

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.



Click here!



VIOLENCE AGAINST WOMEN

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

- 1 Women's helpline
- 2 Abuse help portal



FEMALE GENITAL MUTILATION / CUTTING

☎ +49 89 14098147

- 3 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 Victims of human trafficking and forced prostitution



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