



Schleswig-Holstein
Ministerium für Justiz,
Europa, Verbraucherschutz
und Gleichstellung

Courage!

Action opportunities for women in
violent relationships



IMPRINT

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Equality of the State of Schleswig-Holstein
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Dear reader,

Domestic violence is unfortunately still a widespread phenomenon. If you, too, have experienced partner violence, been beaten, humiliated or insulted and now want to change your life, this brochure will give you helpful hints. You will learn which personal and judicial protective measures you can take. In 2016 there were 3721 police interventions for domestic violence in Schleswig-Holstein. 550 expulsions of the perpetrator from the common home were issued. Also, in 2016, 1658 women and their children sought refuge in the women's shelters of Schleswig-Holstein.

These facts and figures show you that you are not alone with your destiny, that you do not need to be ashamed of your difficult situation. Rather, your strength should be awakened in order to find a viable and individual way out of your violent relationship. I am sure that the suggestions and information contained in this brochure will help you to follow the new path.

Please be courageous!

Cordially yours,

A handwritten signature in black ink, appearing to read 'Sabine Sütterlin-Waack'.

Dr. Sabine Sütterlin-Waack
Minister for Justice, European Affairs, Consumer Protection
and Equality of the State of Schleswig-Holstein



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Violence against women in a relationship - what is it?

Women are more threatened by relationship violence than by other violent crimes. The violence by the life partner is called domestic violence. It mainly takes place "at home", the place where women should actually feel safe. In 90 percent of all cases, men are the perpetrators and women are the victims.

Recent studies confirm that at least every fourth woman experiences physical and/or sexual violence in her relationship at least once in her life. There is a wide range of forms of physical, psychological, sexual, social and financial violence.

Domestic violence occurs in all social classes, age groups and ethnic groups, with a particularly high risk in separation phases. The children are always affected by this violence!

In contrast to disputes, conflicts or confrontations, domestic violence usually aims at control and the exercise of power in the partnership. This form of partner violence is often linked to the misogynistic attitudes of the perpetrators. The violent relationships often take place in a cycle of tension, escalation and remorse. Often everything starts normally, sometimes even very happily: "You are my everything - I can't live without you". But in this unequal power relationship, the downside soon becomes clear, the man increasingly exercises control over the woman, wants to know everything, is suspicious, every solo attempt by her is threatening for him. There are verbal attacks, outbreaks and initially minor violent attacks with which the partner wants to gain control.

There is no reason for violence in the relationship! You are not to blame, not even partly!

The responsibility for the acts of violence must be assumed solely by the perpetrator. If he is not prepared to do so, all you can do is protect yourself and the children from further assaults.

External factors such as anger at work, jealousy or stressful life situations are made responsible for this. Not infrequently the deeds are concealed or excused. The women try to suppress their own feelings of fear, despair and anger and to please their partner. They hope to be able to prevent further violence.

Nevertheless, the intensity of violence is increasing. This can lead to dangerous injuries and destruction. This is often followed by phases of apology in which the perpetrator shows repentance, is particularly affectionate, or makes gifts. In this phase, victim and perpetrator behave as if nothing had happened. Many women hope that this is the "true face" of their partner and that they will not be attacked again. But the cycle starts all over again. The outbreaks of violence are becoming more frequent and more dangerous. The women live in a permanent state of fear, psychological stress and social isolation. Often the man threatens to take her children. Finding a way out of this web of fears and dependencies is not easy, but it is possible. This brochure is aimed directly at those affected who wish to obtain information. It should encourage and show ways out of violence.

There is no reason for violence in the relationship! You are not to blame, not even partly! The perpetrator alone must assume responsibility for the acts of violence. If he is not prepared to do so, all you can do is protect yourself and the children from further assaults.

What makes it so difficult to separate?

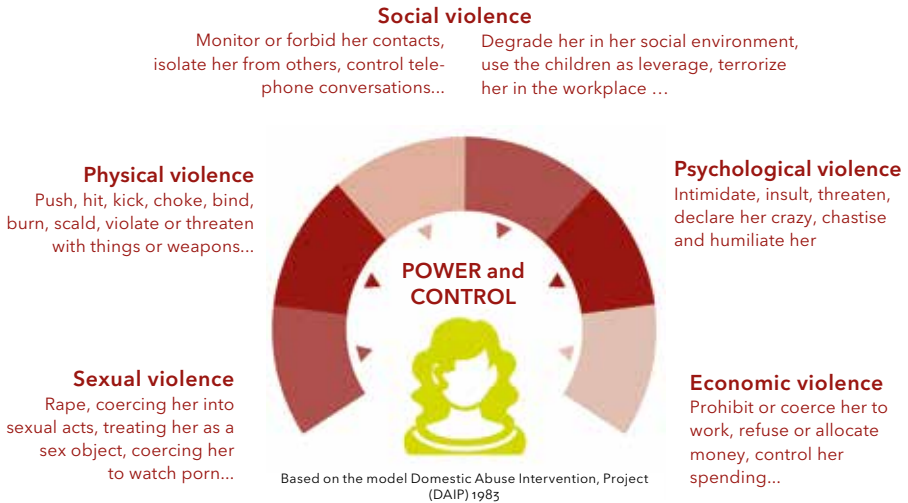
Many women want to save their relationship and their love. They first look for solutions and hope that "he" will change. They do not want to "destroy" the family - for the sake of the children as well. They are afraid of an escalation of violence if they separate. Studies show that the time of separation from a violent relationship is the most dangerous one.

Often it is also the social environment that makes it difficult for affected women. Social stereotypes and prejudices further exacerbate the situation.

"There's always trouble in every marriage" or "She always provoked him...". Friends, neighbours or even instigators often do not recognise violent relationships as such or regard those affected as jointly responsible. Violence against women is played down or even justified. An atmosphere is created that protects the perpetrators of violence and prevents women from seeking help. The longer a violent relationship lasts, the greater the dependency. The women feel that they cannot change their situation. Confidence in oneself and the environment is dwindling.

Every counselling centre is familiar with this dynamic and will support you on your way!

Forms of Violence



The graph shows which forms violent behaviour can take. It clarifies the connections in a violent system, in whose centre the gain of power and control over others is always located.

In recent years, cases of digital violence have become increasingly frequent. Partners use digital media to disparage, control, threaten, or blackmail women. Passwords or accounts can also be hacked. Often spying software is installed without the woman’s knowledge. The technology makes it possible to track the entire communication process, to determine locations, to read search processes, etc. It is not unusual for former partners to use digital applications even after a separation to continue to control, threaten and intimidate women.

Help Hotline Violence against women



WWW.HILFETELEFON.DE

Power and control

Power and control are at the centre of violence against women. In order to maintain and consolidate power and control over women, many forms of oppression are used which ultimately lead to physical violence.



What should I pay special attention to as a migrant?

Domestic violence, both physical and psychological, is a punishable offence in Germany! This also applies if you are forced into marriage or threatened with circumcision.

Do not let language barriers or immigration laws prevent you from using the assistance system. You can get help in women's counselling centres, women's shelters and migration counselling centres. The employees are bound by confidentiality! You can also clarify the question of whether a separation has consequences for your residence status in a confidential and non-binding discussion. Interpreters can be called in upon request.

You have these same rights even as a refugee woman!

The offers of the women's shelters, women's counselling centres, women's emergency hotlines and migration social counselling centres are free of charge!

Contact information can be found in the appendix or under the phone number of the

Help Hotline 08000 116016

If your husband has abused you, it is important to have these injuries certified by a doctor, even if you do not want to take any further steps at this point. Report what has happened to you!

You can also have your injuries documented in court at the University Clinics Schleswig-Holstein (UKSH) or the University Clinics Eppendorf (UKE).

This exact documentation can be important for submission to offices (for example within the framework of § 31 AufenthG/Residence Act) or for court proceedings.

Fast and proper documentation of injuries and their consequences:

University Clinics Schleswig-Holstein (UKSH)

Kiel Campus: 0431-500 15901

Lübeck Campus: 0451-500 15951

or the University Clinics Eppendorf (UKE)

Hamburg Campus: 040-7410 52127

Protection is the most important thing



When it comes to violence, the most important thing is to protect the victims concerned. Everything that is done or not done must be geared to the needs of your protection. As a person directly affected, you are the expert in matters of your own protection, because only you know your husband and the situation in which you live very well.

Do anything to increase your personal safety.

If you're scared, take it seriously. It is a sign that you are threatened. You have the option of contacting a women's counselling centre near you, which you can reach during the day (see appendix). At night and on weekends and holidays you can dial the Help Hotline number at 0800 - 0116016. Also call if you have any doubts about your situation. It is important to perceive violent relationships at an early stage.

Lift the veil of secrecy

Hiding it doesn't help you, it only helps the perpetrator. Many women find it embarrassing and unpleasant to talk about their husband's violence. Even if you are afraid of informing the police or the public prosecutor's office, let them know who you trust: friends, the neighbourhood, work colleagues, relatives or contact a women's advice centre or a women's shelter (see appendix for addresses). In the women's shelter you and your children can be accommodated day and night.

You decide what is right for you in each individual case. This is the only way to protect your life, your health and your children.

This reduces the burden and can also objectively increase your protection. The more people know about violence, the more people can look after you.

Specific Safety Precautions

In addition to the possibility of escaping violence by going to confidants or the women's shelter, there may be other precautions to protect you (and your children). This could be a call to the police or the preparation of an "emergency suitcase" (see page 43).

In addition, affected women have described the following as helpful:

- Inform familiar people and ask them to call you or come by at regular intervals or during special times of danger
- Collect certificates/forensic medical documentation
- Move into/retreat into a lockable room of your own
- Buy your own secure mobile phone and have it ready so that you can call for help in case of an emergency
- Deposit an "emergency suitcase" with important documents and necessary clothing for you (and the children) with a trusted person

What else can protect me?

In addition to the personal protection measures, you can also use civil law protection options.

In particular, you can ask the courts for:

- protective orders**
- the allocation of the residence for exclusive use**
- the sole right of custody/residence for the children**
- the suspension/restriction of rights of access**

In addition, you are entitled to damages and compensation for pain and suffering. Protective orders and the allocation of the residence for sole use are measures of the Protection against Violence Act. These legal options can be used by all.

Allocation of residence for your sole use

You may request that the shared apartment be given to you for your sole use. Even if you have already fled from your shared residence, you can still do so.

However, within three months of the crime, you must demand in writing that your (ex-)partner leave the apartment or file an application with the court within this period. You can always submit an application if you have been or are being abused by your (ex-)partner. This applies regardless of whether or not you are married and also regardless of whether the lease for the apartment was signed by your (ex-)partner alone or by both of you, or whether the apartment belongs to your partner or both of you. If you are the sole tenant or owner of the



apartment, the allocation is made without any time limit. If you are not the tenant or (co-)owner of the apartment, you may be assigned the apartment for up to six months. However, you must expect to pay a financial remuneration (such as rent) to the owner/tenant. The period may be extended once again by up to six months.

Protective Orders

The court may also order further measures against the offender for your protection. These may include the stipulation that your (ex-) partner

- may not enter your apartment;
- may not approach your apartment;
- must not be in places where you regularly spend time (e.g. workplace, kindergarten);
- may not contact you in person, by telephone, SMS or e-mail.

These protective orders are normally limited in time but may be extended upon request.

Where do I turn?

To obtain a protective order, contact the local court at your residence. There the family courts are responsible. The court will generally act on your request. You can file the application with the assistance of a lawyer or yourself at the legal application office of the local court. If you do not have a personal income or only a very low income, you can claim legal aid. Depending on your income situation, you will incur no or only low costs.

How quickly does the court decide?

In cases of domestic violence, the existing relationship is usually a persistent threat. If this is the case, you can apply for the protective order using the urgent procedure. Such a request can be met within approximately 24 hours. In these proceedings, you can refrain from listening to your (ex-)partner. As a rule, a discussion meeting is held at a later point in time. In order to obtain a protective order, you must present your concern convincingly. To do this, you must credibly describe the abuse, injuries, threats or harassment of your (ex-)partner by describing them in detail, if possible with the date, time and exact description of the incident. Even if it is difficult: Try to be as concrete and detailed as possible. You should make this depiction as an affidavit. You can find out which form is required for this affidavit from your lawyer or from the legal application office of the local court.

As a rule, the following formula is appended to the description of the incident in the request:

"I, (your name), being instructed of the criminal liability of making a false affidavit, hereby affirm in lieu of an oath:"

In addition to this affidavit, it is beneficial if you have additional evidence (police reports, witnesses, medical certificates or similar). Find out from your lawyer or the legal application office of the local court how you receive the decision on your application and how it is served on your (ex-) partner. The court may order that the protection order also be executed before it is served on your (ex-) partner. This ensures that the protective measure can be taken even if your (ex-) partner is absent.

What happens if my (ex-) partner does not comply with the protective order?

If your partner violates the protective order, you can call in a bailiff or marshal to reexecute the protective order - without having to bring the matter before the court again. The bailiff or marshal can intervene against your (ex-) partner with the help of the police. In addition, you have the option of applying to the court for the imposition of administrative fine or custody. If offenders violate the court protective orders, they are also liable to prosecution. You should inform the police of a violation of a protective order so that they can initiate criminal proceedings against your (ex-) partner.

What can the police and judiciary do for me?

In emergencies, call 110

Do not be afraid to inform the police about violent conflicts with your partner by calling the phone number 110 for your protection. In acute danger situations, it is the task of the police to ensure protection against violence. It is obliged to come because of the emergency call and can prevent further acts of violence.

The police will then question you as separately as possible and you can explain the situation; describe what happened, report any injuries that may not be visible, name witnesses if possible.

You also have the option of leaving the scene of the incident under police supervision in order to get to safety, e.g. to a women's shelter.

Police-enforced expulsion

Expulsion and prohibition of entry can last up to 14 days if there is a risk that the offender will again become violent towards you and/or your children.

The police can expel the perpetrator from the apartment, take the key from him and forbid him to enter the apartment in the future. This expulsion and prohibition of entry can last up to 14 days if there is a risk that the offender will again become violent towards you and/or your children. In addition, the police may forbid the offender to approach you and establish contact with you. This prohibition may also apply to places where you are required to stay (e.g. workplace).

110 Police emergency number
**Here you receive immediate
help around the clock, 24/7.**

If the police expel your partner from the apartment, a women's counselling centre near you will also inform you. The counselling centre will then contact you on its own, offer help to you, and support and inform you about your legal options.

Filing a complaint

Violence by men against women, including their spouses, is illegal and punishable by law as (serious or dangerous) bodily harm, rape, coercion or threat.

If you are a victim of a crime, you can report the crime orally to the police. Other people who are aware of your partner's crimes may also file a complaint. You can also file your criminal complaint directly with the public prosecutor's office. It is advisable to do this in writing.

When you file the complaint, you report what happened to you. Here you must describe the incidents, including the date, time, course of events, possible witnesses (if any) and other evidence such as medical certificates or photos of the injuries. You also have the possibility to have injuries recorded by forensic medicine as evidence.

The counselling centre can help you here. If you wish, you can also take a trusted person with you to file a complaint.

What happens after you filed a complaint?

After a crime is reported, the police and prosecutor's office investigate. This means above all that all those involved are heard on the facts of the case. Since there are no witnesses for the crime on a regular basis other than yourself, your testimony is of great importance: Report all previous acts of violence and also threats by your partner right from the start. Name all persons who may have seen or heard about the crime, if possible present medical certificates about (also older) injuries and their consequences.

Write a memo recalling the incidents.

Write a memo recalling the incidents; write down the exact circumstances (date, time, witnesses), other threats or acts of violence. Your documents will help you in later court proceedings. Also, any police reports about previous disputes are very important.

Your (ex-) partner will then be questioned about the accusations. Then the public prosecutor's office decides how to proceed with the proceedings. This decision depends primarily on the outcome of the investigation, in particular on the evidence at its disposal, and also on the seriousness of the offence.

Criminal proceedings of the public prosecutor's office

In "less serious" cases of domestic violence, the public prosecutor's office can instruct the offender to take part in a social training course. There he can learn to change his behaviour and improve his self-control. If your partner fulfils this condition, the public prosecutor can suspend the criminal proceedings against your partner. If your partner does not comply with this condition, the criminal proceedings will be continued.

In serious cases of domestic violence, in which a conviction of the accused is sufficiently probable, the public prosecutor's office brings charges and an oral hearing before the local or regional court follows, in which you yourself are then a witness. In addition, you usually have the option of being a joint plaintiff (see below) and actively participating in the proceedings. At the hearing, all witness statements are heard, and evidence is presented. Finally, there will be a judgement. As a witness, you will be summoned to a hearing and must always testify. Only as a relative, fiancée, wife or divorcee of the accused, you have the right to refuse the testimony. In most cases, you are most certainly the main witness of stress, as violence in relationships rarely occurs when others are present. So your testimony is particularly important for law enforcement.

If the public prosecutor brings charges, you are in most cases an important witness and can receive support

Trial support

It's important to prepare for the trial. Many women are afraid of meeting the perpetrator again. For most women it is a great burden to have to describe the often painful experiences again in the mostly impersonal, often intimidating atmosphere of a courtroom. You don't have to go through this alone. There are the following possibilities:

Trial preparation and support

For years, women's counselling centres and women's emergency calls have been working with women who have experienced violence. Every woman is supported in finding her own personal way.

The women's counselling centres offer to support you on your way - no matter which way you go: Your counsellor is open to all your questions and fears and is at your side. This support is especially important for many women in order to bridge the frequently long times that such proceedings can entail. The fears, painful memories and doubts that often arise are difficult to bear on their own. The trained counsellors will find possibilities with you to reduce your inner and outer tensions.

Psychosocial trial support

Another possibility is the assignment of a psychosocial trial support. This is a special form of support for victims during criminal proceedings, which neither includes legal advice nor serves to clarify the crime. It is a cost-free accompaniment and support by a professional specialist from filing the complaint to the conclusion of the proceedings. The task consists of supporting you throughout the criminal proceedings as a contact person. This person will explain to you in advance the exact course of the proceedings, inform you of your rights and obligations, accompany you to hearings and be present at the trial. The contact persons for this offer in your region can be found on the last pages of this brochure.

Joint plaintiff

As a victim of certain criminal offences, you have the right to bring a subsidiary action. This gives you the opportunity to actively participate in the criminal proceedings yourself or through a lawyer as a joint plaintiff.



You can instruct a lawyer to take over the representation of the subsidiary claim. The latter will then also apply for approval of the subsidiary action.

As a joint plaintiff, you are entitled to numerous rights: for example, you receive the same right to ask questions as the other parties to the proceedings, you are always invited to the hearing dates, you can take part in the entire hearing, even if the public is excluded. You are also entitled to this right if you are a joint plaintiff but have not yet applied for status of a second plaintiff. Your lawyer will be able to inspect the files of the proceedings, i.e. you will know what has been investigated and what will be heard. The attorney can assert your rights in court, for example, file requests for evidence and challenge orders or questions from others to protect and assist you as a witness in testifying.

As a joint plaintiff, you have numerous rights..

The costs of the ancillary action may, in certain cases, be imposed on the Treasury. This could be the case, for example, with victims of sexual offences. If you have little or no income, legal aid will be granted.

What can medical professionals do for me?



Violence always damages the health of the victims. The effects range from clearly visible injuries such as broken bones, bruises, punctures and burns to sleep and eating disorders, depression, anxiety and other post-traumatic stress disorders. Sooner or later, almost all those affected will go to their doctor or other medical institution.

Of course, the absolute priority here must be the care of acute injuries. For optimal treatment of your impairments, it may be important to tell your treating physician or nursing staff, or perhaps your pharmacist, where your injuries came from. Above all, you should take your situation seriously and under no circumstances be put under pressure.

Your doctor will not be able to solve your problem, but he or she can offer help

Fast and proper documentation of injuries and their consequences:

University Clinics Schleswig-Holstein (UKSH)

Kiel Campus: 0431-500 15901

Lübeck Campus: 0451-500 15951

or the University Clinics Eppendorf (UKE)

Hamburg Campus: 040-7410 52127

Documentation of injuries

In addition to sensitive treatment and appropriate care and therapy, physicians can also make another important contribution, namely the documentation of the injuries. This documentation makes it possible to verify what has happened. This can be important for a criminal complaint but also civil action (damages, damages for pain and suffering) and strengthens your position. In this respect, the exact documentation of your injuries can be important for court proceedings or also for submission to offices within the framework of the Residence Act. If you were to consider filing a complaint against the abuser, you would have factual proof of a court case.

It is crucial that the injuries are described promptly and competently and that they are perhaps also photographed. Until now, a medical certificate from the treating physician has often been referred to. However, doctors cannot always achieve this for various reasons. Therefore, there is the possibility of documentation about forensic medicine: This possibility exists at the university clinics Schleswig-Holstein and Eppendorf. Doctors who are specially trained for the documentation and interpretation of injuries as well as for the securing of traces after acts of violence work there. This finding will then also stand up in court.

At the Institute for Forensic Medicine at the University Clinics Schleswig-Holstein or at the University Clinics Eppendorf, you can have yourself examined free of charge and have the evidence secured for a court-certifiable documentation. Please make an appointment at short notice!

You can have yourself examined there free of charge and have the evidence saved for documentation. You must make an appointment at short notice (page 27 above). Forensic doctors are also subject to medical secrecy and will neither call in the police nor pass on the findings against your will. Your attending physician can also establish contact with the forensic medicine department.

Confidential forensics

Many women often find it difficult to make a decision for or against criminal charges immediately after the crime has been committed. Maybe it doesn't seem that important to you right now, but this may change in the coming months. However, a solid report or documentation cannot be made after the fact. In order to be able to use this route at a later point in time, it is important to secure the evidence that can only be proven shortly after the crime.

This possibility also exists at the University Clinics Schleswig-Holstein and Eppendorf due to the confidential securing of evidence. Please make an appointment on short notice. This examination and preservation of evidence is also free of charge for you, and forensic doctors are bound by medical confidentiality.

Where can I live?

Women's shelter

If you must flee directly from your partner's violence, you can try to find shelter with friends, colleagues or relatives or go to a women's shelter. You can reach women's shelters day and night, the phone numbers for your place can be found on the last pages of this brochure.

The addresses are kept secret to protect women. If you call and a place is free, a meeting place will be arranged. If there is no more space available, you can ask for phone numbers of women's shelters in the area. In the women's shelter, women are taken in with their children. They meet there with other women and organise the daily routine together. There are trained and competent employees who will advise and support you. From there you can arrange everything else, go to work if this is safe for you, and arrange for your children to attend school or kindergarten.

Shared apartment

For many women, especially with children, it would be the best solution if the violent partner left the shared apartment. In the rarest cases, however, the perpetrators are prepared to do so on their own initiative. You have the option of applying to the court for the shared apartment to be made available. How the process works and what you have to consider can be found on page 16 onwards of this brochure.

New apartment

There are several ways to find a new apartment for yourself (and your children):

- Contact the housing office
- If necessary, apply for a residence entitlement certificate
- Study the advertisements in the newspaper, perhaps you place an advertisement yourself (for your protection a box number advertisement may be useful)
- Inform your confidants about your search for an apartment

You may be able to contact a real estate agent. Under certain circumstances, the job center/social welfare office may pay the moving costs, deposit and/or brokerage fees. Check beforehand whether this is possible in your case. Please note the given rental prices and square metre restrictions.

Information embargo

It may be necessary for your protection to keep the address of your new home secret. For this purpose, you can apply for an information block at the Residents' Registration Office (Einwohnermeldeamt) or at the Citizens' Office of the district in which you live (phone book, keyword: Stadtverwaltung). You must demonstrate that there is a danger to your (and/or your children's) life, health or personal freedom if the address is disclosed. You can make an affidavit to this effect. The Residents' Registration Office may not then give out your address. Please note that the application must be extended before the deadline has expired. There is no such application for other official institutions and authorities or even lawyers. You must therefore ensure in each individual case that your data is kept secret.

How am I going to make a living?

Many men put their wives under pressure by saying: "You won't get anything from me" or "You have nothing and you won't get anything". In order to counteract this misinformation, the various possibilities are briefly outlined here. In many cases, a single parent cannot provide family support from just one source.

You should clarify which options are possible for your particular situation. Individual advice and support from a counselling centre or a lawyer makes sense in most cases.

Own income

For women who have their own income (including unemployment benefit I = ALG I), nothing changes initially. In any case, you should have your own account and inform your employer or the ALG I agency that the money will be transferred there. There is enough time to find out more about changing the tax class. If you are on a low income, you may need to apply for a housing allowance and/or a child allowance.

Spousal support

In the case of spousal support, a distinction is made between support during separation and support after divorce.

Maintenance at least in the first year of separation corresponds in principle to the agreements made between the spouses during the marriage period. If you were not employed, you do not have to be employed even after the separation in principle.

Here you must have a justified claim to maintenance (e.g. education of minor children up to their 3rd birthday, thereafter in justified individual cases, illness ...). Besides, your husband must be able to pay alimony. You are only obliged to earn your own money if this can be expected from you according to your personal circumstances.

It is essential that you seek appropriate advice for your personal case. As a rough guide, you can look at the following: You are entitled to three sevenths of the difference calculated in this way.

However, your husband is entitled to a deductible when he works. For a detailed and final maintenance calculation, it is essential that you contact a lawyer (if necessary, you are entitled to assistance with consultancy costs). Theoretically, it would be enough if you and your husband - without legal support - agree on spousal support.

In the case of violence in relationships, however, there is usually no basis for clarifying maintenance together. Contact a lawyer at the latest when you have to file a claim. Perhaps there is also the possibility for you to enforce emergency maintenance through a temporary injunction.

- + **Both gross income**
- **minus taxes**
- **minus social security contributions**
- **minus work-related expenses**
- **minus old-age provisions**
- **minus child support**
- = **Difference**

Three more important remarks:

- Never sign without consideration or advice from a professional that you will forgo maintenance.
- In principle, maintenance cannot be claimed retroactively. Find out immediately how you can assert it correctly.
- Collect - if possible - all necessary documents for the income calculation (as a copy if necessary).

Unemployment benefit II (ALG II), social benefits and welfare assistance

In principle, maintenance claims against your separated or divorced husband must be asserted before other state benefits. If this maintenance is supposed to be below the requirement limit, you can apply for supplementary state assistance. As a rule, you submit an application for ALG II.

Prerequisites for this are that you

- have not yet reached the statutory age limit for drawing an old-age pension between 65 and 67 (after that you will be entitled to social assistance).
- are not permanently disabled (otherwise social assistance would also be possible here).
- be classified as fit for work for at least three hours a day (otherwise, social assistance may be considered here).

One-time assistance such as removal costs, rent deposit and broker's fees can be paid upon request. It is important to clarify the assumption of costs with the approving body in advance.

Alg II

Mitglieder der Bed...

Kunden-Nr.

Name:



One more thing:

Please inform the authorising office immediately if the spousal community no longer exists. The corresponding funds should then be transferred to your account. This can be important after the police has expelled the other party, but - in any case - as soon as you have separated.

Housing benefit

You can apply for housing benefit (subsidy for rent and ancillary costs) - in addition to your own income - from your city or district administration. There you must clarify whether and in which amount you will receive something. If you receive ALG II or other basic security benefits, an additional housing benefit claim is excluded.

Child support

If your children live with you, you are entitled to child support. The so-called Düsseldorfer Table shows guideline values for the amount of maintenance. These values are adjusted dynamically. You can find the current figures on request or on the Internet at www.olg-duesseldorf.nrw.de. If the father of the child does not (or only irregularly) pay, please contact the Youth Welfare Office's maintenance advance fund responsible for you. Until their 12th birthday, children can receive a maintenance advance without any time restrictions.

The advance payment office will then contact the obliged father for reimbursement. Children between the ages

Applicable rates since January 1, 2018

Standard benefit	416,- €
Children aged 0 - 5 years	240,- €
Children aged 6 - 13 years	296,- €
Children aged 14 - 17 years	316,- €
Adults 18 - 24 years	332,- €

Additional requirements for single parents depending on the number and age of the children to be cared for between 12% and 60% of the relevant standard benefit plus costs for accommodation and heating

of twelve and 18 are also entitled to an advance on maintenance payments. Please ask the maintenance advance fund for the requirements. Also remember to inform your family fund about the new situation so that the child benefit will outweigh you directly. You must state in writing, stating the child benefit number, where the child benefit is to be transferred in the future. The father of the child then has the right to deduct a portion of the child benefit from his maintenance obligations. You can ask your lawyer for the exact amount of the quota.

Child allowance

The child allowance is paid to working parents or single parents for the child living in their household if they can cover their own needs with their income but not those of their children. The child supplement must be applied for in writing at the locally responsible Family Fund at the Federal Employment Agency.

Education and participation benefits

Recipients of child allowance and housing benefit can also apply for so-called education and participation benefits for their children. These include day-care and class trips, transport costs to school, learning support costs as well as subsidies for lunch, for school attendance and for the school's own transport, for club fees or for music schools. Ask your city or district administration about this; the responsibilities are regulated differently.

What about the kids?

Joint custody

In the event of separation/divorce, all parents will continue to have joint custody unless they are not married and have issued a joint declaration of custody. Joint custody then means that you must continue to reach agreement with the child's father on issues of fundamental importance. The child's stay must be clarified together, i.e. with whom and in which city it lives, which kindergarten/school it attends, which expensive leisure activities (hobbies, holidays) it may pursue. If you do not agree, you can make use of the advisory support of the Youth Welfare Office or an advice centre (e.g. an educational counselling centre, which has usually been entrusted with these consultations).

If both parents want it, mediation can be helpful for clarification. You can obtain addresses of mediation services, for example, from a women's advice centre near you. If the mediation does not lead to a result or if you continue to be threatened, abused or beaten by the child's father, there is no out-of-court possibility of settlement. The only remaining option is to have the questions to be clarified decided by an application to the family court with the help of a lawyer. If your child lives with you, you have sole decision-making authority in matters of daily life (above all: organisation of care and everyday life of the child).



Sole custody

If you have previously exercised joint custody, you can (with the help of a lawyer or the Youth Welfare Office) file an application for sole custody with the Family Court. Whether or not this application is granted depends on the best interests of the child.

Remark:

- **An application for sole custody is only possible if you live apart from the father of the child not only temporarily.**

Access rights (Visitation rights)

Every child has the right to interact with any parent.

- **Every parent has the obligation to contact the child, but also the right to do so.**
- **Grandparents, siblings or other close relatives of the child also have a right to access.**

So that the interests of the child, but also the protection needs can be met, it is important that you talk to the employee of the youth welfare office about your situation. Only in this way can appropriate measures be taken. Make use of the support of the staff of the women's shelters or women's counselling centres (for addresses see appendix), an educational counselling centre or the Association of Single Parents, Mothers and Fathers.

The transfer of the child can also take place in a neutral place and/or by a third person (e.g. a friend, a neighbour).

In addition, there is the possibility of accompanied contact, accompanied transfer of the child or controlled contact - i.e. in various forms. Check with your youth welfare office. This is usually the case if the parent abused the child during the visit. Otherwise, the father of the child may have a limited right of contact in the form of accompanied contact following acts of violence against the mother. This is a special procedure in which the child meets its father only in the presence of a third neutral person. Various youth welfare organisations or the Youth Welfare Office itself offer a qualified service for this purpose. It should be ensured that you cannot be harassed before, during and after these contacts (not even in another language!). In addition, you must prevent your child from passing on your anonymous whereabouts without needing to know. It is therefore important that the employees who carry out the accompanied handling know your experiences of violence and your fears.

What to do about stalking?

By stalking we mean the repeated, open or hidden stalking of a person against their declared will which can seriously affect their way of life.

For years, many women have known such assaults after a separation. Since many celebrities became victims of stalkers, the public has become more aware. In most stalking cases, however, women are harassed or even threatened by their exes. An important characteristic of stalking is that it is not a one-time attack. Rather, the victim can never be sure when and where something will happen again and can never trust that it will stop for good.

Stalkers make contact via phone, email, social networks, through third parties such as family, friends, the employer and so on:

- undesirable, often permanent sending of “Love notes” via various media or even offensive, insulting mailings;
- Phone terror: calling (also on answering machine) without answering or just with moaning or with insults, threats, obscenities;
- Ordering goods, subscribing to magazines etc. under the victim’s name;
- Leaving flowers or messages on the car/mailbox;
- Frequent presence near the home or workplace;
- Obvious (comprehensive) control of the victim and her environment;
- Cyber stalking in the form of spiteful entries in Internet forums or guest books;
- Placement of false advertisements in newspapers (e.g. wedding or death advertisements);



- Slander/abusive defamation in the circle of friends or at work;
- Damage to property such as piercing car tires, breaking window panes;
- Tracking (on foot, by bike/motorbike/car);
- Violence ranging from physical assault to manslaughter.

In all cases, women have reported that they have taken these attacks seriously only very late. With excuses like: “He’ll learn to understand it at some point”, “At least that’s how I know what’s going on with him” they’ve often tried to trivialize or ignore stalking for a long time. The fear alone that “otherwise things could get even worse” means that those affected remain silent and endure their fears and concrete impairments of daily life.

Stalking is a criminal offence and regulated in § 238 of the German Criminal Code.

We want to encourage you to get help. Even if there is no patent solution. The following precautions may be helpful for stalking victims:

- if you're being stalked, take it seriously!
- File a criminal complaint with the police.
- Publicity protects you. It can be helpful to inform your family, friends, colleagues and neighbours.
- It can be useful for judicial evidence that everything that the stalker sends, communicates or does is documented with date and time ("stalking diary").
- In case of phone terror: Arrange for a 'bell signal' or the establishment of a new secret number which will only be passed on to selected persons or a trapping circuit (fee!).
- Do not accept packages that you do not expect.
- Apply for protective orders according to § 1 Gewaltschutzgesetz (GewSchG, Violence Protection Act), see page 14
- When chased by the stalker: seeking a nearby "safe place" (police station, shop, restaurant, museum, etc.)
- Letter of cease and desist from a lawyer (with costs) or also from a public institution

It is important that you - with professional help - make an assessment of your exposure which then forms the basis for your personal safety plan.

Get some help, please: **Be courageous!**

What can the social environment do?

Indirectly affected persons such as relatives, colleagues and friends are often the first to hear about the predicament of those affected. For the woman who experiences violence, it is of great importance that you do not look away. Vague allusions and other peculiarities can be a call for help. Don't go overboard. The complex situation of the victims often does not make it easy to help. Respect the wishes of the woman in any case, even if they cannot be fully understood by you as an outsider. It is certainly difficult for close relatives to bear if the woman does not directly leave the violence situation. But only she can and must make the decision and endure the consequences. And the fact is that the threat to women in violent relationships increases during the separation phase. Even well-intentioned instructions can increase the pressure on the woman. On the other hand, serious offers that you can also comply with are a relief. This could be: "You can come to me", "You can call me anytime" or also the reference to professional support. Every woman must find her own way of dealing with the experience of violence. There is no patent recipe for the solution. Due to the difficult and dangerous situation of women in violent relationships, there is no easy "going away". However, a variety of measures and support can help to bring about change.

The women's counselling centres and the Bundeshilfe hotline 08000 116 016 (free of charge and anonymous, counselling in many languages) also offer information, help and counselling to you as a relative.

Bundeshilfe Hotline (free of charge)

08000 116016

Checklist for the emergency suitcase and for your moving out

If you can prepare, this checklist may be useful. You can take along all original documents that belong to you personally:

- Identity card/Passport
- Health card
- Marriage certificate
- Birth certificate
- Evidence of your residence status and/or other documents if you are a refugee
- Contract of employment
- Income tax card/ Salary receipts
- Notice of the pension amount
- Certificates/forensic documentation Civil protection order
- Social security documents
- Savings record
- Insurance contracts
- Job references
- School report cards

If the children come with you, remember the following original documents

- Identity cards
- Birth certificates
- School record cards

You may only take along copies of all common documents and those of your husband:

- Employment contract or exact address of employer
- Salary transfers of the last year
- Pension insurance number
- Insurance contracts, including documents on life insurance policies
- Savings contracts
- Building loan contracts
- Lease agreement
- Deposit account statements for securities
- Purchase contract and extract from the land register for house or apartment ownership
- Installment and credit agreements

If you leave your home, it may be a good idea to have a list and receipts or proofs of purchase of the items in your home with you. Remember also the things of daily use such as clothes, money, account card etc.

In an emergency, the most important thing is to save yourself and the children!

Last but not least



We hope that you have found what you are looking for in the wealth of information. There are many different ways and possibilities for action. Whatever you decide to do, you can count on supportive help. Choose - with professional as well as other support - the people who are competent, trustworthy and sympathetic to you.

You can find out whether a lawyer is competent and experienced, for example, in the areas of family law and representation of secondary actions, by reporting to others or by asking advice centres. Whether she is then sympathetic to you, you must decide for yourself. The competence of supporters is also reflected in the fact that they are not forced to make any decisions. Just the opportunity to speak can be important for you - especially if you don't yet know what you want.

Make use of the corresponding offers.

Help offers

County of Nordfriesland

Women's Help & Emergency Husum

Norderstraße 22 | 25813 Husum

Phone: 0 48 41 - 6 22 34

Fax: 0 48 41 - 8 79 12

info@frauennotruf-nf.de

Women's Help & Emergency Niebüll

Friedrich-Paulsen-Straße 6a
25899 Niebüll

Phone: 0 46 61 - 94 26 88

niebuell@frauennotruf-nf.de

External Counselling in Tönning

Every 2nd Tuesday of the month
11-14 Uhr, Rathaus, Sitzungssaal/
rechter Saal, 25832 Tönning
Terminvereinbarung unter:

Phone: 0 48 41 - 62234

Mobil: 0176 - 51333020

info@frauennotruf-nf.de

External Councelling in Sylt

Every 2nd Monday of the month
10:00 - 14:00 Uhr in der Alten Post,
Stephanstraße 6a, 25980 Westerland
Terminvereinbarung unter:

Phone: 0 46 61 - 942688

Mobil: 0176 - 50195044

City of Flensburg

Women's Emergency Call Flensburg

Councelling centre on sexualised
violence against girls & women
Nikolaikirchhof 5 | 24937 Flensburg

Phone: 04 61 - 90 90 82 00

Fax: 04 61 - 90 90 82 05

frauennotruf@fin-flensburg.de

www.fin-flensburg.de

Women's Shelter Flensburg

Phone: 04 61 - 4 63 63

Fax: 04 61 - 4 70 00 31

frauenhaus@fin-flensburg.de

www.fin-flensburg.de

Women's Counselling Wilma

Nikolaikirchhof 5 | 24937 Flensburg

Phone: 04 61 - 90 90 82 20

Fax: 04 61 - 90 90 82 05

wilma@fin-flensburg.de

www.fin-flensburg.de

County of Schleswig-Flensburg

Women's Center Schleswig e.V.

Bahnhofstraße 16 | 24837 Schleswig

Phone: 0 46 21 - 2 55 44

Fax: 0 46 21 - 2 55 47

info@frauenzentrum-schleswig.de

www.frauenzentrum-schleswig.de

Bundeshilfe Hotline (free of charge)

08000 116016

HELP OFFERS

Women's Room

Emergencies & Counselling
Rathausmarkt 3 | 24376 Kappeln

Phone: 0 46 42 - 72 94

Fax: 0 46 42 - 92 03 77

frauenzimmerkappeln@web.de
www.frauenzimmer.org

County of Dithmarschen

Women helping Women

Emergencies & Counselling in
Dithmarschen

Alter Kirchhof 16 | 25709 Marne

Phone: 0 48 51 - 83 16

Fax: 0 48 51 - 95 65 62

info@frauenberatung-dithmarschen.de
www.frauenberatung-dithmarschen.de

Heide Branch

Postelweg 4 | 25746 Heide

Phone: 04 81 - 6 41 59

Brunsbüttel Branch

Von-Humboldt-Platz 9,

Bürgerbüro Zi. 19 (EG)

25541 Brunsbüttel

Phone: 0 48 52 - 70 27

Women's Shelter

Phone: 04 81 - 6 10 21

Fax: 04 81 - 6 10 22

info@frauenhaus-dithmarschen.de
www.frauenhaus-dithmarschen.de

County of Rendsburg-Eckernförde

Women's Counselling

Frauen helfen Frauen e.V.

Langebrückstraße 8

24340 Eckernförde

Phone: 0 43 51 - 35 70

Fax: 0 43 51 - 25 08

info@frauenberatung-via.de
www.via-rendsborg-eckernfoerde.de

Women's Counselling

Frauen helfen Frauen e.V.

Königstraße 20 | 24768 Rendsburg

Phone: 0 43 31 - 43 54 393

Fax: 0 43 51 - 25 08

info@frauenberatung-via.de
www.via-rendsborg-eckernfoerde.de

Women's Shelter Rendsburg

Phone: 0 43 31 - 2 27 26

Fax: 0 43 31 - 2 25 88

frauenhaus-rd@bruecke.org
www.frauenhaus-rendsborg.de

City of Kiel

Women's Counselling & Sexual Violence

Frauennotruf Kiel e. V.

Dänische Straße 3-5 | 24103 Kiel

Phone: 04 31 - 9 11 44

Fax: 04 31 - 9 19 25

frauennotruf.kiel@t-online.de
www.frauennotruf-kiel.de

Women's Shelter & Counselling Die Lerche

Individual & group counselling in cases
of violence in relationships, separation
and divorce

Olshausenstraße 13 | 24118 Kiel

Phone: 04 31 - 67 54 78

Phone: 04 31 - 67 94 833

Fax: 04 31 - 67 94 834

BeratungsstelleLerche@t-online.de
www.frauenhaus-kiel.de

Women's Councelling Eß-o-Eß

Counselling, Meetings, Information for Women
Kurt-Schumacher-Platz 5 | 24109 Kiel
Phone: 04 31 - 52 42 41
Fax: 04 31 - 52 69 07
mail@frauentreff-essoess.de
www.frauentreff-essoess.de

Psychosocial Women's Councelling donna klara e.V.

Goethestraße 9 | 24116 Kiel
Phone: 04 31 - 5 57 93 44
Fax: 04 31 - 5 57 99 83
psychozial@donna-klara.de
www.donna-klara.de

Women's Shelter Kiel

Phone: 04 31 - 68 18 25
Fax: 04 31 - 68 18 37
Frauenhaus-Kiel@t-online.de

TIO, Meeting & Information for Migrants

Dänische Straße 3-5 | 24103 Kiel
Phone: 04 31 - 67 17 78
Fax: 04 31 - 79 96 38 21
mig@tio-kiel.de

County of Plön

Councelling in cases of Violence against Girls and Women

Sponsored by Frauennotruf Kiel
Mühlenstraße 10 | 24211 Preetz
Phone: 0 43 42 - 30 99 39
frauenberatungskreisploen@t-online.de
www.frauennotruf-kiel.de

Women's Shelter County of Plön

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

County of Ostholstein

Women's Councelling Eutin Branch

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

Neustadt Branch

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

Women's Shelter Ostholstein

Phone: 0 43 63 - 17 21
Fax: 0 43 63 - 90 90 17
webmaster@fh-oh.de

County of Steinburg

Women's Shelter

Phone: 0 48 21 - 6 17 12
Fax: 0 48 21 - 6 33 84
Autonomes-Frauenhaus-
ltzehoe@t-online.de
www.frauenhaus-itzehoe.de

pro familia - Women's Councelling

Feldschmiede 36-38 | 25524 Itzehoe
Phone: 0 48 21 - 88 99 432
Fax: 0 48 21 - 88 90 15
itzehoe-fachstelle@profamilia.de
www.profamilia-sh.de

HELP OFFERS

City of Neumünster

Emergency Call Neumünster, in cases of Domestic and Sexual Violence

Fürsthof 7 | 24534 Neumünster

Phone: 0 43 21 - 4 23 03

Fax: 0 43 21 - 49 20 67

frauennotruf.nms@t-online.de

www.frauennotruf-neumuenster.de

Autonomous Women's Shelter Neumünster

Phone: 0 43 21 - 4 67 33

Fax: 0 43 21 - 4 68 73

info@frauenhaus-neumuenster.de

www.frauenhaus-neumuenster.de

County of Segeberg

Women's Shelter Frauenräume e.V.

Women's Counselling & Emergencies,
Kielortring 51 | 22850 Norderstedt

Phone: 0 40 - 5 29 69 58

Fax: 0 40 - 5 29 85 565

info@frauenberatungsstelle-
norderstedt.de

www.frauenberatungsstelle-norderstedt.de

Women's Shelter Norderstedt

Phone: 040 - 5 29 66 77

Fax: 040 - 5 24 64 82

frauenhaus.norderstedt@
diakonie-hhsh.de

www.frauenhaus-norderstedt.de

Women's Shelter Frauenzimmer e.V.

Oldesloer Str. 20 | 23795 Bad Segeberg

Phone: 0 45 51 - 38 18

Fax: 0 45 51 - 9 38 60

frauenzimmer-badsegeberg@
t-online.de

www.frauenzimmer-badsegeberg.de

Women's Meeting Kaltenkirchen

Frauenräume e. V.

Hamburger Straße 68

24568 Kaltenkirchen

Phone: 0 41 91 - 8 56 99

Fax: 0 41 91 - 95 86 74

info@frauentreffpunkt-
kaltenkirchen.de

www.frauentreffpunkt-kaltenkirchen.de

County of Pinneberg

Women's Shelter Elmshorn

Phone: 0 41 21 - 25 895

Fax: 0 41 21 - 269 438

frauenhaus.elmshorn@gmx.de

www.frauenhaus-elmshorn.de

Women helping Women

Women's Meeting in Elmshorn
Kirchenstraße 7 | 25335 Elmshorn

Phone: 0 41 21 - 66 28

Fax: 0 41 21 - 6 37 17

info@frauentreff-elmshorn.de

www.frauentreff-elmshorn.de

Women's Shelter Wedel

Phone: 0 41 03 - 1 45 53

Fax: 0 41 03 - 91 99 07

info@frauenhaus-wedel.de

www.frauenhaus-wedel.de

Women's Shelter Pinneberg

Phone: 0 41 01 - 20 49 67

Fax: 0 41 01 - 51 43 05

info@frauenhaus-pinneberg.de

Pinneberg Women's Network.

Dingstätte 25 | 25421 Pinneberg

Phone: 0 41 01 - 51 31 47

Fax: 0 41 01 - 83 59 24

info@frauennetzwerk-pinneberg.de

www.frauennetzwerk-pinneberg.de

County of Stormarn

Women helping Women Stormarn e.V

Emergency call Bad Oldesloe
Bahnhofstraße 12 | 23843 Bad Oldesloe

Phone: 0 45 31 - 8 67 72

Fax: 0 45 31 - 8 83 22

frauenberatung@frauenhelfen-
frauenstormarn.de

www.frauenhelfenfrauenstormarn.de

BEST Councelling for Women & Girls Ahrensburg e.V.

Waldstr. 12 | 22926 Ahrensburg

Phone: 0 41 02 - 82 11 11

Fax: 0 41 02 - 46 62 55

frauenberatung@best-
ahrensburg.de

www.best-ahrensburg.de

Women's Shelter Stormarn

Phone: 0 41 02 - 8 17 09

Fax: 0 41 02 - 82 21 46

frauenhaus-stormarn@gmx.de

City of Lübeck

Autonomous Women's Shelter

Phone: 04 51 - 6 60 33

Fax: 04 51 - 62 43 86

info@autonomes-frauenhaus.de

Women's Shelter Hartengrube

Counselling on Police Expulsion
Hartengrube 14 -16 | 23552 Lübeck

Phone: 04 51 - 70 51 85

Fax: 04 51 - 7 98 29 36

frauenhaus-luebeck@awo-sh.de

Women's Emergency Call Lübeck

Counselling and assistance with sexual
violence and harassment, prevention,
protection against violence and
psychosocial trial support
Musterbahn 3 | 23552 Lübeck

Phone: 04 51 - 70 46 40

Fax: 04 51 - 5 92 98 96

kontakt@frauennotruf-luebeck.de

www.frauennotruf-luebeck.de

Women's Communication ARANAT e.V.

Steinrader Weg 1 | 23558 Lübeck

Phone: 04 51 - 4 08 28 50

Fax: 04 51 - 4 08 28 70

info@aranat.de

www.aranat.de

BIFF

Counselling & Information for Women in
Lübeck

Holstenstraße 37-41 | 23552 Lübeck

Phone: 04 51 - 7 06 02 02

Fax: 04 51 - 7 06 02 03

info@biff-luebeck.de

www.biff-luebeck.de

County of Herzogtum-Lauenburg

Help for Women in Need

Women's Counselling
Pröschstraße 1 | 21493 Schwarzenbek

Phone: 0 41 51 - 8 13 06

Fax: 0 41 51 - 89 71 05

frauen@beratungsstelle-schwarzenbek.de

www.frauen-in-not-schwarzenbek.de

Women's Shelter Schwarzenbek

Phone: 0 41 51 - 75 78

Fax: 0 41 51 - 33 20

fh.Schwarzenbek@t-online.de

Offers of psycho-sociological trial support

District of Regional Court Kiel

Women's Emergency Call Kiel

Dänische Straße 3-5 | 24103 Kiel

Phone: 0431 - 9 11 44

info@frauennotruf-kiel.de

www.frauennotruf-kiel.de

Child Protection Center Kiel

Sophienblatt 85 | 24114 Kiel

Phone: 0431 - 12 21 80

info@kinderschutz-zentrum-kiel.de

www.kinderschutz-zentrum-kiel.de

District of Regional Court Lübeck

Women's Emergency Call Lübeck

Musterbahn 3 | 23552 Lübeck

Phone: 0451 - 70 46 40

www.frauennotruf-luebeck.de

kontakt@frauennotruf-luebeck.de

Child Protection Center Lübeck

An der Untertrave 78 | 23552 Lübeck

Phone: 0451 - 7 88 81

kinderschutz-zentrum-luebeck@awo-sh.de

www.kinderschutz-zentrum-luebeck.de

District of Regional Court Flensburg

WAGEMUT

Pro familia counselling for sexual violence against girls and boys

Marienstr. 29-31 (Eingang Lilienstr.) | 24937 Flensburg

Phone: 0461 - 90 92 627

info@wagemut.de

www.wagemut.de

District of Regional Court Itzehoe

Counselling Wendepunkt

Gärtnerstr. 10-14 | 25335 Elmshorn

Phone: 04121 - 47 57 30

www.wendepunkt-ev.de

Child Protection Center West Coast

Markt 34 | 25746 Heide

Phone: 0481 - 68 87 307

kinderschutz@dw-husum.de

www.dw-husum.de

Fast and proper documentation of injuries and their consequences

District of Regional Court Kiel

University Clinics Schleswig-Holstein (UKSH)

Kiel Campus

Phone: 0431 - 50015901

Lübeck Campus

Phone: 0451 - 50015951

University Clinics Eppendorf (UKE)

Hamburg Campus

Phone: 040 - 741052127

Bundeshilfe Hotline (free of charge)

08000 116016