

What you should know

If you have been subjected to sexual assault or have been raped, but also if you have had to suffer other acts of violence, you have to cope with physical and psychological injuries.

Those affected usually experience sexual violence as a profound turning point in their lives: nothing is as it was before. The psychological consequences are often far-reaching.

Some victims suffer from anxiety or sleep disorders, and have difficulty coping with their day-to-day lives.

Seemingly for no reason they are overwhelmed with strong emotions. Without wanting to they end up quarrelling with their partners, friends or relatives.

Frequently those affected feel that they are to blame or are ashamed of what has been done to them.

Often they believe that it wasn't a "real" rape at all, because no sexual intercourse took place, because they did not resist "clearly" enough or because they already knew the perpetrator beforehand. They would like to quickly forget what has happened and do not want to have to talk about it all the time.

Some are happy to get support from their circle of friends or family; others on the other hand feel this is an intrusion and would rather try to cope on their own.

Shall I report it or not?

Often women are not sure whether they should report an incident. This decision does not have to be made straight away. In acute cases it is however advisable to have a gynaecological examination as a precaution. In Bremen the hospitals Links der Weser, Bremen Center and Bremen North offer anonymous examinations to preserve signs of sexual assault. The examinations cost nothing. If later on you decide that you want to report the incident to the police, you will be able to use the results of the examinations.

If you have decided to report it please contact the "Kripo", (criminal investigation department) at the police station "Kommissariat 32", which is responsible for dealing with such cases.

If you want to report an incident or have already done so you should hire a lawyer who you trust to represent your interests. Your lawyer strictly has the right to be present during questioning and to inspect the case files.

Contact notruf

- if you want to talk about it,
- if you cannot stop thinking about what has happened so that you cannot cope with your day-to-day life any more
- if you are tormented by self-reproach,
- if the tension inside you becomes unbearable,
- if you are suffering from (inexplicable) physical symptoms,

What we can offer you

notruf offers advice by telephone or in person and psychological consultations.

This is aimed at young people and adults, who have been the victims of sexual violence or other violent acts – irrespective of how long ago the assault took place. Male or female friends or relatives can also contact the advice centre.

Female psychologists, who are experienced in working with those who are sexually traumatised, work at the advice centre.

[For a personal conversation please arrange an appointment on the following number](#)

Telephone number **0421 - 151 81**

notruf's psychological counselling centre is located:

Fedelhören 6 / 28203 Bremen

You can contact us:
Mon-Thurs 10am – 5pm
Fri 10am-3pm

Outside office hours you can leave us a message on the answer phone and we will ring you back.

Other Bremen institutions you can contact:

Autonomes Frauenhaus
(Autonomous Women's Refuge)
Every day and night - telephone: 0421 - 3495 73

AWO-Frauenhaus
(Workers' Welfare Organisation Women's Refuge)
Every day and night - telephone: 0421 - 23 96 11

Beratungsstelle für Aids und andere sexuelle
Erkrankungen des Gesundheitsamtes Bremen
(Counselling Centre for Aids and other sexually
transmitted diseases)
Horner Straße 60 / 70 28203 Bremen
Telephone : 0421 - 3 61-1 51 21

Beratungsstelle für Migranten
(Advice Centre for Immigrants)
AmWa11 113 / 28195 Bremen
Telephone : 0421 - 3 37 71 88

Kripo Kommissariat 32
(criminal investigation department of the police
32)
In derVahr 76 / 28329 Bremen
Telephone : 0421 - 3 62-38 32

Notdienst des Sozialpsychiatrischen Dienstes
(Emergency Service of
the Social Psychiatric Service)
Mon-Fri. 5pm -8.30 am
Sat, Sun and bank holidays 24 hrs
Telephone : 0421 - 79 03 33 33

Weisser Ring (White Ring)
Sögestraße 47 - 51 / 28195 Bremen
Téléphone : 0421 - 32 32 11

Pro Familia Beratungszentrum
(Psychological Counselling Centre for women and
girls who have been raped - Pro Familia)
Hollerallee 24 / 28209 Bremen
Telephone : 0421 - 3 40 60 30

Telefonseelsorge (Crisis Line)
Telephone : 0800 111 01 11 ou 0800 111 02 22

Where to find us:



notruf

Fedelhören 6
28203 Bremen

Mo. - Do. 10 - 17 Uhr
Fr. 10 - 15 Uhr.
Telephone: 0421 - 151 81



notruf

*Psychological Counselling
center for victims
of sexual violence*