

Ways out of violence Who can help?

Police – Emergency number 110
Victim protection – Contact person
+49 331 55081090

Women's Advice Centre +49 331 974695
frauenberatung@frauenzentrum-potsdam.de
Garnstrasse 33, 14482 Potsdam

Victim Counselling / Trauma Outpatient
Department of Potsdam +49 331 2802725
potsdam@opferhilfe-brandenburg.de
Jägerstrasse 36, 14467 Potsdam
Counselling and help regarding domestic and sexual violence, process support

Potsdam Women's Refuge +49 331 964516
frauenhaus@frauenzentrum-potsdam.de
Postfach 60 01 32, 14401 Potsdam
Safe house for women and their children in cases of acute domestic violence

Weisser Ring e.V.
Potsdam Office (City) +49 151 5516 4716
pdm@mail.weisser-ring.de
Nansenstrasse 12, 14471 Potsdam
Counselling for victims of crime

Equal Opportunities Officer of the City of Potsdam +49 331 289 1084
Gleichstellung@rathaus.potsdam.de
Friedrich-Ebert-Str. 79/81, 14469 Potsdam
Counselling and job placement



08000 116 016

www.hilfetelefon.de



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Help for victims of violence

SILENCE IS NOT AN OPTION
(ANYMORE)!



Victim Protection Working Group

POTSDAM

Englisch

Domestic violence

Domestic violence is violence that occurs within a marriage, partnership or family – or between people who are separated and no longer live together. Domestic violence occurs in all groups in our society, completely irrespective of income, education, age, etc.

These are the different types of domestic violence:

PHYSICAL VIOLENCE

Hitting with or without an object, pushing, shaking, biting, throttling, tying someone up, throwing things at them, and ranging from physical assaults to homicides.

SEXUAL VIOLENCE

This ranges from forcing someone to perform sexual acts to rape.

SOCIAL VIOLENCE

Restricting someone's social life, for example, by domineering, imposing prohibitions, rigorously controlling their contact with family members or with persons outside the family, or by locking them up.

PSYCHOLOGICAL VIOLENCE

Serious threats, coercion, deprivation of liberty or stalking a separated partner. Subjecting someone to contempt, insults, humiliation, feelings of guilt, intimidation or verbal abuse also count as psychological violence.

ECONOMIC VIOLENCE

Forbidding or forcing someone to work, confiscating their wages, or one person in a couple having sole control of the financial resources.



VIOLENCE TOWARDS CHILDREN

Many experts only apply the term 'domestic violence' to partnerships between adults. In cases of violence towards children and adolescents, a distinction is drawn between physical, sexualised and mental violence. Even when children or adolescents 'only' witness domestic violence, it has a detrimental effect on the wellbeing of the child.

DOMESTIC VIOLENCE – IT HELPS TO SPEAK OUT!

Are you experiencing domestic violence? Or are you worried about a person in your neighbourhood or your social environment? Then you can help by breaking the silence!

The services offered by the Potsdam advice centres are meant for everyone who has experienced violence, regardless of their age, educational level, sexual orientation, social status or cultural origin, and regardless of the time or type of violence they have experienced.

The aim of the Victim Protection Working Group is to improve the support structures for victims of violence.