



KIK
netzwerk
bei häuslicher gewalt

Options for women in abusive relationships

Don't lose heart!

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Adolf-Westphal-Straße 4
24143 Kiel

KIK Schleswig-Holstein
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Realised by

freistil mediendesign*, Kiel
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Conny Fehre
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Don't lose heart!

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Foreword



Dear readers,

Unfortunately, domestic violence is still a widespread phenomenon. If you have also been subjected to abuse from your partner – been beaten, humiliated or insulted – and you would like to change your life, then this brochure can help you on that path. It will provide you with information on the personal and legal steps you can take to protect yourself. In 2011, the police intervened in 2,818 incidents of domestic violence in Schleswig-Holstein. In 435 of these cases, the perpetrator was ordered to leave the shared accommodation. Women's advice centres and emergency services provided assistance to 10,500 women. Furthermore, in 2011, around

1,150 women took refuge in women's shelters in Schleswig-Holstein with their children.

The purpose of printing these facts and figures is to show you that other women share your fate and you should not be ashamed of the situation in which you find yourself. Rather, we aim to help you summon your strength to find a viable and individual way out of your abusive relationship. I am confident that the suggestions and information contained in this brochure will encourage you to take the leap onto your new path. Have the courage to take action!

Kristin Alheit
Minister for Social Affairs, Health,
Family and Equality in the State of
Schleswig-Holstein

Abuse against women in relationships – what does it mean?

It's a terrible fact that, at any given moment, men are perpetrating many different forms of violence against women all over the world. The most common form is violence committed by the man in a relationship. Regardless of whether a couple is married or not, men frequently humiliate, hit, kick, insult and rape the women they claim to love.

The latest and most comprehensive study conducted in Germany revealed that at least one in four women experience some form of violence in their relationships. Around one fifth of these acts of violence are brought to light. The women affected are completely normal women of every age, every educational background and every appearance. The perpetrator may also be a charming neighbour, a pleasant colleague or an acquaintance that is active in the community, for example.

Violence can be defined as anything that hurts, humiliates or debases the victim. Unlike disputes, conflicts or arguments, violence involves a clash between two individuals with varying degrees of power, in which one person always enforces their will. The perpetrator's goal is to have absolute control over the woman.

Violence often begins with humiliation, ridicule and discrimination (walking all over someone): 'You're useless!', 'My wife doesn't have a clue, anyway!', 'What do you look like?', 'You slut, bitch,

idiot, fatso...' These men use a variety of methods to isolate their women: they badmouth the woman's friends or work colleagues or are particularly rude to them. They jealously track every move the woman makes and demand to have a detailed account of everything she does. They cut off the telephone. They lock the woman in. And so on and so on. A woman who is intimidated and isolated in this way is barely capable of fighting back when she is slapped, hit, choked, raped or subjected to any number of other violent acts for the first time.

Afterwards there are always excuses: alcohol, jealousy, a bad day, problems with God knows who, a difficult past, excessive stress, or accusations: 'You provoked me', 'The kids were being too loud', or perhaps even promises: 'It'll never happen again!' At some point, many women begin to make excuses for the perpetrator's behaviour. They never lose hope that this was the last time and that everything will be different from now on. However, the fear always remains that it will happen again. And the violence nearly always continues.

This is because whether the man hits out again is his decision and does not depend on the behaviour of the woman or children. If he wants to change, he must make a conscious decision to do so and seek the necessary help. If he does not, the woman's only option is to protect herself (and the children) from

further attacks.

Many women put up with extreme violence for many years. They cling to the hope that he will stop doing THAT at some point and will only show his 'good side'. They feel responsible for everything and are ashamed because they regard it as being a failure on their part. The violence has perhaps become a daily occurrence and they focus their energies on trying to survive. The man often threatens to take away the woman's money, their children and her life. Escaping this complex web of fears and dependencies is a difficult and – as experience has shown – dangerous task for every woman, but it is not impossible.

This brochure addresses women affected by this issue who are looking for information. It aims to give them courage. Perhaps it will help them find a way out of their situation and provide the necessary support.

Clichés and prejudices

The individual nature of each woman's plight makes it difficult for her to classify her relationship as abusive and find a safe way out of it. There are also a number of widespread clichés and prejudices in society, which further exacerbate the problem.

Every marriage has its problems.

It's nothing! Riff-raff are always at each other's throats!

Hardly surprising! She deserves it.

Only louts do that kind of thing.

Just because he hits you occasionally is no reason to suddenly run off!

I may have slapped her once or twice, but nothing more.

As a man, you can't put up with everything!

I just flip out when she doesn't do what I say.

Beat your wife every day. If you don't know why, SHE does!

Men, women, friends, acquaintances, relatives – they all know and have used these phrases. In doing so, they trivialise violence against women or even justify it, resulting in a social atmosphere that protects the perpetrators and prevents the women from getting help. The women involved are not viewed as victims, but rather – at the very least – as being equally responsible. This often stops them receiving the support they need.



The wheel of violence



This wheel of violence illustrates the many different types of violence that men use against 'their' women. No matter how he does it, the aim of the perpetrator is always to exert au-

thority and control. Every type of physical and sexual violence is rooted in and, in turn, fuelled by the various forms of physical, emotional, economic and social violence.

Power and control

Power and control play a central role in violence against women. To maintain and strengthen their power and control over the woman, the man uses various methods (segments of the wheel) to oppress her, which ultimately lead to physical violence. This model was developed as part of the Domestic Abuse Intervention project in Duluth, US. It is also used in training courses for abusive partners.





helpline

0700-99911444

At night, at weekends and on
public holidays
(6.2 cent per minute)

What is particularly relevant for me as a migrant woman?

The following section is specifically intended for you. Inadequate language skills and unfamiliar social structures will certainly make it difficult for you to take the necessary steps. Furthermore, restrictive regulations regarding residency rights make your situation even more difficult. You must therefore take advantage of every form of support available. Do not hesitate to call the police if your partner threatens, attacks,

mistreats or torments you!

As a migrant woman, your residence status is of key importance when taking any further action.

Articles 27 to 31 of the German Residence Act (AufenthaltG) determine the situation of many female migrants who came to Germany as part of family unification programmes. You will be initially granted a temporary residence permit, which requires you to live with your

husband. If you leave your husband and have lived in marital cohabitation in Germany for at least three years in line with legal requirements, you will be granted independent residency rights and your residence permit will be extended for an initial period of one year. If you have been abused by your husband, you can obtain independent residency rights before the end of this three-year period under the hardship provision. It is often difficult to achieve this, particularly when there is little evidence of the acts of violence. Professional advice and support is generally needed.

Even if you do not want to take (legal) action at first, make sure that your doctor gives you a medical certificate recording your injuries and tell him/her what has happened. Documentation issued by the Institute for Forensic Medicine at the University Medical Centre Schleswig-Holstein can be even more useful in this situation. To arrange an appointment, call the following number during the day: **0431-5973600**. This may be important if you are required to prove a case of 'particular hardship' in accordance with Article 31 of the German Residence Act.

Seek assistance in your native language at an early stage from centres providing advice to migrants on social issues, women's advice centres or from lawyers specialised in both (international) family law and regulations concerning the rights of aliens.

The services of advice centres for women and migrants are free of charge.

If you are being, or have been, forced into an arranged marriage, you can also get support from the women's advice centres (see annex) or from the helpline at the following number 0700-99911444. (6,2 cents per minute)

Protection is the number one priority!



When it comes to violence, protecting the victim is the number one priority. Every action taken – or not taken – must be geared towards helping to keep you safe.

You are the victim and are, therefore, in the best position to protect yourself, as you are the only one who knows your husband and the exact situation you live in. Do everything you can to improve your personal safety. If you are feeling afraid, then take these feelings seriously. They are a sign that you are being threatened.

You can seek assistance at your local women's advice centre, which can be reached during the day (see annex). A helpline is available at night, at weekends and on public holidays under the following number **0700-99911444** (6.2 cents per minute, daily from 3 p.m. – 1 a.m., at weekends and on public holidays from 10 a.m. – 1 a.m.). You should also contact this number if you are unsure of your situation. It is important to recognise abusive relationships early on. Only then can you take action.

'Breaking the silence'

By keeping your situation secret, you only help the person abusing you. Many women feel embarrassed and uncomfortable talking about their husband's acts of violence. Even if you are afraid of informing the police or the public prosecutor's office, tell people you trust about your situation. These could be friends, neighbours, work

colleagues, relatives or staff at professional advice centres (refer to the annex for addresses). This takes the load off your shoulders and may also improve your safety. The more you talk about the violence, the more people will be able to watch out for you.

Specific safety precautions

As well as the option of taking refuge from violence with those close to you or at women's shelters, there are other precautions you can take to protect yourself (and your children). These include calling the police, packing an 'emergency suitcase' or taking a self-defence course.

Women affected by domestic violence have also given the following recommendations:

- ask people you trust to call or visit you at times when a dangerous situation is most likely to occur
- tell your doctor about what is happening to you
- record your injuries with medical/forensic certificates
- move into/seek refuge in a room with a lock
- sleep in the children's bedroom
- buy your own mobile phone and keep it with you so you are able to get help in an emergency

- keep a baseball bat next to the bed
- leave an 'emergency suitcase' containing important documents and clothes for you (and your children) with a person you trust

You must decide which option is right for you, as only you know how best to protect your life, your health and your children.

How else can I protect myself?

Apart from taking personal precautions, you can also make use of various instruments guaranteed under civil law.

You can apply for:

- **protection orders**
- **sole occupancy orders**
- **sole custody/right to determine the place of residence of the children**
- **suspension/limitation of the right of access at a court of law**

You are also eligible for compensation and damages for pain and suffering. Protection and sole occupancy orders are measures provided for in the German Protection from Violence Act. Everyone is entitled to make use of this law.

Sole occupancy orders

You can apply for sole occupancy of the home you share with your partner. This is possible even if you have already fled from your shared home. However, you must file a written request for occupancy rights to be transferred from your (ex)-partner within three months of the incident or lodge your application with a court of law within this period.

You are always eligible to submit an application if you have been, or are being, abused by your (ex)-partner. This applies irrespective of whether you are married

to the man, whether only your (ex)-partner or both of you have signed the rental agreement and whether your partner is the sole homeowner or you share ownership. If you are the sole tenant or owner of your home, there is no limitation on the time period for transferral of rights. If you are not the main tenant or (joint) owner of your home, you can obtain occupancy rights for up to six months. However, you must expect to pay some form of financial remuneration (e.g. rent) to the owner/tenant. Sole occupancy can be extended once by up to six months.

Protection orders

The court can also order further measures against the perpetrator to ensure your protection. Examples of such measures could involve prohibiting your (ex)-partner

- from entering your home
- from coming near your home
- from being in places where you often spend time (e.g. workplace, kindergarten)
- from making contact with you, either in person, by telephone, by text message or by e-mail

These protection orders are generally temporary, but you can request an extension.

Who should I contact?

To obtain a protection order, contact the relevant district court in your area.

Family courts are responsible for these matters.

The court takes action following submis-

sion of your application as a matter of principle. You can lodge the application yourself or with the assistance of a lawyer at the legal claims office of the district court.

If you have no income or earn very little, you are eligible for legal aid. Depending on your level of income, your application will cost nothing or just a small fee.

How long will it take the court to reach a decision?

In cases of domestic violence, there is generally a constant threat due to the relationship with the perpetrator. If this is the case, protection orders can be applied for in summary proceedings. An application of this kind can be approved within approx. 24 hours. In this case, the court may decide not to hear your (ex)-partner and a hearing is generally scheduled for a later date. In order to obtain a protection order, you must be able to present a convincing case. To this end, you must substantiate the abuse, injuries, threats or harassment from your (ex)-partner in a credible manner by providing a precise description of the incident with the date and time, where possible. Even if you find it difficult, it is important to try and be as specific and thorough as possible. You should submit this description as a statutory declaration. Your lawyer or the legal claims office will be able to advise you on the form that this statutory declaration should take. The description of the course of events in the application is generally accompanied by the following phrase: 'I, (your name), certify

under penalty of perjury that the foregoing statement is true and correct.' In addition to this statutory declaration, it is also good to have other evidence (police reports, witnesses, medical certificates or similar documents).

Ask your lawyer or the legal claims office at the district court to explain how you will be informed of the decision and how the decision will be communicated to your (ex)-partner. The court can decree enforcement of the protection order before it is sent to your (ex)-partner. This ensures that the protective measures can also be implemented without your partner being present.

What happens if my (ex)-partner does not obey the protection order?

If your partner violates the protection order, you can call in a bailiff to enforce the protection order, without having to initiate new court proceedings. The bailiff can take action against your (ex)-partner with the assistance of the police.

You also have the option of requesting that the court impose fines or arrest warrants.

If a perpetrator violates the legal protection order, he also makes himself liable to prosecution. You should inform the police if your (ex)-partner violates a protection order, so that they can initiate criminal proceedings against him.



How can the police and the legal system help me?

In an emergency, call 110

It is the police force's responsibility to safeguard individuals from violence: if your partner is battering you, locking you in or out of your home, raping you or...., you can reach the police by calling 110. In emergency situations like these, police officers can come to your assistance.

If you are faced with a violent situation, do not hesitate to call the police. The very appearance of the police can be enough to stop perpetrators from committing further acts of violence.

Police expulsion orders

Whatever your situation, the police will be able to help you. In Schleswig-Holstein the police have the powers to order your partner to leave your home for 14 days ('expulsion order'). The key to your home is taken away from him. The police can also prohibit your partner from going to particular places where you spend time (e.g. your workplace, kindergarten).

The police have the power to take your partner into custody if this step is required to enforce the order.

If the police order your partner to leave your home, they will also inform a local women's advice centre. The advice centre will then contact you and offer you help and support.

Reporting an offence

Violence perpetrated by men against their wives or partners is unlawful and can lead to prosecution for such charges as (grievous) bodily harm, rape, coercion or harassment. Any person who is aware of the criminal offences committed by your partner may file a complaint. This includes you, of course. In general, the reporting of offences is not subject to time limitations. For a number of offences, however, a criminal complaint must be initiated within a specific period. In these cases, you have at least three months to decide if you would like to take action.

Complaints may be filed in a number of ways, such as:

- at any police station,
- at any public prosecutor's office,
- with any lawyer, who will then forward your complaint.

You must give an exact account of each incident, including the day, the time, the course of events and possible witnesses, or other types of evidence, such as medical certificates. You may bring someone with you when you make your statement.

You have the right to file a complaint.

It is then the duty of the police and the public prosecutor's office to record this complaint and investigate it.

**Police emergency
number**

110

*For immediate assistance
around the clock*

What happens after filing a complaint?

After an offence has been reported, the police and the public prosecutor's office launch an investigation. First and foremost, this means that all of the people involved will be called in to make a statement. As you are often the only witness of an offence, your statement – along with police incident reports and medical reports – plays an extremely important role. Your (ex)-partner will also be questioned about the charges. The public prosecutor's office will then decide how to proceed with the case. The decision particularly depends on the evidence at its disposal. Specialised commissions and special departments of the public prosecutor's office are responsible for dealing with offences which fall under the category of 'violation of sexual self-determination' (rape, for example). In cases of domestic violence, it is generally assumed that criminal prosecution is in the public interest. This means that you are not often required to take private legal action and must not, therefore, initiate criminal proceedings yourself.

Criminal proceedings initiated by the state prosecutor's office

The state prosecutor's office can order your partner to attend a training course for perpetrators of domestic violence,

which will teach him how to change his behaviour and stop committing acts of violence. If your partner fulfils this requirement, the

public prosecutor's office may suspend criminal proceedings against your partner. If your partner fails to fulfil this requirement, the office will continue with criminal proceedings.

The court may issue a penalty order against your partner in a written procedure at the request of the public prosecutor's office.

In more serious cases of domestic violence, the public prosecutor's office will bring charges against the perpetrator. There will then be a hearing at the local or regional court, in which you will have to give evidence as the primary witness. Furthermore, you usually also have the option of being a co-plaintiff and taking an active role in the trial.

The hearing involves the presentation of all witness statements and evidence. At the end, a legal judgement is passed. As a witness you will be summoned to a hearing and generally required to give a statement. You only have the right to refuse to bear witness (i.e. make a statement) in your function as relative, fiancée, wife or divorced wife of the accused. It is highly likely that in most cases you will be the principal witness for the prosecution, as violence in relationships rarely happens when other people are present. Your statement is, therefore, particularly important for the criminal prosecution.

Support during proceedings

It is important to prepare yourself properly for criminal proceedings. Many women are scared of meeting the perpetrator again. Having to describe and relive painful experiences again in the generally impersonal and often daunting atmosphere of a courtroom, represents another great burden for most women. You do not have to go through this on your own. Make the most of all support that is available:

Becoming a co-plaintiff

As the victim, you have the option of becoming a co-plaintiff during the trial. You can instruct a lawyer to represent you in this action. They will then apply for you to be recognised as co-plaintiff. If you have no income or earn very little, you can apply for legal aid to cover the costs of this action. As co-plaintiff, you are able to take an active role in the criminal proceedings. Your lawyer will have access to the case file, meaning that he or she will be able to find out what the investigation has determined and what will come up for trial. The lawyer can assert your rights in proceedings in a number of ways, such as by submitting questions or motions to produce evidence or objecting to orders or questions from the other side with the aim of protecting and supporting you as you give evidence as a witness.



Preparation and support during proceedings

For years, women's advice centres have been working with women who experience violence. This work involves helping every woman to find her own individual path.

These women's advice centres can also support you on your path, whichever that may be. If you have decided to bring charges, for example, they can help you throughout the whole process, from filing a complaint and preparing the specifics, to supporting you at the hearing. Your advisor is on hand to deal with all of your questions and worries and lends you her support.

For many women, this support is particularly important to bridge the long intervals between the various steps of such a case. The fears, painful memories and doubts that often arise are difficult to cope with on your own. The professionally trained advisers will work with you to find strategies to reduce the internal and external pressures you are experiencing.

How can healthcare professionals help me?

Violence always damages the victim's health. Its impact ranges from clearly visible injuries, such as broken bones, bruises, cuts, stab wounds and burns, to sleeping and eating disorders, depression, anxiety and other post-traumatic stress disorders.

Sooner or later, nearly all of the victims visit their doctor or some other kind of medical institution. Dealing with serious injuries is naturally a priority here. In

order to give you the best possible treatment for the harm done to you, it may be important to tell the doctor or nurse treating you – or perhaps the pharmacist – how you got your injuries. When choosing your doctor, make sure you feel that you can trust him or her. It is essential that the doctor takes your situation seriously and you should never feel under pressure. Your doctor cannot solve your problem, but he or she can help you.

As well as showing you compassion and providing you with the practical care and therapy you need, healthcare professionals also have another important role to play. Well-substantiated medical records can strengthen your position in court proceedings or in dealings with administrative offices. If you are considering pressing charges against your abuser, these records could be presented as factual evidence if the case goes to court.

Precisely documenting your injuries can, therefore, be important when presenting evidence to administrative offices (e.g. under Article 31 of the German Residence Act – AufenthaltG) or in court proceedings. It is important to produce a well-formulated account of the injuries at the time of the incident and possibly photograph them as well. Up until now, the medical certificate issued by the doctor who treated the victim has been used as evidence. In order to make sure that the documentation also stands up in court, you also have the



option of recording your injuries at the Institute for Forensic Medicine at the University Medical Centre Schleswig-Holstein. The institute has doctors who are specially trained in documenting and interpreting injuries and recording traces of violent acts. They can examine you free of charge and secure evidence for the documentation. To make an appointment at short notice, call 0431-5973600 during the day. If necessary, ask for the examination to be carried out by a woman.

Forensic medical experts are also subject to doctor-patient confidentiality regulations and will not contact the police or pass on any medical evidence without your consent.

When you are being treated for your injuries by your doctor or at hospital, medical staff can contact the Institute for Forensic Medicine at the University Medical Centre Schleswig-Holstein to make enquiries – as part of an exchange of expertise between medical professionals – on what to bear in mind when recording ‘legally unassailable data’.

Where can I live?

Women’s shelters

If you need to escape violence from your husband or boyfriend immediately, you can ask to stay with friends, colleagues or relatives or contact a women’s shelter.

You can reach women’s shelters at any time during the day or night. Their telephone numbers are in this brochure.

The addresses of the shelters are confidential in order to protect the women. If you call and accommodation is available, you will be asked to go to a meeting point and picked up from there.

If none is available you can ask for the telephone numbers of women’s shelters nearby.

Women and children can stay in the shelter. You will meet others facing similar problems and organise your daily schedule with these women. The shelters have trained and skilled staff who can advise and support you. You can arrange everything else from the shelter, go to work – if this does not put you at risk – and organise how your children get to school.

Shared accommodation

For many women – especially those with children – the best solution is for the violent partner to leave the shared home. However, it is very rare for perpetrators to do this of their own accord. You can file an application with a court for sole occupancy rights to your shared home. You will find information on what the procedure involves and what to bear in mind on page 14 of this brochure.

New home

In order to find a new home for you (and your children), you must pull out all the stops:

- contact the housing office
- if relevant, apply for a certificate proving eligibility for social housing (Wohnberechtigungsschein)
- read the small ads in the paper, maybe place an ad yourself (it may be wise to use a box number advertisement to protect yourself.)
- tell people close to you that you are looking for a flat
- you could also contact an estate agent

Under certain circumstances, the social welfare office will cover the cost of moving, the deposit and/or estate agent fees. Find out in advance if you are eligible for this. If you are, make sure you keep within the limitations concerning rent and flat size.

Request for non-disclosure

In order to protect yourself, it may be necessary to keep your new address confidential. To do this, go to the residents' registration office (Einwohnermeldeamt) or your local citizens' service centre (Bürgerbüro) (look for Stadtverwaltung in the telephone book) and file a request for non-disclosure. You must be able to show that your life, health or personal freedom (and/or that of your children) is at risk if your address is disclosed.

You can submit a statutory declaration to this effect. The residents' registration office is then not allowed to release your address. Do not forget to extend the non-disclosure order before it expires.

There is no such order with regard to other official authorities and offices or for lawyers. You must take action in each individual case to ensure that your details remain confidential.

What will I live on?

Many men put their partners under pressure by telling them: 'You'll get nothing from me' or 'You've got nothing and you'll never get anything'.

This section gives a brief summary of the options available to you to show how wrong these statements are.

In many cases, single parents cannot rely on a single source of income to support their families. Find out which options are available to you in your particular situation. In most cases, it is wise to seek individual advice and support at an advice centre or from a lawyer.

Your own income

For women who have their own income (also including unemployment benefit category I = Alg I) the situation remains unchanged. In any event, you should have your own bank account and inform your employer or your local unemployment office that money should be transferred there. You can find out how to change your tax bracket at a later stage. If your income is low, you may be able to obtain housing benefit and/or child allowance.

Spouse support

In the case of spouse support, a distinction is drawn between maintenance for separated spouses and post-marital spouse support.

During the first year of separation, support is generally based on arrangements agreed between the couple during their marriage. This means that if you did not have a job, you are not required to be in

employment during the first year after separation.

Other rules apply in the subsequent years of separation and after you are divorced. You must have a well-substantiated claim to maintenance (upbringing minors, illness, unemployment or age). Make sure you obtain sufficient advice to help you with your individual case. The following is a very rough guideline:

- + net income of your husband
- minus child maintenance
- minus loan instalments arising from the marriage
- minus job-related expenses
- minus your net income (if you are not working, this is zero)
- = difference

You are entitled to **three sevenths** of the difference calculated according to this method. However, if your husband is working, he has a right to keep at least 950 EUR (as of 1 January 2011). It is highly advisable to contact a lawyer (claiming legal aid, if necessary) to obtain a detailed and conclusive maintenance calculation.

In theory, you and your husband can reach a mutual agreement on spouse support without legal assistance. However, a violent relationship is rarely a good basis for solving maintenance issues amicably. Contact a lawyer as soon as it is clear that you will have to take your claim to court. You may also be able to obtain 'emergency support' by means of an interim order.

Another three important things to remember:

- **Never sign anything saying that you will give up your right to support without giving it proper thought and/or seeking professional advice.**
- **In general, maintenance claims cannot be made with retroactive effect. It is therefore important to find out how to claim it as soon as possible.**
- **Wherever possible, collect all of the documents required to calculate your income (or copies, as applicable).**

Unemployment benefit category II (Alg II), social benefits (Sozialgeld) and social welfare benefit (Sozialhilfe)

In general, you must assert your claims for support from your partner – whether you are separated or divorced – before claiming state benefits.

If your income still falls below the subsistence level, you can also apply for state assistance. You will generally apply for Alg II.

To be eligible, you must

- **be below the statutory age to draw a pension – between 65 and 67. (If you are older than this, you are eligible for social welfare benefit.)**
- **not be permanently unable to work. (In which case you may also be entitled to social welfare benefit.)**
- **be classified as able to work for at least three hours a day. (Otherwise you may be entitled to social welfare benefit.)**

The decision regarding whether someone is able to work is determined by their physical working ability rather than their actual working capability. Even if a person is essentially capable of working, he or she is generally classified as unable to work when looking after their own children (up to the age of three) or caring for sick relatives (upwards of Care Level 2).

Alg II

Mitglieder der Bedarf

Name

Alg II

Standard rate	374.00 EUR
Children under 6 years of age	219.00 EUR
Children between 6 and 14 years of age	251.00 EUR
Children over 14 years of age without their own income	287.00 EUR
Additional support for single parents, according to the number and age(s) of children in care, between	45.00 and 135.00 EUR
plus costs of accommodation and heating	

Since 1 January 2005, unemployment benefit category II (Alg II) has been applying in most of the cases that would previously have been covered by social welfare benefit or supplementary benefit. You are entitled to a standard rate of 374 EUR. If you have children who live with you in a 'household of dependents', you are also eligible for social benefit: 219 EUR for each child under 6 years of age, 251 EUR for each child between 6 and 13 years of age and 287 EUR for older children as long as they have no income of their own. As a rule, single parents are entitled to an additional benefit of between 45 EUR and 135 EUR according to the number of children and their ages (status: 1 January 2012).

You can also apply for one-off assistance to cover moving costs, a deposit and, if applicable, estate agent fees. It is important to establish where the relevant authority will cover these costs **in advance**.

A further point to keep in mind: Be sure to inform the granting authority as soon as you are no longer part of a 'household of dependants'. This will ensure that the relevant benefits are then transferred to your account. This may be important after the police have ordered your partner to leave your shared home and will certainly be relevant as soon as you have separated.

Housing benefit

In addition to your own income, you can also apply for housing benefit (a subsidy to your rent and utilities and maintenance charges) from your municipal or district authority. These authorities can tell you whether you are eligible and for what amount. If you receive Alg II or social benefits, you may no longer claim housing benefit.

Child support

If your children live with you, you are entitled to child support. The 'Düsseldorf Table' sets guideline values on the level of support. These values are dynamically adjusted. You can request the current figures or find them at www.olg-duesseldorf.nrw.de.

If the father of your children does not (or cannot) make the payments, contact the relevant body for advance support payment at the youth welfare office (Jugendamt).

This body will provide you with advance payments for a maximum of six years for children up to 12 years old. It then contacts the father in question for reimbursement.

If your child is over 12 years old or you have already received advance payments for six years, you may be eligible for social benefits for your child.

Once again, do not forget to inform the department for child and family services (Familienkasse) to ensure that the child benefit is transferred directly to your account. You must do this in writing,

stating your child benefit number and where the child benefit should be transferred to from now on. The father of the child is entitled to subtract a share of the child benefit from the amount of support that he is obliged to pay. Your lawyer can provide you with more information on the exact amount.

Child allowance

Child allowance was introduced on 1 January 2005, allocating a maximum of 140 EUR a month per child. It is intended for parents or single parents who have an income which would be sufficient for them to survive on their own, but with their children they fall below the minimum income level for Alg II.

Ask the department for child and family services if you are eligible for child allowance and how to apply for it.

Child allowance
maximum of 140 EUR
a month per child.

What will happen to my children?

Joint custody

Even if a couple is separated or divorced they still have joint custody unless they are not married and never submitted a joint custody declaration. Joint custody means that you must continue to reach agreement on significant decisions with the father of the child. You must come to a mutual arrangement on the child's residence – i.e. who the child lives with and where – which kindergarten/school they go to, which expensive leisure activities (hobbies, holidays) he or she is allowed to do.

If you are unable to reach an agreement, you can contact the youth welfare office advisory services for assistance. If both parents are open to the idea, mediation can be useful for solving disagreements. You can obtain the addresses of mediators from your local women's advice centre, for example.

If mediation fails or if the child's father continues to threaten, abuse or hit you, there is no longer a way to achieve an out-of-court settlement.

The only option left is to seek the assistance of a lawyer and file an application with the family court to settle the issue in question.

If your child lives with you, you have sole authority to make decisions regarding daily matters (particular including childcare arrangements and the child's daily routine).

Sole custody

If you have shared custody up until now, you can (with the assistance of a lawyer) file an application at the family court for sole custody. The decision to grant this is generally based on the child's well-being. Violence perpetrated by one parent towards the other is now a recognised judicial criterion for proving a threat to the child's well-being.



Things to bear in mind:

- It is only possible to apply for sole custody if you are permanently separated from the child's father.
- The judge in the family court may question children aged up to 14 about the application. Children aged over 14 often have a say in whether the application is granted or not.

Right of access (visitation rights)

- Every child has the right to have access to each parent.
- Each parent has both an obligation and also a right to have contact with the child.
- Grandparents, siblings or other key figures in the child's life have visitation rights if this promotes the child's well-being.

In order to satisfy the child's interests and also guarantee protection for all concerned, it is essential for you to speak to the responsible staff at the youth welfare office about your situation. This is the only way to ensure that the necessary measures are taken. Make use of the support available from staff at women's shelters or women's advice centres (consult the annex for addresses) or from the association of single mothers and fathers (VAMV). You can choose a neutral location to hand over your child to your (ex)-partner or ask a third person (a friend, your mother, your

neighbour) to do this for you. Supervised access is another option.

Family courts only deny rights of access if the child's well-being is at risk. This is generally the case if a parent has mistreated the child during a visit. If the father of the child has acted violently towards the mother, he is generally only granted limited visitation rights in the form of supervised access. This is a special procedure which involves the child only meeting the father in the presence of a third, neutral person. The German child protection agency (Kinderschutzbund) has staff trained specifically for this task.

This access arrangement must keep you safe from harassment before, during and after the contact (this includes harassment in another language!). Furthermore, you must ensure that your child does not unknowingly reveal where you are staying. For this reason, it is important that the staff who are supervising access know about the violence you have experienced and your fears.

What can I do about stalking?

Stalking has been a criminal offence since 1 March 2007 and can carry a prison sentence of up to ten years.

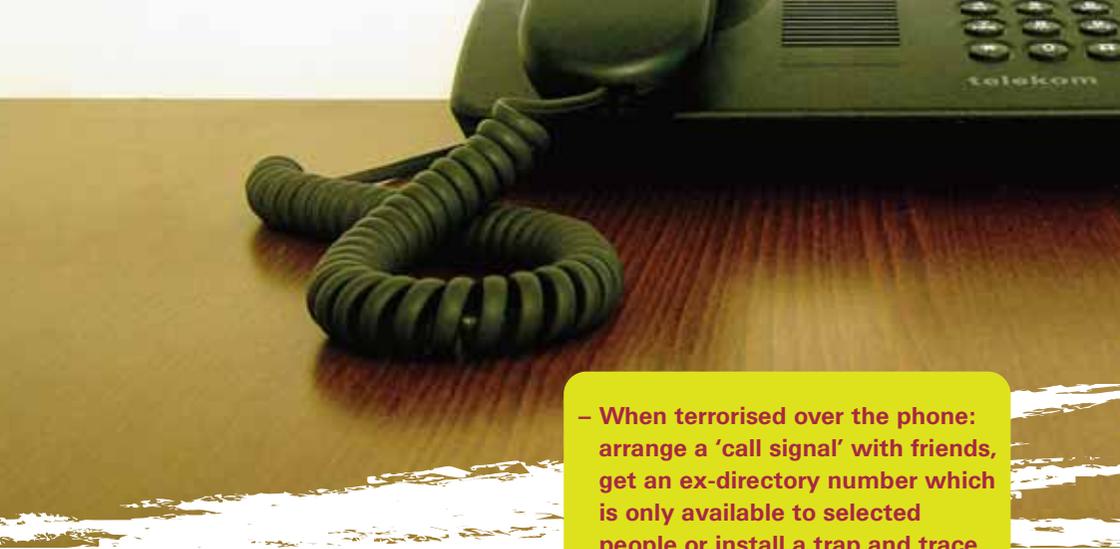
Stalking can be defined as the continual pursuit, harassment and terrorisation of another person. Many women have been experiencing these kinds of violations following separation since the year dot. Public awareness of this issue has grown, as many celebrities have become the victims of stalkers. Most cases of stalking, however, involve women being harassed or even threatened by their (ex)-husbands.

A key feature of stalking is that it is not a one-off incident. Rather, the victim can never be sure where or when it will happen again and can never be confident that it is over for good. Stalking may be characterised by following actions, on their own or in various combinations:

- constant sending of unwanted 'love letters' or 'love texts', 'e-mails' or insulting messages
- phone terror: making silent calls (also to answering machines) or calls involving groaning, swearing, threats or obscenities
- using the victim's name to order products, subscribe to newspapers etc.
- leaving such things as flowers or messages on the car/in your letter box
- frequently loitering near the woman's home or workplace

- exerting obvious (far-reaching) control over the victim and her environment
- cyberstalking by making spiteful entries in Internet forums or guest books
- placing false announcements in newspapers (e.g. announcements of marriage or death)
- slandering/making defamatory statements about the victim to friends or at her place of work
- damaging property, such as slashing tires, smashing windows etc.
- shadowing (on foot, by bicycle/motor-bike/car)
- acts of violence ranging from physical attacks to homicide

In all of these cases, women have reported that they did not take the incidents seriously until very late on. With excuses, such as: 'He'll get the message eventually' and 'At least I know what he's up to', these women have tried to play down or ignore the stalking, often for long periods of time. The fear that 'it could get worse' alone is enough for the women affected to remain silent and put up with her anxieties and the specific incidents which disrupt their daily lives.



We want to encourage you to get help. Even if there is no one-size-fits-all solution. Victims of stalking can take the following precautions:

If you are being stalked, take it seriously!

- **Contact the police and press charges. Since 1 March 2007, stalking has been a criminal offence.**
- **Being with other people can protect you, it can help to tell family, friends, work colleagues and neighbours.**
- **As far as giving evidence in court is concerned, it may be a good idea to document everything the stalker sends, says or does to you, with the date and time ('stalking diary').**

- **When terrorised over the phone: arrange a 'call signal' with friends, get an ex-directory number which is only available to selected people or install a trap and trace device (subject to a charge).**
- **Do not accept any packages you were not expecting to receive.**
- **Apply for a protection order in accordance with Article 1 of the Protection against Violence Act (GewSchG – see p. 17)**
- **When a stalker is following you: look for a 'safe place' nearby (police station, shop, hairdresser's, restaurant, museum)**
- **Get a lawyer or a public institution to issue a cease and desist order.**

It is important to seek professional advice to assess the level of danger in order to draw up a safety plan suited to your needs. Get the help you need:

Don't lose heart!

How can those around me help?

It is often people who are indirectly affected by the situation – such as relatives, colleagues and friends – who are the first to learn about the woman’s plight. For the woman experiencing this violence, it is extremely important that you do not look the other way. Intimations and other unusual behaviour can be a cry for help. Do not brush these things aside.

The complex predicament of the woman involved often makes it hard to help. It is essential to respect her wishes, even if they do not make sense to outside observers. Those close to the woman will certainly find it hard to accept if she decides not to escape the violent situation immediately. However, she must make the decision on her own and deal with its consequences. It is a fact that the threat to women in violent relationships increases during the separation phase.

Even well-intentioned suggestions can add to the pressure on the woman. You can ease her situation, however, by making genuine offers of help. These could be: ‘You can come and stay with me’,

‘You can call me any time’ or helping her get professional help.

Each woman must find her own way of dealing with the violence she is experiencing. There is no one-size-fits-all solution. Women in abusive relationships are in a difficult and dangerous situation and cannot simply ‘pack up and leave’. However, there are many schemes and support services available to help them change their lives.

Women’s advice centres and the telephone hotline **0700-99911444** (6.2 cents a minute) can also provide information, assistance and advice to people close to the victims.

helpline

0700-99911444

6.2 cents per minute

Checklist for an emergency suitcase or when moving out

If you are able to make preparations, this checklist will help you.

You can take all of the original documents that belong to you personally:

- ID card/passport
- health insurance card
- marriage certificate
- birth certificate
- employment contract
- income tax card (Lohnsteuerkarte)
- pension approval certificate (Rentenbescheid)
- medical certificates/forensic documents
- civil law protection orders
- proof of social security payments
- savings bank book
- insurance policies
- job references
- school reports

If your children are coming with you, remember to take the originals of the following documents:

- ID cards
- birth certificates
- school reports

You may only take copies of shared documents or your husband's documents:

- employment contract or full address of employer
- documents proving payment of salary from the previous year
- pension scheme number
- insurance policies, e.g. life insurance documentation
- savings agreements
- building loan agreements
- rental agreement
- statements of securities
- contract of purchase and land register record if you own the house or flat
- credit and instalment agreements

If you are moving out, it is a good idea to keep a list with receipts or proof of purchase for all objects in the flat.

Do not forget to pack everyday things, such as clothes, money, bank cards, etc.

In an emergency, your priority must be to save yourself (and your children)!

Last but not least

We hope that you have been able to find the information you need in this comprehensive brochure. There are many different paths and options open to you. Whatever you decide to do, make the most of the assistance available. When seeking support – whether professional or any other kind – be sure to choose people who are competent and trustworthy and who you feel comfortable with.

Getting word-of-mouth recommendations and asking at advice centres are both good ways of finding out which lawyers are competent and specialised in family law and representing co-plaintiffs. Only you can decide if you feel comfortable working with them.

The skill of those supporting you is demonstrated above all by the fact that they do not push you into making decisions. The chance to talk about your situation can be an important step in itself, especially if you are not yet sure what you want to do. Make use of the services on offer.



Support services

District of Nordfriesland

Frauenberatung und Notruf Husum (Husum women's advice centre and emergency hotline)

Norderstraße 22 | 25813 Husum

Tel.: 0 48 41 - 6 22 34

Fax: 0 48 41 - 8 79 12

E-mail: info@frauennotruf.nf.de

Frauenberatung und Notruf Niebüll (Niebüll women's advice centre and emergency hotline)

Friedrich-Paulsen-Straße 6a
25899 Niebüll

Tel.: 0 46 61 - 94 26 88

E-mail: niebuell@frauennotruf-nf.de

Flensburg

frauen.notruf Flensburg e. V. Fachberatungsstelle zu sexualisierter Gewalt gegen Mädchen und Frauen (Specialised counselling centre for sexual violence against girls and women)

Toosbystraße 8 | 24939 Flensburg

Tel.: 04 61 - 2 90 01

Fax: 04 61 - 2 90 15

E-mail: frauennotruf-fl@foni.net
www.frauennotruf-fl.de

Frauenhaus Flensburg (Flensburg women's shelter)

Tel.: 04 61 - 4 63 63

Fax: 04 61 - 4 70 00 31

E-mail: fin-fl@foni.net

Frauenberatungsstelle Wilma (Wilma women's advice centre)

Harrisleer Str. 3 | 24939 Flensburg

Tel.: 04 61 - 4 93 57 10

Fax: 04 61 - 4 80 71 45

E-mail: wilma-fl@foni.net

Schleswig-Holstein helpline

0700-99911444

6.2 cents per minute from landlines

District of Schleswig-Flensburg

Frauenzentrum Schleswig e.V. (Schleswig women's centre)

Bahnhofstraße 16 | 24837 Schleswig

Tel.: 0 46 21 - 2 55 44

Fax: 0 46 21 - 2 55 47

E-mail: frauenzentrum@foni.net

www.frauenzentrum-schleswig.de

Frauenzimmer e.V. (Women's centre)

Emergency hotline and counselling
Rathausmarkt 3 | 24376 Kappeln

Tel.: 0 46 42 - 72 94

Fax: 0 46 42 - 92 03 77

E-mail: frauenzimmerkappeln@web.de
www.frauenzimmer.org

District of Dithmarschen

Frauen helfen Frauen e.V. (Women helping women)

Emergency hotline and counselling in
Dithmarschen

Alter Kirchhof 16 | 25709 Marne

Tel.: 0 48 51 - 83 16

Fax: 0 48 51 - 95 65 62

E-mail: frauen-helfen-frauen.marne@
t-online.de

Nebenstelle Heide:

Heide branch:

Postelweg 4 | 25746 Heide

Tel.: 04 81 - 6 41 59

Nebenstelle Brunsbüttel:

Brunsbüttel branch:

Koogstraße 61–63, town hall, room no. 15
25541 Brunsbüttel

Tel.: 0 48 52 - 70 27

**Frauenhaus Dithmarschen
(Dithmarschen women's shelter)**

Tel.: 04 81 - 6 10 21

Fax: 04 81 - 6 10 22

E-mail: info@frauenhaus-dithmarschen.de
www.frauenhaus-dithmarschen.de

**District of
Rendsburg-Eckernförde**

**!Via Beratung und Treff für Mädchen
und Frauen**

**(!Via counselling service and
meeting point for girls and women)**

Frauen helfen Frauen e.V.

Women helping women

Rathausmarkt 2 | 24340 Eckernförde

Tel.: 0 43 51 - 35 70

Fax: 0 43 51 - 25 08

E-mail: via.eckernfoerde@gmx.de

**Frauenhaus Rendsburg
(Rendsburg women's shelter)**

Tel.: 0 43 31 - 2 27 26

Fax: 0 43 31 - 2 25 88

E-mail: frauenhaus-rendsbuerg@
t-online.de

Regional capital Kiel

**Frauenberatungs- und Fachstelle
bei sexueller Gewalt
(Women's advice centre,
specialising in sexual violence)**

Frauennotruf Kiel e. V.

(Kiel emergency hotline)

Dänische Straße 3-5 | 24103 Kiel

Tel.: 04 31 - 9 11 44

Fax: 04 31 - 9 19 25

E-mail: frauennotruf.kiel@t-online.de
www.frauennotruf-kiel.de

**Frauenhaus-Beratungsstelle
Die Lerche**

**(Die Lerche women's shelter and
advice centre)**

Individual and group counselling on
violence in relationships and during
separation and divorce

Holstenstraße 88-90 | 24103 Kiel

Tel. and fax: 04 31 - 67 54 78

E-mail: beratungsstelleLerche@t-online.de
www.frauenhaus-kiel.de

**Frauenberatungsstelle Eß-o-Eß
(Women's advice centre SOS)**

(Counselling services, meeting place
and information point for women)

Kurt-Schumacher-Platz 5 | 24109 Kiel

Tel.: 04 31 - 52 42 41

Fax: 04 31 - 52 69 07

E-mail: mail@frauentreff-essoess.de
www.frauentreff-essoess.de

**Psychosoziale Frauenberatungs-
stelle donna klara e.V.**

**(Psycho-social women's advice
centre donna klara)**

Goethestraße 9 | 24116 Kiel

Tel.: 04 31 - 5 57 93 44

Fax: 04 31 - 5 57 99 83

E-mail: psychosozial@donna-klara.de
www.donna-klara.de

**Frauenhaus Kiel
(Kiel women's shelter)**

Tel.: 04 31 - 68 18 25

Fax: 04 31 - 68 18 37

E-mail: Frauenhaus-Kiel@t-online.de

**TIO, Treff- und Informationsort
für Migrantinnen e.V.**

**(TIO meeting and information point
for female migrants)**

Andreas-Gayk-Str. 8 | 24103 Kiel

Tel. and fax: 04 31 - 67 17 78 35

E-Mail: tio@inis-in-kiel.org

The district of Plön

Beratungs- und Fachstelle bei Gewalt an Mädchen und Frauen (Women's advice centre, specialising in violence towards girls and women)

Frauennotruf Kiel e. V.
(Kiel emergency hotline)
Hinter dem Kirchhof 6 | 24211 Preetz
Tel.: 0 43 42 - 30 99 39
Fax: 04 31 - 9 19 25
E-mail: frauenberatungskreisploen@t-online.de

Frauenhaus Kreis Plön (Plön district women's shelter)

Tel.: 0 43 42 - 8 26 16
Fax: 0 43 42 - 8 28 11
E-mail: info@frauenhauskreisploen.de
www.frauenhauskreisploen.de

The district of Ostholstein

Beratungsstelle Eutin (Eutin advice centre)

Plöner Str. 39 | 23701 Eutin
Tel.: 0 45 21 - 7 30 43
Fax: 0 45 21 - 62 27
E-mail: frauennotruf-oh.@t-online.de
www.frauennotruf-oh.de

Nebenstelle Neustadt Neustadt branch

Lienaustraße 14
23730 Neustadt in Holstein
Tel.: 0 45 61 - 91 97
Fax: 0 45 61 - 51 36 08
E-mail: frauenraeume-neustadt@t-online.de
www.frauennotruf-oh.de

Frauenhaus Ostholstein (Ostholstein women's shelter)

Tel.: 0 43 63 - 17 21
Fax: 0 43 63 - 90 90 17
E-mail: webmaster@fh-oh.de

The district of Steinburg

Frauenhaus Itzehoe (Itzehoe women's shelter)

Tel.: 0 48 21 - 6 17 12
Fax: 0 48 21 - 6 33 84
E-mail: Autonomes-Frauenhaus-Itzehoe@t-online.de
www.frauenhaus-itzehoe.de

The city of Neumünster

Notruf und Fachberatung für häusliche und sexualisierte Gewalt (Emergency hotline and specialist advice centre for domestic and sexual violence)

Frauen gegen Gewalt e. V.
(Women contra violence)
Fürstthof 7 | 24534 Neumünster
Tel.: 0 43 21 - 4 23 03
Fax: 0 43 21 - 49 20 67
E-mail: frauennotruf.nms@freenet.de

Autonomes Frauenhaus Neumünster (Neumünster independent women's shelter)

Tel.: 0 43 21 - 4 67 33
Fax: 0 43 21 - 4 68 73
E-mail: info@frauenhaus-neumunster.de
www.frauenhaus-neumunster.de

The district of Segeberg

Frauenräume e.V. (Women's centre)

Women's advice centre and emergency hotline
Kielortring 51 | 22850 Norderstedt
Tel.: 0 40 - 5 29 69 58
Fax: 0 40 - 5 29 85 565
E-mail: info@frauenberatungsstelle-norderstedt.de
www.frauenberatungsstelle-norderstedt.de

**Frauenhaus Norderstedt
(Norderstedt women's shelter)**

Tel.: 040 - 5 29 66 77
Fax: 040 - 5 24 64 82
E-mail: frauenhaus.norderstedt@
diakonie-hhsh.de

**Frauenzimmer e.V.
(Women's centre)**

Oldesloer Straße 20
23795 Bad Segeberg
Tel.: 0 45 51 - 38 18
Fax: 0 45 51 - 9 38 60
E-Mail: frauenzimmer-badsegeberg@
t-online.de

**Frauentreffpunkt Kaltenkirchen
(Kaltenkirchen women's meeting
point)**

Frauenräume e. V.
Women's centre
Hamburger Straße 68
24568 Kaltenkirchen
Tel.: 0 41 91 - 8 56 99
Fax: 0 41 91 - 95 86 74
E-mail: info@frauentreffpunkt-
kaltenkirchen.de
www.frauentreffpunkt-kaltenkirchen.de

The district of Pinneberg

**Frauenhaus Elmshorn
(Elmshorn women's shelter)**

Tel.: 0 41 21 - 25 895
Fax: 0 41 21 - 269 438
E-mail: frauenhaus.elmshorn@gmx.de
www.frauenhaus-elmshorn.de

**Frauen helfen Frauen in Not e.V.
(Women helping women in need)**

Frauentreff Elmshorn
Elmshorn women's meeting point
Kirchenstraße 7 | 25335 Elmshorn
Tel.: 0 41 21 - 66 28
Fax: 0 41 21 - 6 37 17
E-mail: info@frauentreff-elmshorn.de
www.frauentreff-elmshorn.de

**Frauenhaus Wedel
(Wedel women's shelter)**

Tel.: 0 41 03 - 1 45 53
Fax: 0 41 03 - 91 99 07
E-mail: info@frauenhaus-wedel.de
www.frauenhaus-wedel.de

**Frauenhaus Pinneberg
(Pinneberg women's shelter)**

Tel.: 0 41 01 - 20 49 67
Fax: 0 41 01 - 51 43 05
E-mail: info@frauenhaus-pinneberg.de

**Pinneberger Frauennetzwerk e.V.
(Pinneberg women's network)**

Dingstätte 25 | 25421 Pinneberg
Tel.: 0 41 01 - 51 31 47
Fax: 0 41 01 - 83 59 24
E-mail: info@frauennetzwerk-pinneberg.de
www.frauennetzwerk-pinneberg.de

The district of Stormarn

**Frauen helfen Frauen e.V.
(Women helping women)**

Bad Oldesloe emergency hotline
Bahnhofstraße 12 | 23843 Bad Oldesloe
Tel.: 0 45 31 - 8 67 72
Fax: 0 45 31 - 8 83 22
E-mail: fhf-stormarn@t-online.de
www.frauenhelfenfrauenstormarn.de

**BEST-Beratungsstelle für Frauen
und Mädchen Ahrensburg e.V.
(Ahrensburg advice centre for girls
and women)**

Große Straße 37 | 22926 Ahrensburg
Telefon: 0 41 02 - 82 11 11
Fax: 0 41 02 - 46 62 55
E-Mail: frauenberatung@best-
ahrensburg.de
www.best-ahrensburg.de

**Frauenhaus Stormarn
(Stormarn women's shelter)**

Telefon: 0 41 02 / 8 17 09
Fax: 0 41 02 / 82 21 46
E-Mail: frauenhaus-stormarn@web.de

**The Hanseatic city of
Lübeck**

**Frauenkommunikationszentrum
ARANAT e.V.
(ARANAT women's communication
centre)**

Steinrader Weg 1 | 23558 Lübeck
Tel.: 04 51 - 4 08 28 50
Fax: 04 51 - 4 08 28 70
E-mail: info@aranat.de
www.aranat.de

**BIFF
(Counselling and information for
women in Lübeck)**

Mühlenbrücke 17 | 23552 Lübeck
Tel.: 04 51 - 7 06 02 02
Fax: 04 51 - 7 06 02 03
E-mail: info@biff-luebeck.de
www.biff-luebeck.de

**Frauennotruf Lübeck
Frauen gegen Gewalt e.V.
(Rape hotline and counselling for
women and girls)**

(Women contra violence)
Musterbahn 3 | 23552 Lübeck
Tel.: 04 51 - 70 46 40
Fax: 04 51 - 5 92 98 96
E-mail: kontakt@frauennotruf-
luebeck.de
www.frauennotruf-luebeck.de

**Autonomes Frauenhaus Lübeck
(Lübeck independent women's
shelter)**

Tel.: 04 51 - 6 60 33
Fax: 04 51 - 62 43 86
E-mail: info@autonomes-frauenhaus.de

**Neue Wege... aus häuslicher Gewalt
(New paths...out of domestic
violence)**

AWO advice centre following police
expulsion orders
Große Burgstraße 51 | 23552 Lübeck
Tel.: 04 51 - 7 16 28
Fax: 04 51 - 7 98 29 36
E-mail: neuewege@awo-sh.de

The Duchy of Lauenburg

**Hilfe für Frauen in Not e.V.
(Women helping women in need)**

Advice centre
Pröschstraße 1 | 21493 Schwarzenbek
Tel.: 0 41 51 - 8 13 06
Fax: 0 41 51 - 89 71 05
E-mail: frauen@beratungsstelle
schwarzenbek.de
www.frauen-in-not-schwarzenbek.de

**Frauenhaus Schwarzenbek
(Schwarzenbek women's shelter)**

Tel.: 0 41 51 - 75 78
Fax: 0 41 51 - 33 20
E-mail: FH.Schwarzenbek@t-online.de

