

## **A person you are or you have been with is maltreating you physically or mentally or is threatening to do so.**

### **Here's what you can do:**

#### **Call the police 110**

The police may, for example, oblige a violent person to leave the common home for 10 days.

#### **What can you do?**

You may seek legal advice from a lawyer. (*Link to detailed information*)

You or a lawyer can apply to the competent court of first instance [Amtsgericht] for a housing assignment and a prohibition against contact and approach according to the Violence Protection Act. (*Link to detailed information*)

You can contact the Women's Advice Centre for information, advice and support in all necessary steps.

#### **If you don't feel safe**

You can seek refuge in a women's shelter!

Take important documents for yourself (and for your children) with you when you leave the apartment.

#### **Further information and help**

Helpline "Violence against women" [*Gewalt gegen Frauen*]

[Phone: 08000 11 60 16](tel:08000116016) (free, in many languages, 24 hours)

Women's refuge Warendorf

Phone: 02581-78018; [info@frauenhaus-warendorf.de](mailto:info@frauenhaus-warendorf.de)

Women's refuge Telgte

Phone: 02504-5155; [telgte@frauenhaus-und-beratung.de](mailto:telgte@frauenhaus-und-beratung.de)

You can also contact a women's refuge outside the district of Warendorf.

[www.frauen-info-netz.de](http://www.frauen-info-netz.de)

Women's Advice Unit/Specialist Unit against Sexual Violence

Phone: 02521 16887; [info@fhf-beckum.de](mailto:info@fhf-beckum.de)