

Englisch  
English



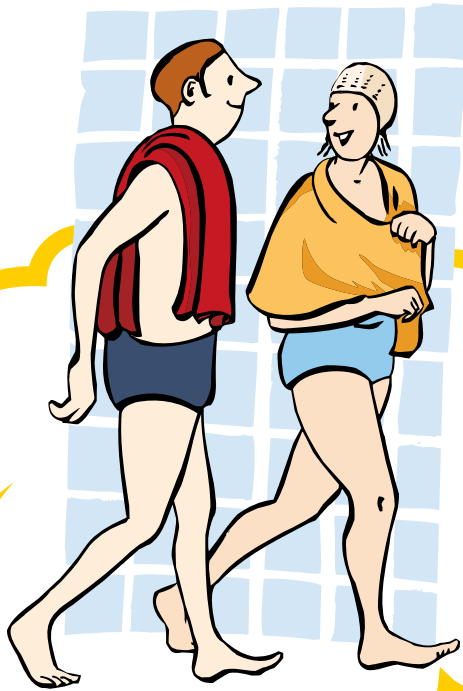
# Domestic violence causes health problems!

Help for women  
A booklet in plain language



Psychologische  
**Frauen**  
BERATUNG e.V.  
Frauenberatungsstelle Bielefeld

## A loving relationship

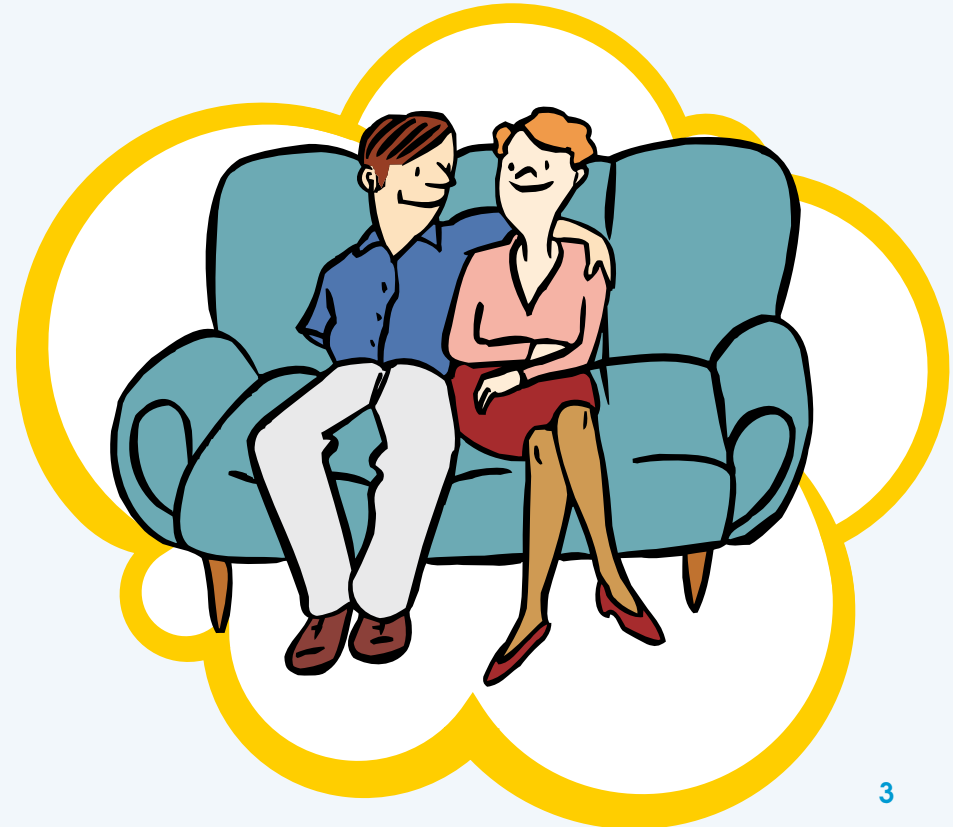
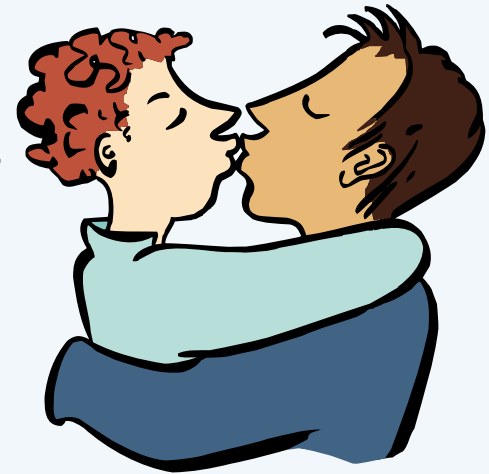


I can rely on my partner.  
I am supported.  
We have fun together.



We like each other.  
We don't hit each other.  
We don't shout at each other.  
There is no violence.

**This is a loving relationship.**



# Domestic violence

Domestic violence may show itself in many ways, for example:

- The partner threatens the woman.
- The partner insults the woman.
- The partner beats the woman.
- The partner forces the woman into sex.
- The partner shouts at the woman.
- The partner stalks the woman.
- The partner shuts the woman in.
- The partner denies the woman money.



This is **not** a loving relationship.

This is domestic violence.

Domestic violence is prohibited and punishable by law.



Many women think:

It's my fault.

That is not true!

The woman is not to blame if she has experienced violence.

The partner is to blame.

Domestic violence means:

violence occurring at home or in the family.

**Sometimes it is not the partner who uses violence but actually somebody else.**

For example:

- a carer
- a female partner
- parents
- siblings
- a cohabitant

This is also domestic violence.



## Domestic violence makes you sick



The woman lives in fear.  
The woman feels abandoned.  
The woman is depressed.  
The woman is tense or jittery.  
The woman has bad dreams.

The woman suffers from pain.  
For example:

- headaches
- or stomach ache.



Many women are unsure.  
They wonder:  
is this domestic violence?  
They don't feel well.  
They don't know  
what to do.



We will help you.

# Counseling for women

We are a counseling service for women.  
We are called Psychologische Frauenberatung e.V.,  
Frauenberatungsstelle Bielefeld (Information and  
counseling centre for women).

Speak to us.  
We will listen to you.  
We won't pass on anything.  
We will help you.  
We will protect you.



Our place is for women only. The counseling is free.



**You can call us by telephone.**

Our telephone number is: **0521 12 15 97**

We are here on Monday and Thursday from 5pm to  
7pm and Tuesday from 10am to 12pm.

Or an answering machine will respond.  
Give your name and telephone number.  
And we will return your call.

**You can send us a fax.**

Our fax number is: **0521 13 66 766**



You can send us an email.  
We'll get back to you.

Our email address is:

**[info@frauenberatung-bielefeld.de](mailto:info@frauenberatung-bielefeld.de)**

Our website is:

**[www.frauenberatung-bielefeld.de](http://www.frauenberatung-bielefeld.de)**

You can visit us in person.

We are here on Monday and Thursday from 5pm to 7pm  
and Tuesday from 10am to 12pm.

Our address is:

**Psychologische Frauenberatung e.V.**

**Frauenberatungsstelle Bielefeld**

**(Information and counseling centre for women)**

**Ernst-Rein-Strasse 33, 33613 Bielefeld**



## In case of emergency

Call the police!

The telephone number of the police is: **110**

Tell them that you need immediate help.

Listen to the police on the telephone.

The police will come to you.

The police will ensure your protection.



You can find protection day or night at the women's refuge:

Frauen helfen Frauen – Frauenhaus e.V.

Telephone number: **0521 177376**

Email address: [mail@autonomes-frauenhaus-bielefeld.de](mailto:mail@autonomes-frauenhaus-bielefeld.de)

AWO Frauenhaus Bielefeld

Telephone number: **0521 521 36 36**

Email address: [frauenhaus@awo-bielefeld.de](mailto:frauenhaus@awo-bielefeld.de)

## Counseling for sexual violence:

Frauennotruf e.V. (women's emergency telephone number)

Jölllenbecker Strasse 57, 33613 Bielefeld

Telephone number: **0521 124248**

Email address: [info@frauennotruf-bielefeld.de](mailto:info@frauennotruf-bielefeld.de)

Mädchen sicher inklusiv – Gewaltschutz bei Behinderung

(protection against violence for those affected with disability)

Renteistrasse 6 (wheelchair-accessible), 33602 Bielefeld

Telephone number: **0521 91459997**

Email:

[gewaltschutz-behinderung@maedchenhaus-bielefeld.de](mailto:gewaltschutz-behinderung@maedchenhaus-bielefeld.de)

## Information about the booklet

The texts are by the female counseling team.

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The pictures are by © Reinhild Kassing, Kassel.  
The directions are by Michael Elbers.  
flowconcept designed the booklet.



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