

### **Jungen- und Männerberatung im SKM Herford e.V. (advice for boys and men)**

Advice organisation for male victims and perpetrators, who no longer wish to commit crime.  
Schillerstraße 6, 32052 Herford  
05221 2777812 or 0152 56727762  
detlef.lis@skm-herford.de  
www.skm-herford.de

### **Weisser Ring e.V.**

Support for victims of crime or domestic violence.  
Can attend appointments with the police or legal professionals and authorities, and help with civil proceedings.  
0151 65107090  
weisserring.herford@t-online.de  
www.weisser-ring.de

### **Beratungsstelle Nadeschda (advice organisation)**

Psychosocial advice and support for victims of trafficking for sexual exploitation.  
Anonymous support available in all languages.  
Bielefelder Straße 25, 32051 Herford  
05221 840200  
info@nadeschda-owl.de

### **NATIONAL TELEPHONE SUPPORT**

#### **Helpline – Violence against women: available in 17 languages**

0800 0 116 016  
www.hilfetelefon.de

#### **Telephone counselling**

Counselling and advice over the phone  
0800 111 0 111 (24 hrs) or 0800 111 0 222  
www.telefonseelsorge.de

#### **Children and Youth Grief Helpline – Nummer gegen Kummer –**

116 111 or 0800 111 0 550  
www.nummergegenkummer.de

#### **Violence Against Men Helpline**

0800 123 99 00  
www.maennerhilfetelefon.de

### **Equality bodies in local towns, communities and clinics**

- Kreis Herford, 05221 / 13-1312
- Stadt Bünde, 05223 / 161-275
- Stadt Enger, 05224 / 9800-40
- Stadt Herford, 05221 / 189-463
- Gemeinde Hiddenhausen, 05221 / 964-230
- Gemeinde Kirchlegern, 05223 / 7573-122
- Stadt Löhne, 05732 / 100-344
- Stadt Spenge, 05225 / 8768-600
- Stadt Vlotho, 05733 / 924-262
- Klinikum Herford, 05221 / 941416

### **DISTRICT COURTS**

#### **Amtsgericht Herford**

(responsible for Herford, Enger, Spenge and Hiddenhausen)  
Auf der Freiheit 7, 32052 Herford, 05221 / 166

#### **Amtsgericht Bünde**

(responsible for Bünde, Kirchlegern and Rödinghausen)  
Hangbaumstraße 19, 32257 Bünde, 05223 / 922-0

#### **Amtsgericht Bad Oeynhausen**

(responsible for Löhne and Vlotho)  
Bismarckstraße 12, 32545 Bad Oeynhausen, 05731 / 158-0



#### **Herausgebende**

Fachforum gegen Häusliche Gewalt im Kreis Herford  
c/o Kreis Herford, Gleichstellungsstelle  
Amtshausstr. 3, 32051 Herford

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**Violence  
is not  
the answer**

**Find support here**



## FACTS:

- Violence against women and children usually takes place in the home
- Violence against women and children often results in lifelong difficulties for victims
- The perpetrator is often a partner or husband
- Many women are ashamed of the violence and don't speak up
- They think they are also to blame
  
- Violence has nothing to do with the victim's behaviour
- The perpetrator is responsible for his actions
- The attacker must leave the home
  
- Domestic violence is not permitted in Germany!
- You are entitled to receive help and support quickly
- Confide in people you trust and seek support from information services

## WHAT TO DO WHEN IT HAPPENS:

- Gewaltschutzgesetz (the Protection Against Violence Act) regulates protection for victims
- In situations involving violence, the police can serve a domestic violence protection notice to the abuser and prevent them from returning to the premises for 10 days
- This can be extended in person at your local district court or through a legal professional
- It is possible to apply to stay on the premises for longer

### Frauenhaus Herford e.V. [women's shelter]

Shelter and accommodation for women aged over 18 and their children, if they are victims and/or at risk.  
The address is confidential.  
05221 23883 (24 hrs)  
info@frauenhaus-herford.de  
www.frauenhaus-herford.de

### Frauenberatungsstelle Herford e.V. und Notruf [women's information service and emergency helpline]

Low-threshold telephone and individual advice service for women over 18 years of age in all situations, especially domestic and sexual violence. It also offers support and can accompany victims to appointments with police, solicitors and the courts.  
Our services are free and users can remain anonymous.  
Rennstraße 15, 32052 Herford  
05221 88 99 000  
info@frauenberatungsstelle-herford.de  
www.frauenberatungsstelle-herford.de  
*Telephone hours: Mon - Fri 9 - 10am*  
*Advice line hours:*  
*Tuesday 3 - 5pm and Thursday 10am - 12pm*

### femina vita, Mädchenhaus Herford e.V.

Advice/therapy for girls and women under 27 years who are in crisis and the victim of physical, mental and sexual abuse.  
Advice and therapy are voluntary, free, anonymous and developed with girls in mind.  
Höckerstraße 13, 32052 Herford  
05221 50622  
mail@feminavita.de  
www.feminavita.de  
*Office hours: Mon - Thurs 9am - 5pm, Fri 9am - 3.30pm*  
*Individual appointments on request*



Visit our website  
[www.hilfe-haeusliche-gewalt.de](http://www.hilfe-haeusliche-gewalt.de)

### Advice organisation for parents, teenagers and children at Kreis Herford

Advice and support for victims of violence.  
Confidential advice for parents, children, teenagers, guardians and educators.  
Amtshausstraße 4, 32051 Herford  
05221 13 1638 (registration)  
www.kreis-herford.de  
*Open office hours without prior registration:*  
*First Thursday of the month 4 - 6pm*  
*Third Monday of the month 9 - 11am*  
*Other appointments can be arranged*

### Advice on separation and divorce, Sozialdienst katholischer Frauen e.V. Herford

Information, advice and support for families, children and single persons in the event of separation and/or divorce for victims and non-victims of violence.  
Berliner Straße 10, 32052 Herford  
05221 103721  
heike.wiechers@skf-herford.de

### AWO Fachdienste für Migration und Integration [migration and integration services]

Integration agency | Migration advice | Refugee advice | Language support | Projects  
Fröbelstraße 6, branch: Königstraße 15a, 32584 Löhne  
05732 949551 or  
05732 905213 (language support and projects)  
natasa.stancic@awo-owl.de  
www.awo-fachdienste-migration.de  
*Office hours:*  
*Mon 2 - 4.30pm and Thurs 9am - 12pm and 2 - 4.30pm*  
*Ring for out-of-office line and to arrange individual appointments*

### Victim Support Officer at Kreispolizeibehörde Herford [police]

Elverdisser Straße 12, 32052 Herford  
05221 888 1714 and 05221 888 1712  
*Ring to make an appointment for a consultation, Mon - Fri during office hours.*  
In emergencies: Emergency number 110