

FRAUEN-NOTRUF
Beratungs- und Fachzentrum
sexuelle und häusliche Gewalt
EMERGENCY HELP FOR WOMEN
Counselling and professional centre
for sexual abuse and domestic violence

COUNSELLING

Are you familiar with this?

- a Ms. B. (26) was hit last night by her husband and it wasn't the first time. A neighbour called the police, who had banned her husband from the apartment for 14 days. Now, Ms. B. doesn't know how things should proceed. She is from Russia and has only been in Germany for one year. She is afraid that if she leaves her husband, she will lose her residence permit status.
- i Ms. A. (36) has been harassed by a colleague for weeks per telephone and text messaging, even though she has expressively told him that she wants absolutely no private contact to him.
- n Ms. C. (44) was sexually abused by her trainer when she was a child. After so many years of deep fear, recurring nightmares and problems in relationships with men, she feels forced to seek help in being able to speak about the abuse.
- m Ms. D. (62) believes that her eight year old grandson is being sexually abused by his stepfather. She would like to know how she can help the child and whether or not she should report her son-in-law to the police.
- n D. (16) was assaulted by a boy the same age as her after having left a party with him. She feels guilty. Full of disgust and shame, she has been having suicidal thoughts.

A lot of women, girls and boys have had men humiliate, hit, sexually take advantage of and rape them. Sometimes it's also women, or youths and children of the same age that have made such assaults.

Perhaps you have experienced something similar? Or you know a woman, youth or child who has had such experiences and you don't know how you can be of help?

Then contact us!

If you live in the area of Göttingen, we can gladly offer you personal help. If you live elsewhere, please take a look at the homepage of the “Bundesverband der Frauenberatungsstellen und Frauennotrufe“ (German Association of Women’s Counselling and Emergency Help Centres) under (www.bv-bff.de or www.frauen-gegen-Gewalt.de) for competent contact partners near you.

Counselling and Support for Victims

For many women and girls, it takes a lot of courage to seek counselling. They feel ashamed and guilty about what has happened to them.

But there’s no need to cope with everything alone!

You have a right to seeking help! It does not depend upon:

- l whether the violence took place a long time ago or whether it is still taking place
- w whether or not you want to file charges
- w whether or not you think you have put up enough of a fight
- w your nationality
- y your sexual orientation

At our centre, you can speak to women who know what they are talking about. Together with you, we try to find out which course of action you would like to take. We offer you the necessary information and gladly support you in any further steps you take. **Counselling is free of charge** and can remain anonymous if desired.

Our Range of Services

We offer help in the following areas to concerned women and girls, ages 13 and up:

- ✓ telephone and personal counselling
- ✓ short term therapy (with [EMDR](#))
- ✓ help in finding therapists
- ✓ information on clinics offering specialised trauma therapy
- ✓ legal information
- ✓ assistance in dealing with the police, doctors, lawyers
- ✓ preparation for and assistance in legal proceedings
- ✓ support in applying for protection ([Schutzanträge](#)) and financial help

We don’t push you into taking action (e.g. making a report to the police or leaving your partner). The decisions are left completely up to you.

Our employees are bound to professional discretion.

No actions will be taken against the will of those concerned.

If desired, counselling can take place with the help of an interpreter.

Women who are in acute danger can, at any time, escape to a women's shelter (in Göttingen G0551 – 52 11 800, www.frauenhaus-goettingen.de) or call the police (110)! The police are able to ban the offender from the home for a maximum of two weeks.

Counselling and Support for Those Wanting to Help

Is there a woman or child in your private or professional life whom you suspect is experiencing sexual abuse or domestic violence? Or, has someone confided to you that she or he has experienced violence?

Victims of violence often do not have enough courage to seek help or they don't know who they should turn to. This is why people from their private and professional lives play an important role in exposing and putting an end to the violence. Our range of services is also directed at you, as someone wanting to help, whether you are a woman or a man. We offer you expert assistance in helping concerned girls, boys or women. At the same time, with us, you can discuss your own feelings and talk about, sort out and reduce the enormous pressure you are experiencing due to the situation. Often, those wanting to help also enter a crisis when they suspect someone in their private or professional life is being violated.

We offer the following services to private and professional people wanting to help:

- ✓ counselling
- ✓ assistance in intervention ("How can I be of the best help?")
- ✓ setting up helper conferences (all those involved with concerned person, who would like to help, join together to consider what can be done)
- ✓ supervision of case

Possible topics:

- ✓ How can I support those who have been mistreated?
- ✓ How can I clear up and look into suspicions of sexual abuse?
- ✓ Should I file charges, do I have to, or am I allowed to?
- ✓ How can I deal with my own insecurities and fears?

Our services for those wanting to help are generally free of charge.

Our employees are bound to professional discretion.