

# SUPPORT FOR WOMEN

This document will help you find places to ask for help. You can find phone numbers for emergencies and links for further counselling and support.



Scan me!



## VIOLENCE AGAINST WOMEN

☎ 08000 116 016 (only accessible from the german network)

- 1 Women's helpline
- 2 Abuse help portal



## FEMALE GENITAL MUTILATION

☎ +49 89 14098147

- 3 Women's rights - List of contact points



## PREGNANCY

☎ 0800 4040020 (only accessible from the german network)

- 4 Advice and assistance with pregnancy (please wait up to 5 minutes for page to build up!)



## MENTAL HEALTH

- 5 Refugio Munich
- 6 Psychological counseling



## GENERAL HELP

- 7 Women against violence
- 8 Solidarity with women in need



Please be aware that there are more places to find help and support. This is just a selection of some of these.