YOUR BODY IS YOURS

Help for women and girls seeking refuge from Ukraine

Has someone crossed your personal boundaries in a sexual way?
Are you concerned about a woman or a girl?

We´re here to listen to you and support you in confidential and free consultations.

On Thursdays from 1pm – 2pm we offer telephone consultations for women and girls who have come from Ukraine. With the help of our female language interpretors, you can speak to us in Ukrainian, Russian and English by calling 06221 183643.

frauen notruf
gegen sexuelle Gewalt an Frauen und Mädchen e.V.
heidelberg

Baden-Württemberg
MINISTERIUM FÜR SOZIALES, GESUNDHEIT UND INTEGRATION

Finanziert aus Landesmitteln, die der Landtag Baden-Württemberg beschlossen hat.

Frauennotruf Heidelberg is a specialized consultation service that stands up against sexualized violence. Our female consultants are there to help all women and girls from age 14 who are affected by sexualized violence. We also offer consultations for their supporters (for example parents, partners, friends, professional helpers).

If someone has crossed your line sexually, feel free to contact us. You´re also welcome if you aren´t sure whether you´ve experienced a sexual assault or if you´re worried it could happen. Sometimes it´s difficult to understand what was going on and to cope with it. We´re here for you, no matter how long it was ago, where it happened and who was involved.

We provide consultations face to face, by telephone or video call. Apart from our hotline on Thursdays, you can contact us during our regular telephone consultation hours in German.

Frauennotruf gegen sexuelle Gewalt an Frauen und Mädchen e. V. Heidelberg
Telephone: 06221 183643 (Mon, Wed, Fri 10-12; Tue, Thu 14-16)
E-Mail: info@frauennotruf-heidelberg.de
Internet: www.frauennotruf-heidelberg.de
Address: Bergheimer Str. 135, 69115 Heidelberg

For nationwide 24h support you can contact Hilfetelefon Gewalt gegen Frauen (helpline violence against women): **116 016** (free, anonymous, available in Ukrainian, Russian and further languages)