

- Toys
- Personal possessions and notes such as diaries

## What else you can do:

See a doctor and ask for a medical record to document your injuries even if you are undecided about filing a complaint with the police.

Go to a counseling center in order to get help with further steps to take. You can apply for the long-term assignment of your apartment either through your lawyer or directly at the local court.

In addition, the court can forbid the offender to contact you or to approach you.



gefördert durch das Ministerium für Integration, Familie, Kinder, Jugend und Frauen

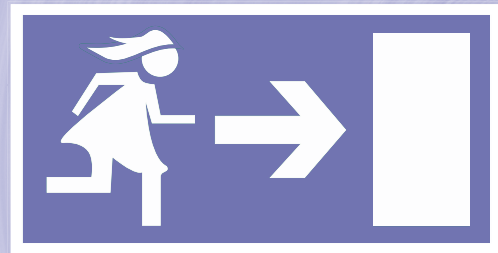


gefördert durch das Landesamt für Soziales, Jugend und Versorgung

## Advice and Help

- Police emergency telephone number **110**
- Women's Shelter in Worms of the German Red Cross (DRK) **06241/43591**
- Women's emergency telephone number in the case of sexual assault **06241/6094**
- Intervention office of the German Red Cross (DRK) **06241/2088190**
- Children's Protection Service of the ASB **06241/88917**
- Weißer Ring **06731/941962**
- Doctor on Standby Duty **06241/19292**

# Ways to escape abuse



Worms' Intervention Project against Domestic Violence and Abuse in close social relationships

## Violence against women

encompasses various forms of attacks perpetrated by men towards women. Abuse can be physical, mental, and emotional, and includes: beating, name calling, prohibiting contact with others, confinement, denial of money to run the household, rape, sexual abuse, or (death) threats.

Violence in close social relationships is not a private matter! Violence against women in any form is a criminal offence, even when it takes place within the family.

It is your lawful right to protect yourself and your children. Seek help and support from a counseling center when you are threatened or are a victim of violence.

## What can you do?

Seek a safe place for yourself and your children. When possible, call the police, emergency number 110, or ask your neighbors to call the police for immediate help and support.

## What happens next?

The police can ban the abuser from the apartment for a certain amount of time, refuse him admission to the apartment and forbid every other contact with you, or, in an emergency, put him in custody. If you wish, a female counselor will contact you in order to offer you help and support. However, you and your children can also seek protection in a battered women's shelter.

## When you leave your apartment, try to take along the following articles:

- House keys
- Identification for yourself and your children, including passports and birth certificates
- Health insurance cards
- Money, credit cards, savings account books
- Bank statements
- Official notification from the employment office or the Jobcenter
- Payroll accounting slips
- Family register
- Original papers, credentials and diplomas in your name
- Clothes for you and your children
- Medicine