapy, couple and family therapy for those affected by violence

Tel: 06257/9189879 und 0157/82250173

www.pit1.de



Office for Women and Equality Bergstraße District

Advice centre for women in all life situations, information and referral to specialist agencies

Gräffstr. 5, 64646 Heppenheim

Tel: 06252/15-5990

frauenbuero@kreis-bergstrasse.de

www.kreis-bergstrasse.de

You can also contact the women's and equal opportunities officer for your city/municipality.