



Welcome to Our Consultation Center!

We help people who have experienced sexual violence. We also support those who are still experiencing sexual violence or are at risk of it.

What is sexual violence?

Examples include:

- Being touched without your consent.
- Being stared at or receiving inappropriate comments.
- Being forced to have sex.
- Being forced to watch others have sex.

What can we do for you?

- We will listen to you. We will only talk about what you want. We won't judge you.
- We will support you. Together, we will find a solution.
- We will explain what options you have and what you can do.

Who can come to us?

- People aged 18 and over who have experienced sexual violence.
- Their friends, family members, close relatives, or professionals who want to support them.
- It doesn't matter when or where the violence happened.
- Our services are free of charge.
- You don't have to tell us your name if you don't want to.
- It is your decision whether you want to report the violence. We support you no matter what you decide.

Your Rights:

You always have the right to decide what you want to do. No one is allowed to force you to do anything. You are always allowed to ask for help.

How to reach us:

You can call us or send a message. We will arrange a time for a conversation.



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Mon/Tue: 13:00 – 15:00 Uhr
Wed/Thu: 10:00 – 13:00 Uhr



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