

Doctors (both male and female) can help

- We will devote time for a confidential discussion
- We will examine and treat you carefully
- We will check with you if your health problems are attributable to the violence that you have suffered
- On your request you will receive a comprehensive documentation concerning your injuries
- We will help find contacts with specialized advice centres and women's refuges

Specialized range of support services in Bielefeld

Counselling for violence:

Psychologische Frauenberatung e.V.
Ernst-Rein-Str. 33, 33613 Bielefeld
Tel.: 0521 121597
www.frauenberatung-bielefeld.de
www.infoportal-haesusliche-gewalt.de

Counselling for sexualised violence:

Frauennotruf Bielefeld e.V.
Rohrteichstr. 28, 33602 Bielefeld
Tel.: 0521 124248
www.frauennotruf-bielefeld.de

Shelter and safehousing:

Frauen helfen Frauen – Frauenhaus e.V.
Tel.: 0521 177376
www.frauenhaus-bielefeld.de

Information from the Feminist Network
for Girls and Women, Bielefeld.



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English



Ways out of violence

Medical care, counseling and
protection services for women
in Bielefeld

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

Identifying violence

- Do you feel threatened in your partnership or are you scared?
- Does your partner decide whom you may meet or not?
- Did your partner threaten:
 - to use force on you?
 - to destroy your belongings?
 - or ...?
- Does your partner control you via digital media?
- Did your partner humiliate or hit you?
- Did he force you to commit sexual acts?

(These questions also refer to homosexual partnerships)

Violence can cause sickness

- Headaches and migraines
- Insomnia
- Period pains
- Gastric pains
- Absence of appetite
- Concentration problems
- State of panic

These are just a few complaints that may be caused through violence!

If you have suffered physical violence, besides visible injuries, it may also cause internal injuries which can only be identified through medical examination.

Consult your doctor!

Diese Patient:innenkarte wurde im Rahmen des NRW-Modellprojektes „Gewinn Gesundheit“ (www.gesine-intervention.de) entwickelt und von der Frauenberatungsstelle Bielefeld überarbeitet.