

*"For a long time I believed that he will change. Now I realise that only I can change something."*

### You are not alone!

Talk to your doctor; ask them to record your injuries.

Seek advice about health services on offer e.g. courses from your health insurance or therapies.

Ask your medical practice about advocacy and support services and women's refuges or sheltered housing.

### Are you currently being threatened?

The BIG Hotline, advocacy services and the police offer free information concerning your safety and support for the next steps. You can also obtain information on the German Protection against Violence Act (Gewaltschutzgesetz).

**If you are being abused in your relationship, it is not your fault.**

**You have a right to a life without violence!**

## Where you can get domestic violence support

### Berlin

**BIG Hotline: 030 611 03 00** (daily from 8:00–23:00)

Anonymous advice in various languages.

Help on site if required.

➡ [www.big-hotline.de](http://www.big-hotline.de)



Online advice

➡ [big-hotline.assisto.online](http://big-hotline.assisto.online)



### In an emergency:

Telephone 110 (police)

Emergency fax to 110 (police)



➡ [https://www.berlin.de/polizei/\\_assets/service/notruffax.pdf?ts=1690283873](https://www.berlin.de/polizei/_assets/service/notruffax.pdf?ts=1690283873)

### Nationwide

**Violence against Women Support Hotline: 116 016**

➡ [www.hilfetelefon.de](http://www.hilfetelefon.de)



Praxisstempel:

Koordinierungsstelle S.I.G.N.A.L. e.V.  
Sprengelstr. 15, 13353 Berlin  
[www.signal-intervention.de](http://www.signal-intervention.de)

Gefördert durch die Senatsverwaltung für Wissenschaft, Gesundheit und Pflege  
S.I.G.N.A.L. e.V. ist Mitglied im Paritätischen Wohlfahrtsverband.



S.I.G.N.A.L.e.V.



**When a relationship turns harmful ...**

..... Support



*"My partner can be very nice but recently I'm often scared of him ..."*

### Violence takes many forms

... he always criticises what I say or how I look  
... he often swears at me  
... sometimes he really puts me down  
... he really controls me  
... he always wants to know exactly who I'm talking to, where I go  
... somehow his jealousy is not normal any more  
... he's already threatened to take the kids away from me if I leave  
... he's slapped me, beaten me, hit me, pushed me or strangled me during arguments  
... he doesn't respect my wishes when I don't want to have sex

Have you experienced situations like these?

### Violence in relationships is very common.

Women are most likely to be affected – regardless of age, cultural background and education. Women with disabilities are especially affected.  
Women can also be violent – in heterosexual or lesbian relationships.

..... Relationship

*"I'm getting more and more anxious, I often can't sleep at night, I'm nervous and I constantly have headaches."*

### Violence harms the body and the soul!

Physical wounds heal quickly but the emotional pain often endures. Health and wellbeing can suffer even if physical violence or emotional harm took place a long time ago.

### Typical complaints are:

- Chronic pains: headaches, back pains
- Lower abdominal pains
- Breathing difficulty and heart troubles
- Anxiety and panic attacks
- Sleeping disorders
- Eating disorders
- Despondency
- Depression
- Excessive use of alcohol, tobacco or medicines
- Addictions

..... Violence

*"I thought the kids didn't realise what was going on. But they wake up and hear everything."*

### What hurts you also hurts your children

Children feel threatened or guilty if they are exposed to violence at home.  
Children's health also suffers. Children display conditions such as anxieties, sleeping problems and eating disorders, headaches and stomach-aches. Often they have trouble concentrating, which can impact on their school performance. Children need safety and protection to be able to flourish.

### There is Support!

Have the courage to break the silence.  
Confide in someone.

..... Health