

BIF Beratung & Information für Frauen

BIF - Counseling & information for women

You can reach us by phone at the following hours:

Monday, Wednesday:
13:00 to 16:00 h

Tuesday, Thursday and Friday:
9:30 to 12:30 h

 **0711 649 45 50**

If you want to contact us outside these hours,
you can leave your phone number at our mailbox,
we will call you back.

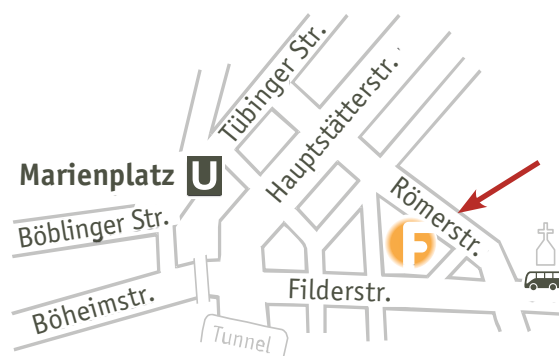
You can also contact us via e-mail:


 **bif@fhf-stuttgart.de**

Our counseling is free of charge.
You do not have to tell us your name.
The consultation may also be carried
out at your place. The consultation
can be held with a person who
translates for you.

Our consulting rooms are wheel-
chair-friendly. If you need barrier-
free access, please call us before.

BIF Beratung & Information für Frauen



 **1, 9 or 34** subway station Marienplatz
5 minutes by walk
(Tübinger Straße, 2nd turning on the right)

 **43** bus stop Markuskirche



Frauen helfen Frauen e.v. Stuttgart

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Gefördert durch die
**Aktion
MENSCH**

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DOMESTIC VIOLENCE

Information for women



Frauen helfen Frauen e.v. Stuttgart



Are you affected by domestic violence?

- Is your husband abusing you?
- Is a resident of your accommodation molesting you?
- Is your family threatening you?

In this flyer, you get to know what domestic violence is and where you can get help.

Women often experience violence at the place they live and in their own families. The violence mostly comes from men like the husbands, the staff at the accommodation or other people the women live with.

Domestic violence also affects your children.



You can find domestic violence in many forms:

Physical: if someone holds, hits, kicks or strangles you

Emotional: if someone threatens or scares you, insults or offends you

Sexual: if someone touches you without your consent, if someone rapes you or forces you into prostitution

Social: if someone forbids you to stay in touch with your family and friends or locks you in

Financial: if someone forbids you to withdraw money from your bank account or forbids you to work

Digital: if someone threatens you via computer or smartphone, insults you or shows pictures of you to other people

If you are affected by violence, get help!

In our counseling center

- ... we offer advice and support
- ... there is a room for your children to play in
- ... the employees are not allowed to talk to anyone about the contents of the counseling without telling you first
- ... there are only female employees.

In the consultation

- ... you can talk with us about your experiences
- ... you can get information about your rights
- ... we inform you about the possibilities to protect yourself and your children
- ... we explain the effects of separation from your partner on your stay in Germany, your financial situation and your children