



## Violence against women and girls

→ **Protection in Darmstadt and the  
Darmstadt-Dieburg District**

**Information**

**Addresses**

**Telephone numbers**

in simple language

**Many women experience violence.  
Every woman can experience violence.  
This booklet is designed to help.  
There should be no violence against women.**

Ed: Violence protection network prevention and protection  
against domestic and sexual violence against women, girls  
and boys in Darmstadt and the Darmstadt-Dieburg district  
as of: 11/2022

## → What is violence?

Violence at home happens between partners.  
It is also called: **Domestic Violence**.

For example:

Between husband and wife.

Between boyfriend and girlfriend.

Within the family.



Sometimes domestic violence happens  
when partners separate.

Then, for example, the ex-husband is the perpetrator.

This violence often happens in the home. But also,  
in the corridor or on the street. In cases of domestic  
violence, women are almost always the victims.

Most of the time men are the perpetrators  
of domestic violence.



## → How does violence happen?

Women experience different types of violence.

### **Physical violence:**

When someone hits or kicks a woman.

When someone injures a woman with fire or other things.



### **Sexual violence:**

When someone forces a woman to have sex.

When someone touches a woman even though she does not want it.



### **Psychological violence:**

When someone threatens or verbally abuses a woman.

When someone imprisons a woman.

When a woman is not allowed to have friends.

When a woman is not allowed to work or go out.

Different types of violence often happen together.

This is especially bad for women.





## → **What are the consequences of violence?**

**Many women become ill from violence.**

Some are very sad.

For a long time.

Other women have trouble sleeping.

Some women feel guilty.

Or they often have severe fear.

Some women hurt themselves.

They injure themselves.

Or they try to kill themselves.

Many women experience violence from their partner over a long period.

Only after years do they seek help from another person.

Or at a counseling center.

Often women experience violence for a long time before they seek help.

This is a severe consequence:

Many women are killed by their partner.

## → Who helps in the event of violence?

**If your partner threatens you,  
call the police.  
Emergency call: 110.**



State the following on the phone:  
Your name and address.  
Say you need help.  
Say if you are injured.  
Say if there are children or other people  
in the home with you.  
Say if the perpetrator is still there.  
And if he has a weapon.

Get yourself and the children to safety until  
the police arrive.

The police can make  
the perpetrator leave.  
For the time being, he is not  
allowed to come into the home.



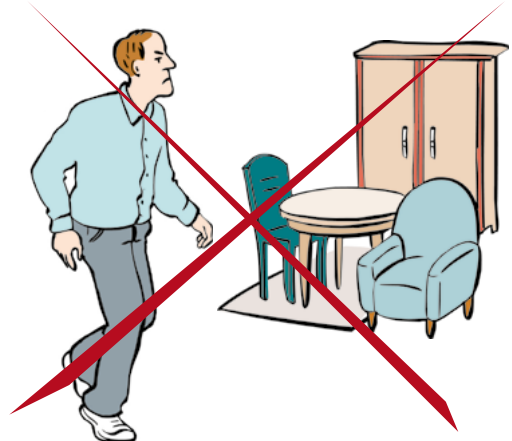
## → The Violence Protection Act

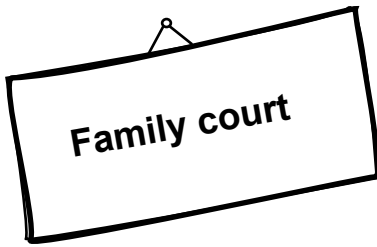
If you need protection for a longer period, the **Violence Protection Act** can help you.



The law states:  
For example:

The perpetrator is not allowed to enter your home.  
You can live alone in the shared home.  
The perpetrator is not allowed to come near you.  
He is not allowed to write letters to you.  
He is not allowed to email you.  
He is not allowed to call you





**To do this, you must  
file an application with the family court.  
So that the perpetrator can no longer threaten you.**

Most of the time the process goes very quickly.  
The application for protection against violence is often  
valid on the same day.  
Then you will be safe on the same day.

Sometimes it gets difficult.  
For example, if you and the perpetrator have children.  
Then the father is allowed to see the children.  
Get help from a legal advocate to keep you  
safe anyway.

→ **How does the Women's Counseling Center help?**

You can get information at the Women's Counseling Center:

**What can you do about the violence?**

**What are your rights?**

**Where can you find good attorneys on violence?**

No woman must deal with this alone.

You can get help from counseling centers



For example:

You can go to a women's counseling center near you.

A consultant will help you.

You can consider options together:

What can you do about the violence?

Where are you safe from the violence?

You may need a place in the women's shelter.

What can you do about the perpetrator?

For example, report him to the police.

There are women's counseling centers in Darmstadt and Dieburg:

➔ **Counseling Center "women rooms"**  
**(Beratungs-Stelle „Frauen – Räume“)**

Bad Nauheimer Straße 9  
64289 Darmstadt

 Phone: 0 61 51 - 37 50 80

 Fax: 0 61 51 - 66 95 841

 email: [info@frauenberatung-darmstadt.de](mailto:info@frauenberatung-darmstadt.de)

 Internet: [www.frauenberatung-darmstadt.de](http://www.frauenberatung-darmstadt.de)

➔ **Counseling Center "women helping women"**  
**(Beratungs-Stelle „Frauen helfen Frauen“)**

Zentturmstraße 6  
64807 Dieburg

 Phone: 0 60 71 - 25 66 6

 Fax: 0 60 71 - 20 79 18

 email: [beratungsstelle@frauenhelfenfrauen-da-di.de](mailto:beratungsstelle@frauenhelfenfrauen-da-di.de)

 Internet: [www.frauenhelfenfrauen-da-di.de](http://www.frauenhelfenfrauen-da-di.de)

➔ **Emergency call - pro familia Darmstadt**

Landgraf-Georg-Straße 120

64287 Darmstadt

☎ Phone: 0 61 51 - 4 55 11

✉ email: [notruf.darmstadt@profamilia.de](mailto:notruf.darmstadt@profamilia.de)

💻 Internet: [www.profamilia.de/darmstadt](http://www.profamilia.de/darmstadt)

➔ **Wildwasser Darmstadt e. V.**

Wilhelminenstraße 19

64283 Darmstadt

☎ Phone: 0 61 51 - 28 871

✉ email: [info@wildwasser-darmstadt.de](mailto:info@wildwasser-darmstadt.de)

💻 Internet: [www.wildwasser-darmstadt.de](http://www.wildwasser-darmstadt.de)



## → **How does a women's shelter help?**

**If a woman experiences domestic violence, she can go to a women's shelter.**

**She is protected in a women's shelter.**

**The women's children are also protected.**

At a women's shelter, women who experience violence can get help.

You can live there.

You can get advice.

You can get information.

The female employees at the women's shelter support the women.

They brainstorm together:

How can a woman's life go on?

What must happen so that the woman can live without violence?

How can the woman and children be protected?

The female employees in the women's shelter can advise and support the women.

They know what can be done to help women live well again.

For example, they advise on how the women can get money.

They advise women on their rights.

They accompany women to agencies.

Or to court.

The female employees in the women's shelter also help the children.

If the children witness violence, they may have problems when they grow up.

The female employees support the children.

So that they can be healthy and self-confident later.

Many women live in the women's shelter.

They help each other.

For example, they cook and eat together.

Sometimes they celebrate together.

There is a women's shelter in Darmstadt and in the district of Darmstadt-Dieburg:

➔ **Women's shelter Darmstadt (Frauen-Haus)**

☎ Phone: 0 61 51 - 37 68 14

☎ Fax: 0 61 51 - 35 19 26

✉ email: [info@frauenhaus-darmstadt.de](mailto:info@frauenhaus-darmstadt.de)

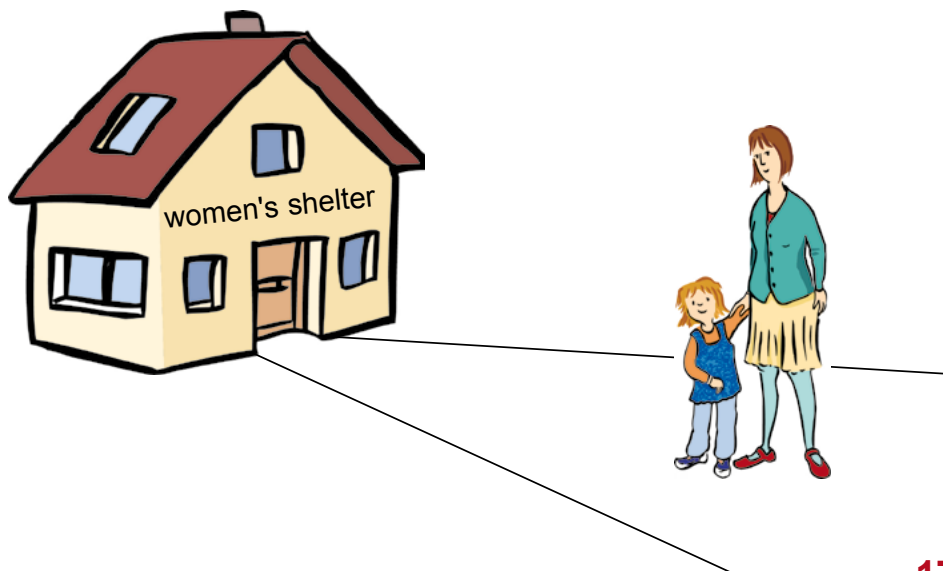
💻 Internet: [www.frauenhaus-darmstadt.de](http://www.frauenhaus-darmstadt.de)

➔ **Women's shelter Darmstadt-Dieburg (Frauen-Haus)**

☎ Phone: 0 60 71 - 33 0 33

✉ email: [frauenhaus@frauenhelfenfrauen-da-di.de](mailto:frauenhaus@frauenhelfenfrauen-da-di.de)

💻 Internet: [www.frauenhelfenfrauen-da-di.de](http://www.frauenhelfenfrauen-da-di.de)



## → Address list


### ➔ **District Court Darmstadt (Amts-Gericht)**

Family court (Familiengericht)

Mathildenplatz 15

Gerichtsgebäude D

64283 Darmstadt

 Phone: 0 61 51 - 99 20

Hours:

Monday to Friday

9:00 am to 12 noon



### **District Court Dieburg (Amts-Gericht)**

Family court (Familiengericht)

Bei der Erlesmühle 1

64807 Dieburg

 Phone: 0 60 71 - 20 30


Hours:


Monday to Friday

9:00 am to 12 noon

## → Address list

### ➔ Women's shelter Darmstadt (Frauen-Haus)

 Phone: 0 61 51 - 37 68 14

 Fax: 0 61 51 - 35 19 26

 email: [info@frauenhaus-darmstadt.de](mailto:info@frauenhaus-darmstadt.de)

 Internet: [www.frauenhaus-darmstadt.de](http://www.frauenhaus-darmstadt.de)

### ➔ Women's shelter Darmstadt-Dieburg (Frauen-Haus)

 Phone: 0 60 71 - 33 0 33


 email: [frauenhaus@frauenhelfenfrauen-da-di.de](mailto:frauenhaus@frauenhelfenfrauen-da-di.de)

 Internet: [www.frauenhelfenfrauen-da-di.de](http://www.frauenhelfenfrauen-da-di.de)

## → Address list Children

### → Der Kinder-Schutz-Bund


Holzhofallee 15  
64295 Darmstadt

 Phone: 0 61 51 - 36 04 15 0

 email: [info@kinderschutzbund-darmstadt.de](mailto:info@kinderschutzbund-darmstadt.de)

### → Youth Office Darmstadt (Jugend-Amt)

Frankfurter Straße 71  
64293 Darmstadt


 Phone: 0 61 51 - 13 27 25

 email: [staedt-sozialdienst@darmstadt.de](mailto:staedt-sozialdienst@darmstadt.de)

 Internet: [www.darmstadt.de](http://www.darmstadt.de)

### → District Youth Office Darmstadt-Dieburg (Kreis-Jugend-Amt)

Mina-Rees-Straße 6  
64295 Darmstadt


 Phone: 0 61 51 - 88 11 44 2

 email: [jugendamt@ladadi.de](mailto:jugendamt@ladadi.de)

## → Address list

### → Police Emergency call

 Phone: 110

 Fax: 110



→ **Internet-Pages**  
Further information in simple language



➔ **Bundes-Verband**

**Frauen-Beratungs-Stellen  
und Frauen-Notrufe**

 Internet: [www.frauen-gegen-gewalt.de](http://www.frauen-gegen-gewalt.de)

➔ **Frauen-Haus-Koordinierung e. V.**

 Internet: [www.frauenhauskoordinierung.de](http://www.frauenhauskoordinierung.de)

➔ **Hilfe-Telefon**

 Internet: [www.hilfetelefon.de](http://www.hilfetelefon.de)



## Help line 116 016

free of charge . confidential . around the clock!



### ➔ 116 016

is the number of the help line.

You can call the number if you are afraid of someone.

For example: When someone hurts you.

Or if someone wants to hurt you.


But also, if you see someone hurting a friend

## Order addresses

### **Women's Office of Darmstadt, City of Science (Frauenbüro der Wissenschaftsstadt Darmstadt)**

Hilpertstraße 31

64295 Darmstadt

 Phone: 06151 - 13 23 40

 email: [frauenbuero@darmstadt.de](mailto:frauenbuero@darmstadt.de)

Wissenschaftsstadt  
Darmstadt



### **Office of Equal Opportunity Darmstadt-Dieburg district (Büro für Chancengleichheit des Landkreises Darmstadt-Dieburg)**

Jägertorstraße 207

64289 Darmstadt

 Phone: 06151 - 881 10 44

 email: [chancengleichheit@ladadi.de](mailto:chancengleichheit@ladadi.de)



Landkreis  
Darmstadt-Dieburg  
Gesellschaft. Soziales.

Texts in this booklet are taken from the Bundes-Verband Frauen-Beratungs-Stellen und Frauen-Notrufe ([www.frauen-gegen-gewalt.de](http://www.frauen-gegen-gewalt.de)) and the Frauen-Haus-Koordinierung e.V..

Reinhild Kassing drew the pictures.