



Landeshauptstadt
Mainz

***First aids
in case of violence
against women***

First aids in case of violence against women

Violence against women has many faces: molestation, insult, mobbing, stalking, beating, sexual abuse, rape. These are only some forms of violence that many women suffer. Violence can hit any woman, no matter her age, her social status, how much money she earns or where she is from.

Most of the women know their perpetrator well. He can be her partner, an acquaintance, a family member or a colleague. The crime scene is much more often the own home than the street at darkness. That makes it especially difficult for the woman, to defend herself and to find her way out of the violence.

You are looking for:

- Information, counselling, support or therapy, because you suffered from violence or still do?
- Protection?
- Medical help after violence or rape?
- Support in pressing charges?

Quite a number of women's help-lines in Mainz help to find this way out. Most of these organizations are – based on decades of experience- well grounded in informing and supporting affected women. In this flyer you find the addresses of counselling institutions offering women first aid on violence.

Information, counselling, support, therapeutic help

Helpdesk on domestic violence

**Fachberatungsstelle bei Gewalt in engen sozialen
Beziehungen (SKF)**

Römerwall 67

55131 Mainz

Telefon: 0 61 31 - 27 92 92

Telefax: 0 61 31 - 27 95 05

E-Mail: kontakt@frauenhaus.mainz.de

Counselling centre for women suffering violence; counselling in person or over the phone to clear the violent situation (if wanted anonymous); information on safety precautions; help in dealing with the authorities or other institutions; support by decision-making and developing future perspectives

Help-Line and counselling for raped women and girls

**Notruf und Beratung für vergewaltigte Frauen und
Mädchen e.V.**

Fachstelle zum Thema sexualisierte Gewalt

Walpodenstraße 10

55116 Mainz

Telefon: 0 61 31 - 22 12 13

E-Mail: info@frauennotruf-mainz.de

www.frauennotruf-mainz.de

Support of women and girls from age 14, who suffered sexual violence in different forms, regardless how long back the event happened

Attendance and reassignment

Support of next of kin

Groups

Counselling centre for family planning and sexual counselling

pro familia Mainz e.V.

Deutsche Gesellschaft für Familienplanung,

Sexualpädagogik und Sexualberatung

Quintinsstraße 6

55116 Mainz

Telefon: 0 61 31 - 287 66 10

Telefax: 0 61 31 - 22 39 73

E-Mail: mainz@profamilia.de

www.profamilia-mainz.de

Therapeutic counselling and crisis intervention for women and couples after acute violent conflict, after sexual assault and rape, after sexual and/or physical violence
Legal information for women or couples on juridical procedures after violence

SOLWODI e.V.

Solidarity with Women in Distress

Postfach 37 41

55027 Mainz

Telefon: 0 61 31 - 67 80 69

Telefon Rückkehrberatung: 0 61 31 - 67 07 95

Telefax: 0 61 31 - 61 34 70

E-Mail: mainz@solwodi.de

www.solwodi.de

Counselling for foreign women in distress; free of charge and on the case focused counselling related to violence among partners or within marriage, in cases of potential forced marriage or human trafficking or in cases of problems concerning family law or law of aliens

Victim Aid

WEISSER RING e.V.

Victim aid; assistance and personal care after a criminal offence; help in contact with authorities and court; company for hearings; material help; support in protecting victims' rights

nationwide info-phone: 018 03 - 34 34 34

Field office Mainz :Telefon: 0 61 31 - 622 63 11 oder

Rheinland-Pfalz office : 0 61 31 - 600 73 11

E-Mail: lbrheinlandpfalz@weisser-ring.de

Shelters for women and girls

Women's Shelter

Frauenhaus Mainz

Postfach 39 08

55029 Mainz

Phone: 061 31 - 27 92 92

E-Mail: kontakt@frauenhaus-mainz.de

www.frauenhaus-mainz.de

Refuge and protection for women facing violence and their kids in the women's shelter.

Support and attendance by professional counselling and practical help. Follow up counselling if wanted.

The address is anonymous.

Girls' Shelter

MädchenHaus Femma e.V.

MädchenZuflucht

Phone: 0 61 31 - 23 01 81

Telefax: 0 61 31 - 23 01 81

E-Mail: maedchenzuflucht@maedchenhaus-mainz.de

www.maedchenhaus-mainz.de

Protection, quiet and supervision around the clock; supporting the girl/young woman by clearing her situation with the parents, the environment and the youth welfare office; developing future perspectives.

Necessity supply with clothes etc.; close cooperation with school/employer; binding learning aids

For girls and young women aged from 13 to 21 years, that suffered violence, felt threatened and/or ran away because the family situation is unbearable.

The address is anonymous, all talks are confidential, the abidance in the shelter is at own will.

Medical examination

Gynaecological Hospital

Frauenpoliklinik der Universitätsmedizin Mainz

Langenbeckstraße 1

55131 Mainz

Telefon: 06131 - 17 27 64, außerhalb der Dienstzeiten: 17-0

www.unimedizin-mainz.de

Gynaecological check when sexual abuse is suspected,

Gynaecological check after rape

gynaecological consultation for children and adolescents

Institute for Forensic Medicine

Institut für Rechtsmedizin der Johannes Gutenberg-Universität

Am Pulverturm 3

55131 Mainz

Telefon. 06131 - 393 73 87

Telefax. 06131 - 393 31 83

www.rechtsmedizin.uni-mainz.de

- documentation of findings: saving and archiving of evidence in case the aggrieved party wants to press charges
- medical advice regarding further examination

Medinetz Mainz e.V.

im Caritas-Zentrum Delbrêl/Mainz-Neustadt

Aspeltstraße 10

55118 Mainz

Telefon: 0 61 31 - 205 20 15 (answering machine)

E-Mail: mainz@ippnw.de

www.medinetzmainz.de

Consultation for refugees and migrants without residency permit;

Placing physicians, who agreed on medicating refugees or migrants for free or low fare only. If needed placing of translators.

The answering machine is checked regularly.

The anonymity of the consultation is guaranteed in any case.

Consultation hours: Mondays 6-8 p.m.

Counselling centre for family planning and sexual counselling

pro familia Mainz e.V.

Deutsche Gesellschaft für Familienplanung,

Sexualpädagogik und Sexualberatung

Quintinsstraße 6

55116 Mainz

Telefon: 0 61 31 - 287 66 10

Telefax: 0 61 31 - 22 39 73

E-Mail: mainz@profamilia.de

www.profamilia-mainz.de

- gynaecological examination after rape
- emergency contraception

Report to police

Kriminalpolizei

K2 / Gewalt gegen Frauen und Kinder

Valenciaplatz 2

55118 Mainz

Telefon: 0 61 31 - 65 36 40

Telefax: 0 61 31 - 65 36 59

E-Mail: KDMainz.K2.Ltg@polizei.rlp.de

Criminal prosecution; take charges; investigative and tracing measures with as little adverse effect for the aggrieved party as possible; inclusion respectively placement of victim aid organizations.

The K2 is available from Monday until Thursday between 7 a.m. and 4 p.m. Friday from 7 a.m. til 1 p.m.; in the evening, at night and over the week-end: Kriminaldauerdienst, phone: 0 61 31 - 65 36 30.

Impressum

Frauenbüro | Landeshauptstadt Mainz

Rathaus | Jockel-Fuchs-Platz 1 | 55116 Mainz

Tel. 0 61 31 - 12 21 75 | Fax 0 61 31 - 12 27 07

E-Mail: frauenbuero@stadt.mainz.de

www.mainz.de/frauenbuero

Hausdruckerei der Landeshauptstadt Mainz

Stand: Oktober 2011 | Auflage: 500