



→ | Sexualised Violence
Protection in Oberhausen

Information
Addresses
Telephone numbers

Read this brochure to find out how you can get the police protection in the event of sexualised violence, where you can get support and counselling, and what your rights are.

For your convenience, we have compiled the contact details of the respective institutions in the address list on pages 18 and 19.

This brochure is ...

Available at:

**Gleichstellungsstelle
im Bereich Chancengleichheit**
Schwartzstraße 73 | 46045 Oberhausen
☎ (0208) 825 2050
✉ gleichstellungsstelle@oberhausen.de

published by:

Arbeitskreis  **Gewalt**
Oberhausen

sponsored by:

Ministerium für Heimat, Kommunales,
Bau und Gleichstellung
des Landes Nordrhein-Westfalen



→ What is sexualised violence?

Sexualised violence is violence perpetrated by means of sexual acts of any kind and means a massive violation of boundaries for those affected. It is an attack on the psychological and physical integrity.

Sexualised violence is usually perpetrated by acquaintances of the victims and less frequently by sudden strangers. Sexualised violence occurs in all social classes, irrespective of income, level of education, culture, religion or social status.

→ Forms of sexual violence

Insinuating remarks | Unexpected touching | Forced kisses | Pressing of the body | Exhibitionism | Sexual abuse of children | Rape | Sexual assault | History of abuse | Sexual boundary violations online | Confrontation with visual material | Sexual advances via chats | Sexting | Grooming

Sexual abuse of children

Sexual abuse always occurs when adults or adolescents use a girl or boy to act out their own needs through sexualised violence. Offenders exploit their position of power and the dependence of the child and ignore the child's boundaries. They see the child only as an object.

This is not a slip or an accident, but a deliberately planned, often carefully prepared act. Sometimes offenders use sexual and physical violence at the same time, even if the child is "only" trapped in a situation with threats, promises or rewards. Sexual abuse rarely happens once - it is usually a repeat offence.



About every 4 - 5 girls and every 9 - 12 boys experience sexualised violence at least once before the age of 18.¹

¹ zartbitter Köln (zartbitter Cologne)

Strategies of Offenders

Sexual abuse is predominantly committed by men and male adolescents. In about 20% of the cases, women and adolescent girls commit sexualised violence. One third of all sexual assaults are committed by child and adolescent offenders. 90% of the offenders come from the child's immediate environment. Only 10% of them are completely unknown to the child. They come from every social class, irrespective of culture, religion, skin colour, age and level of education.

There is no such thing as sexual abuse "by mistake". Sexualised violence is not a spontaneous act, but rather a deliberately sought and planned one. Offenders establish an increasingly close network of relationships in advance, into which they entangle their future victim.



The blame and responsibility for the sexual assault always falls on the offenders.

Consequences

Sexual abuse in childhood often has serious long-term consequences. It does not take place in a vacuum, instead it takes place in conjunction with other life experiences. The duration, its extent, the proximity of the child to the offender, the family dynamics, the presence or absence of help for the child are all factors that determine the consequences. If, for example, the child receives support and is believed in, the consequences of the abuse in adulthood may be minor.

Possible effects in adulthood

- Trust issues
- Fear of closeness
- Difficulty in saying "no"
- Feelings of powerlessness
- Difficulty falling asleep and staying asleep
- Recurring nightmares
- Feelings of guilt and shame
- Poor self-esteem
- Distressing moods and even depression
- Self-destructive and self-injurious actions
- Addictive behaviour (drugs, alcohol, medication, eating)
- Flashbacks (memory flashes or movies)
- Feeling numb, not feeling a sense of being whole

- Choking and suffocating
- Difficulty swallowing
- Shortness of breath
- Skin rashes
- Itching
- Suicidal fantasies and attempts



If the above-mentioned effects become apparent in the long term, this may be an indication that a trauma disorder has developed. You can find support in trauma outpatient clinics, with psychiatrists or neurologists, psychotherapists and in women's counselling centres.

Sexual harassment, sexual assault, rape

Sexual harassment

manifests itself in various forms. This can be suggestive looks and remarks about the figure/appearance, obscene jokes, showing degrading pornographic images or unexpected, seemingly accidental touching, especially in intimate places.

According to a German representative study (www.frauen-gegen-gewalt.de/en/bmfsj-2004.html), 60% of all women in Germany have experienced at least one form of sexual harassment in the course of their lives. Sexual harassment can take place in public spaces, at school, at work, in means of transport, on the street or even in one's own home. Everyone deserves to have their personal boundaries respected.

Sexual assault

includes all sexual acts that are performed on the person against the person's apparent will or when the person is coerced into performing the acts.

Since November 2016, a new sexual criminal law has been in force in Germany, according to which sexual acts against the recognisable will of a person are punishable.

Rape

is the most extreme form of sexualised violence. Contrary to the widespread belief that rape is committed by strangers, 70-80% of the offences are committed by men who are close acquaintances of the person concerned. Forced sexual intercourse within marriage is also rape and therefore punishable.

Every rape is a massive violation of personality and a serious attack on the psychological and physical integrity. In the rape scenario, victims experience that they are at the mercy and power of the offender.

Reactions of the victims

- They feel as if they were in a state of shock
- They feel as if they were paralysed
- They feel speechless
- They act as if nothing has happened
- They often have recurring memories of the offence
- They are afraid to go out of the house and cope with everyday life
- They feel dirty and constantly want to wash themselves
- They suffer from panic attacks and insomnia
- They cannot bear to be touched
- They oscillate between wanting to fight back and the desire to forget

These are all **normal** reactions to **abnormal** experiences. They often feel partly responsible and believe they have misjudged a situation or ignored precautions.



Whatever the case, please do not blame yourself - only the person who committed the crime is to blame! You have a right to get help and support!

Relatives, friends and partners

are usually very unsettled and do not know how to deal with the affected person. Affected persons need a lot of understanding and support in their private environment.

What can you do to help as a caregiver?

- Do not express doubts about what is being reported!
- Try to be a good listener!
- Do not ask the person about details!
- Relieve them of self-reproach and guilt!

- Discuss all possibilities of further action, but you should refrain from taking over any decisions!
- Do not take any steps without the consent of the person concerned!
- Legal steps particularly should only be taken after thorough information and deliberations.
- Offer your company, a place to stay overnight, accompany the person to the police station or to the doctor's office!
- Be patient, give the person concerned some time!



Partners can also seek professional support!

Digitalised violence with sexualised content

Digitalised violence is a generic term for forms of gender-based violence that use technical aids and digital media (mobile phones, apps, internet applications, emails, etc.) and/or gender-based violence that takes place in the digital space, e.g. on online portals or social platforms.

Digitalised violence aims to degrade, damage the reputation, socially isolate and coerce or extort certain behaviour from those affected. The anonymous approach made possible by digital media results in a low inhibition threshold for the perpetrators of violence. However, digitalised violence often also takes place under the context of (ex-)partner violence, stalking and separation.

The following can be forms of digitalised violence with sexualised content

- Dissemination of intimate videos or pictures
- Blackmail with intimate videos or pictures
- Creating and distributing videos made during rape
- Creating fake profiles for dating sites, social networks, porn sites or for placing fake advertisements
- Unauthorised shooting of pictures/videos in public spaces (toilets, changing rooms)

Questions from victims on handling strategies and legal action

- How do I delete pictures that are circulating on the internet?
- How do I protect myself from threats?
- Is it possible to ban people from social networking sites?
- How do I deal with shaming?
- Can the dissemination of "nude photos" be punished under criminal law?

Children and adolescents are also at risk of becoming victims of sexualised violence on the internet. In social networks, children and adolescents are unintentionally sexually addressed and harassed or they are confronted with pornographic and violent content that is harmful to adolescents.

→ Particularly serious consequences

Pregnancy after sexualised violence

It may be possible to obtain a criminological or medical indication. According to German law, there is a criminological indication for every pregnancy of a girl under the age of 14.

If it cannot be ruled out that a sexual assault has resulted in pregnancy, you have the option of taking the "morning-after pill". Up to 72 hours a pill with the active ingredient levonorgestrel, up to 120 hours afterwards, a pill containing the active ingredient ulipristal acetate. Both pills can be bought over-the-counter at pharmacies.

Another option for post-contraception is the "IUD after" up to the 5th day after sexual intercourse. The IUD must be inserted by a doctor.

For more information, please contact

→ pro familia Oberhausen

☎ (0208) 867 771

✉ oberhausen@profamilia.de

Infection with HIV

There is a high risk of infection with HIV during unprotected vaginal and anal intercourse. However, an HIV infection can only be detected 6 weeks after infection! **An immediate HIV test proves that an infection did not already exist beforehand.** For this reason, it is advisable to have an immediate HIV test done in order to be able to assert claims against the offender, insurance companies or under the Victim Compensation Act.

→ Since the time between the offence/infection and the definitive test result is up to 6 weeks, **Aidshilfe** also offers supportive counselling. Here you will be informed about the risk of infection and the consequences of a possible infection.

In order to prevent an HIV infection after unprotected sexual intercourse, you have the option of initiating PEP as an immediate measure within 72 hours. PEP stands for post-exposure prophylaxis and means "post-risk prevention". To this end, HIV medication must be taken for 4 weeks. The medication can prevent HIV from taking hold in the body. Specialised hospitals and doctors' practices can initiate PEP.

→ Der Bereich Gesundheit der Stadt Oberhausen

(The health department of the city of Oberhausen) offers anonymous, free and confidential counselling and testing for HIV, AIDS and sexually transmitted infections.

For information, please contact

☎ (0208) 825 2597

✉ sti@oberhausen.de

Test consultation without appointment

Tue 1.30 pm - 4 pm

Thu 7.30 am - 11 am and 1.30 pm - 4 pm

Infection with other sexually transmitted infections

It is also possible to contract other sexually transmitted infections (e.g. hepatitis, syphilis, gonorrhoea). However, most of these diseases can be treated or cured. What matters is that the diagnosis is made! It is advisable to consult a doctor at the latest when symptoms appear (itching, burning when urinating, purulent discharge). It is often possible to get a vaccination immediately after the offence/infection.

→ Legal options

Reporting to the police

Filing a complaint is the only way to have the offenders punished by the courts and at the same time an important step for you as the person affected to actively process the situation and defend yourself. Filing a complaint can protect other people from becoming victims of the same offenders. It also facilitates the assertion of claims under the Victims Compensation Act and helps you to claim damages and compensation for pain and suffering from the offenders.

If you decide to report an offence, you should do so as early as possible because this gives you the best chance of catching the offenders and proving that they committed the offence.



For the proof of the offence, the immediate medical examination/medical report immediately after the offence is of great importance for later criminal proceedings. Please therefore report as soon as possible to the



Ambulanz des AMEOS Klinikum St. Clemens

(Outpatient clinic of the AMEOS Klinikum St. Clemens)

Wilhelmstraße 34
46145 Oberhausen
☎ (0208) 695 0

or in the



Notfallambulanz des Ev. Krankenhauses (EKO)

(Emergency Outpatient Clinic of the Ev. Hospital)

Virchowstraße 20
46047 Oberhausen
☎ (0208) 881 1290 Central Emergency Department Adults
☎ (0208) 881 1300 Children's Emergency Department



*If at all possible, you should **not wash** beforehand, as this could destroy important traces. Similarly, you should not wash worn clothing under any circumstances. It is best to use paper bags to transport and store the clothes. If possible, write yourself a memory log in which you describe what happened and record any current and retrospective feelings. The feelings and effects of the rape on your life are very important in a court hearing.*

You can also get legal advice. Lawyers can file a complaint in writing on your behalf and file a criminal complaint. In any case, however, your complaint will be followed by a police interrogation, during which your legal advisor can accompany you.

In Oberhausen, you can go directly to the specialist police station and to the specially trained staff in charge of prosecuting sexual offences. You can make an appointment there, if you wish, with a female police officer.



Kriminalkommissariat 11

(Criminal Investigation Department 11)

☎ (0208) 826 4611

You can have someone you trust accompany you when making a report. Read the record of the statement carefully. Your statement is important for all further proceedings and must be truthful.

The police will accompany you to the hospital for a medical examination. The hospital staff will make sure that all traces and evidence are secured and that you are treated with understanding and consideration.

Should you not (yet) wish to press charges – anonymous evidence recovery (ASS)

Many victims are very stressed after the sexual offence and need time to understand what has happened. It is possible to seek legal counselling and advice from the women's counselling centre before filing charges in order to make a decision for or against filing charges.

In order to make it possible that the traces can serve as evidence in possible later criminal proceedings, victims should contact the Evangelical Hospital Oberhausen immediately after the act of violence and ask for anonymous

evidence recovery. The injuries and traces of the violent act are legally secured in a medical examination. The traces are stored anonymously at the Institute for Forensic Medicine in Düsseldorf for 10 years and can be retrieved for later court proceedings.

The examination is anonymous, free of charge and voluntary. Those affected are also informed about psychosocial support services.

→ **Evangelisches Krankenhaus Oberhausen (EKO)**
(Evangelical Hospital Oberhausen)
Virchowstraße 20
46047 Oberhausen
(0208) 881 1290 Central emergency room adults
(0208) 881 1300 Children's emergency room

Legal proceedings

After the police have become aware of the offence, the public prosecutor's office starts the investigation with the help of the police. Once the investigation is completed, the prosecution usually files charges. Depending on the expected punishment, the court (a district court or a local court) assumes jurisdiction.

In court proceedings, the person concerned is a witness, but can also appear as a joint plaintiff. In principle, victims of sexualised violence are entitled to be represented by lawyers if the offence is a crime (10-year statute of limitations and longer), and for victims under 16 years of age even if the offence is a misdemeanour (five-year statute of limitations). The prerequisite is that a corresponding application is filed. The costs are borne by the state treasury. The state demands the money back if the offenders are convicted. The lawyers can, among other things, inspect the files.

Victims can participate in the entire trial and have the right to be heard. Questions and requests for evidence can be raised at any time by the victims as well as by the lawyers.



The statute of limitations depends on the severity of the offences. In the case of offences under sections 176 to 178 of the Criminal Code, the statute of limitations is suspended until the victim reaches the age of 30, i.e. the limitation period does not begin until the victim reaches the age of 30.

Psychosocial support in criminal proceedings

Victims of a criminal offence have the option of taking advantage of psychosocial support during the trial. Here, those affected receive information on the course of the criminal proceedings, accompaniment to hearings and support in coping with stresses and strains that may arise in connection with the criminal proceedings.

In certain cases, victims are entitled to free assistance. This comes into consideration especially in the case of minor victims of serious sexual or violent offences and victims of serious sexual or violent offences who cannot adequately safeguard their interests themselves or who are particularly in need of protection. For this purpose, an application must be made to the competent court; this can be done by the persons concerned themselves or by their legal counsel.

The persons to be assigned are selected by the court. However, it is possible to propose guardian ad litem. You can find a list of recognised guardians ad litem at www.justiz.nrw.de/BS/opferschutz/psychosoz_prozessbegl/index.php

Victim Compensation Act

The Victims' Compensation Act regulates state compensation under the Federal Victims' Compensation Act for persons who suffer damage to their health as a result of an assault. The application must be submitted to the

→ **Landschaftsverband Rheinland (LVR)**
(Rheinland Regional Association)

It covers the following expenses especially

- Treatments and medical care
- Pension, if the damage to health leads to a not only temporary reduction in earning capacity of at least 25%.
- Death and burial benefits
- Survivors' benefits

→ Further support and counselling

→ Women's counselling centre (Frauenberatungsstelle)

The Women's Counselling Centre serves as a contact point for women and girls over the age of 16 who have experienced sexualised violence. The counsellors are specialised in working with women who have been affected by physical/mental violence and have received training in trauma therapy. You have the option of benefiting from individual counselling. The staff members are bound to professional secrecy. The counselling is an impartial, free of charge and voluntary service.

You will receive information about

- the consequences and effects of sexualised violence
- how to file a complaint
- Legal proceedings
- Victim Compensation Act

You will be guided to

- lawyers
- Policy
- Court hearings

Telephone consultation hours

Monday 9.00 am - 12.00 pm | Wed 2 pm - 5 pm
Thursday 9.00 am - 12.00 pm | Fri 1 pm - 3 pm

We offer counselling on the phone at these times, make appointments for counselling sessions and resolve any queries. Please leave a message on our answering machine if you call outside these hours.

→ Women's shelter (Frauenhaus)

The women's shelter helps you if you experience sexualised violence at the hands of your partner and therefore want to leave your shared home. You can live here temporarily and receive counselling and support. You can also find help at the women's shelter if you want to protect your children from sexual violence at the hands of your husband/partner.

→ pro familia

You can contact pro familia if you

- suspect that a girl/boy has experienced sexualised violence
- know that a child/adolescent has been sexually abused and you need help and support
- have experienced sexualised violence yourself
- would like advice on making a decision about pressing charges
- would like to find out how you can protect a child against sexualised violence in a preventive way
- have questions about unprotected sexual intercourse and the morning-after pill
- are pregnant and need conflict counselling and/or a criminological indication for termination of pregnancy
- need counselling and support in decision-making
- want to consult a gynaecologist in a stress-free atmosphere in order to document or rule out injuries (no anonymous forensics)
- want to receive psychological counselling and care after an abortion
- would like to receive information on legal, social and financial assistance

You will receive support from a doctor, a psychologist and pedagogues with various therapeutic qualifications.

Children, Youth, Education

offers you the following in the event of sexual abuse

- Counselling and referral to other counselling centres and support services
- Flexible and in-patient help
- Care and support for your children in an emergency situation
- Participation in family court proceedings to arrange and regulate custody and access rights and to protect against further experiences of violence.
- Integration help in the case of imminent or already existing mental disabilities

At the Youth Welfare Office, information is treated confidentially upon request. The Youth Welfare Office is not obligated to report cases. You will find contact persons in the regional team responsible for educational youth welfare services.

→ Regionalteam erzieherische Jugendhilfe

→ **Psychologische Beratungsstelle für Kinder, Jugendliche, junge Erwachsene und Eltern der Stadt Oberhausen**
(Psychological Counselling Centre for Children, Adolescents, Young Adults and Parents of the City of Oberhausen)

We are a team of qualified psychologists, qualified social pedagogues and curative pedagogues. Our counselling/therapy is voluntary and free of charge. We are subject to a special confidentiality obligation. No information will be passed on without your consent.

We offer counselling and therapy

for children, adolescents, parents and other guardians. We also offer counselling and therapy for children, adolescents, young adults or parents who have been directly or indirectly affected by sexualised violence.

We offer them

- Help in clarifying and coping with individual and family-related problems and the underlying conditions
- Developmental support in individual and group therapies (if necessary)
- Help in solving parenting issues as well as difficulties of separation and divorce.

Who may contact us?

- Families
- Parents
- Single parents
- Children
- Adolescents up to 21 years of age
- Multipliers

Forms of counselling and therapy

- Counselling sessions
- Individual therapy
- Play therapy
- Group therapy
- Family counselling or therapy
- Marriage and partnership counselling
- Child and adolescent psychotherapy
- Psychological diagnostics

Psychological help

You can also get psychological help from the

- **Erziehungsberatung, Familien- und Schulambulanz des Caritasverbandes**
(Educational counselling, family and school outpatient clinic of the Caritas Association)
- **Evangelische Beratungsstelle für Erziehungs-, Partnerschafts- und Lebensfragen**
(Evangelical counselling centre for education, partnership and life issues)
- **Traumaambulanz**
(Trauma outpatient clinic)

→ **Weisser Ring**

The association supports victims of crime on a voluntary basis and can advise you in detail about the above-mentioned possibilities. In addition, you can receive a so-called counselling cheque from the Weisser Ring, which covers the initial counselling with a lawyer. Under certain circumstances, a lawyer can even be financed for the duration of the entire proceedings. For more information, please contact the Weisser Ring.

→ **Solwodi**

Solwodi e. V. helps victims of sexual violence who work in prostitution. You can turn to our counselling centre if you are forced into sexual acts or prostitution and/or if you want to leave prostitution. Our team is multilingual and will advise you confidentially and free of charge. We offer counselling on how to get out of prostitution, mediation and accompaniment to offices and authorities, referral to other support services as well as help with returning to your home country.

→ **Gleichstellungsstelle/Gleichstellungsbeauftragte**
(Equal Opportunities Office/Equal Opportunities Commissioner)

The Equal Opportunities Office of the City of Oberhausen offers general counselling or can refer you to relevant local institutions.

A**Aidshilfe Oberhausen e. V.**

Marktstr. 165 | 46045 Oberhausen
 ☎ (0208) 806 518 | 📠 (0208) 810 6927 8
 🌐 www.aidshilfe-oberhausen.de

Amtsgericht Oberhausen

Legal Application Office | Room 6
 Friedensplatz 1 | 46045 Oberhausen
 ☎ (0208) 858 6313 | 📠 (0208) 858 6218
 Opening hours Mo - Fr 8.00 am - 12.00 pm

E**Erziehungsberatung, Familien-
u. Schulambulanz des Caritasverbandes**

Am Förderturm 8 | 46049 Oberhausen
 ☎ (0208) 940 4920

**Evangelische Beratungsstelle
für Erziehungs- Partnerschafts-
und Lebensfragen**

Grenzstr. 73 c | 46045 Oberhausen
 ☎ (0208) 850 087 | 📠 (0208) 850 0899
 ✉ evangelische.beratungsstelle@
 kirche-oberhausen.de

F**Frauenberatungsstelle**

Helmholtzstr. 48 | 46045 Oberhausen
 ☎ (0208) 209 707 | 📠 (0208) 203 728
 ✉ info@fbst-ob.de
 🌐 www.frauenhelfenfrauen-
 oberhausen.de

Frauenhaus

☎ (0208) 804 512 | 📠 (0208) 257 57
 ✉ info@fhf-ob.de
 🌐 www.frauenhelfenfrauen-
 oberhausen.de
 🌐 www.frauen-info-netz.de

G**Gleichstellungsstelle
im Bereich Chancengleichheit**

Schwartzstr. 73 | 46045 Oberhausen
 ☎ (0208) 825 2050 | 📠 (0208) 825 5030
 ✉ gleichstellungsstelle@oberhausen.de

K**Kommissariat
Kriminalprävention/Opferschutz**

From 2021
 Marktstr. 47-49 | 46045 Oberhausen
 ☎ (0208) 826 4511 | 📠 (0208) 826 4529
 ✉ kriminalpraevention.oberhausen@
 polizei-nrw.de
 🌐 www.polizei-nrw.de

Kommunales Integrationszentrum (KI)

Mülheimer Str. 200 | 46045 Oberhausen
 ☎ (0208) 305 7601 8 | 📠 (0208) 305 7602 5

L**Landschaftsverband Rheinland**

Kennedy-Ufer 2 | 50679 Köln
 ☎ (0221) 809 0 | 📠 (0221) 809 2200
 ✉ post@lvr.de | 🌐 www.lvr.de

N**Beratungsstelle Neue Wege**

Outpatient relapse prevention department
 Lohbergstr. 2 a | 44789 Bochum
 ☎ (0234) 965 0349 | 📠 (0234) 950 3516
 ✉ neuewege.rv@caritas-bochum.de
 🌐 www.neuewege-caritas-bochum.de
 🌐 www.caritas-bochum.de
 Office hours Mon - Fri 9.00 a.m. - 12.00 p.m.
 Consultation hours by appointment

**Notfallambulanz des Evangelischen
Krankenhauses (EKO)**

Virchowstr. 20 | 46047 Oberhausen
 ☎ (0208) 881 1290 for adults
 ☎ (0208) 881 1300 for children

P**pro familia**

Bismarckstr. 3 | 46047 Oberhausen
 ☎ (0208) 867 771 | 📠 (0208) 970 2999
 ✉ oberhausen@profamilia.de
 🌐 www.profamilia.de

**Psychologische Beratungsstelle
für Kinder, Jugendliche, junge Erwachsene
und Eltern der Stadt Oberhausen**

Schwarzwaldstr. 25 | 46119 Oberhausen
 ☎ (0208) 610 590 | 📠 (0208) 610 5928
 ✉ psych.beratung@oberhausen.de

R**Regionalteams
Educational youth welfare****Oberhausen-Mitte/Styrum**

Danziger Str. 11 - 13 | 46045 Oberhausen
 ☎ (0208) 825 2243 | 📠 (0208) 824 2298

Oberhausen Ost

Alte Heid 13 | 46047 Oberhausen
 ☎ (0208) 825 3970 | 📠 (0208) 825 3980

Oberhausen-Alstaden/Lirich

Concordiastr. 30 | 46049 Oberhausen
 ☎ (0208) 825 2386 | 📠 (0208) 825 9391

Oberhausen-Sterkrade

Steinbrinkstr. 188 | 46145 Oberhausen
 ☎ (0208) 825 6136 | 📠 (0208) 825 6135

Oberhausen-Osterfeld

Bottroper Str. 183 | 46117 Oberhausen
 ☎ (0208) 825 8110 | 📠 (0208) 825 8139

S**Solwodi**

c/o RAIN Jochheim
 Hufergasse 37 | 45239 Essen
 ☎ 0157/86459907
 ✉ oberhausen@solwodi.de

T**Traumaambulanzen
LVR-Klinikum Essen**

Clinics and Institute of the University
 of Duisburg-Essen

Holsterhauser Platz 6 | 45147 Essen
 ☎ (0201) 722 7521
for adults

Wickenburgstr. 21 | 45143 Essen
 ☎ (0201) 870 7450
for children and adolescents
 🌐 www.rk-essen.lvr.de

W**Weisser Ring**

Branch Office Oberhausen
 PO Box 140108 | 46131 Oberhausen
 ☎ (0208) 604 495 | 📠 (0208) 628 7251
 ✉ WR-Oberhausen@gmx.de

This brochure is available at
Gleichstellungsstelle der Stadt Oberhausen
Schwartzstraße 73 | 46045 Oberhausen
☎ (0208) 825 2050

 **HILFE TELEFON**
GEWALT GEGEN FRAUEN

08000 116 016

www.hilfetelefon.de