

## Hilfe bei Häuslicher Gewalt im Kreis Gütersloh - Ein Wegweiser

Das Video zum Text findest du hier: [Hilfe bei Häuslicher Gewalt im Kreis Gütersloh - Ein Wegweiser - YouTube](#)

### Introductory text

This is a video for women in the Gütersloh district who have experienced, or are still experiencing domestic abuse.

The video is designed to show: What exactly is domestic abuse? What can I do about it, and where can I get help in the Gütersloh district?

If you don't want to see anything about abuse right now, then you could also watch the video on another day, for example.

First, we explain what domestic abuse is and give some examples of it. Then we present some different organisations in the Gütersloh district and show how they help women suffering from abuse.

### Domestic abuse

What exactly is domestic abuse? Domestic abuse means all forms of physical, psychological or sexual abuse or violence between people usually living in one household.

It makes no difference whether the two people are married, in a civil partnership or just living together. The important thing is that they are currently in a relationship, were in one or are currently separating.

Domestic abuse does not necessarily happen at home. It can also happen on the street, in a shop or at work. But it often takes place at home.

Here are some examples of domestic abuse. Are you familiar with situations like this?

Does your partner insult you?

Put you down in front of other people?

Control your money or your smartphone?

Suddenly become very angry and aggressive?

Damage your property?

Forbid you from talking to your friends?

Follow you?

Refuse to accept that you want to break up?

Touch you against your will?

Threaten to harm himself, you or the children?

Force you to have sex?

Threaten and intimidate you?

Push, hit or shove you?

Domestic abuse comes in many different forms. But the important thing is that abuse is a criminal offence, and it is always the abuser's fault!

You are not alone in this! A quarter of all women aged 16 to 85 have been abused by a partner at least once in their lives. You need to know that you are not alone, and you have the right to seek help and get help.

In the Gütersloh district, there are various organisations that can help you if you experience abuse. We present some of them in this video.

## **Police**

In an emergency, calling the police is always the right thing to do. The number is 110. The police can be reached at any time of day or night.

If you experience abuse at home, the police can protect you. The police will question you and the abuser separately. It is important for you to say what happened.

When domestic abuse happens, it is always the abuser who leaves. The police can evict the abuser from your home for 10 days. This means he is banned from coming home and is not allowed to enter your home for 10 days. Those 10 days give you time, with the help of the other support organisations presented in this video, to find protection and advice and together plan the next steps you can take.

It is important to write down details about the incident, such as the date, time and what exactly happened. If you were injured, it is important for you to see a doctor, say where the injuries come from and have them photographed. All this is important if you want to file a criminal complaint. You do not have to decide straight away.

## **Victim protection by Gütersloh police**

The Gütersloh victim protection scheme involves talking to victims of criminal offences to give them information and advice to protect them against further offences, and to explain their rights and options.

The victim protection officers focus on advising victims of domestic abuse, stalking, sexual offences and crimes of violence.

The telephone number is 05241 8691873.

## **Gütersloh women's refuge**

The Gütersloh women's refuge is a facility offering anonymous protection for women and their children. You can find advice, protection and accommodation there.

The refuge address is secret. You are safe there.

You can contact the refuge by telephone to take the first step. The telephone number is 05241 34100. On the phone, your questions can be answered, and the female refuge workers can help find the right solutions for you.

## **Gütersloh women's advice centre and office to combat sexual violence**

Do you want to talk about something that has happened to you, or do you need help working out your next steps?

At the Gütersloh women's advice centre and office to combat sexual violence, you can get advice from female advisors. They provide anonymous, confidential advice free of charge.

They believe you and are on your side.

You can look for solutions together. You can also get advice with an interpreter. You can come for advice just once, or over a longer period of time.

## **Violence Against Women Support Hotline**

You can call the Violence Against Women Support Hotline on 08000 116 016 at any time of day or night, all year round. It is staffed by female specialists who can help and support you if you have experienced, or are experiencing abuse or violence.

The advice is anonymous and does not cost anything. Advice is provided in 17 different languages and in sign language via the video chat. The advisors can also put you in contact with suitable local support providers.

We in the Gütersloh district stand by you on your journey towards a life without abuse, and can give you support. You have a right to it!

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