

Network against discrimination

Are you disadvantaged or discriminated against professionally or privately because of your ethnic origin, gender, religion or worldview, disability, age or sexual identity or because of racial prejudice? Are you being harassed? Here you will find an overview of the advice centers that can provide you with support, advice and help.

Competent Department

- [Die Senatorin für Arbeit, Soziales, Jugend und Integration | Referat Integrationspolitik, Migrations- und Integrationsbeauftragte](#)

Basic information

Anti-discrimination

A large number of advice centers are active in Bremen that contribute to the reduction of discrimination and support those affected. This website aims to provide an overview of the anti-discrimination network's advice centers and encourage those affected and interested to contact them. The Federal Anti-Discrimination Agency, which operates nationwide, is also listed.

Disadvantage and discrimination can occur in everyday life, in private life, at work and in the family. Discrimination can be hidden, but it can also be practiced openly and provocatively. In its worst form, it can take the form of violence. Sometimes, however, discrimination is not even noticed. Many people are unsure when they are treated unfairly: Was that allowed, or should you fight back? There is often no contact person. The question often arises as to what to do: How can I defend myself, where can I seek help? Who can protect me from further escalation?

In legal terms, discrimination occurs when a person is unjustifiably disadvantaged on the grounds of race or ethnic origin, gender, religion or belief, disability, age or sexual identity. The General Equal Treatment Act (AGG) defines in detail which forms of discrimination are prohibited.

The advice centers can help and support those affected. All advice centers take up the matter and can either help directly or they know who can be contacted. Anonymous counseling is also an option - for all those affected who do not wish to reveal their identity.

Procedure

In most cases, it makes sense to contact the counseling centers by phone or in person. However, some centers also offer anonymous counseling or online counseling.

Legal bases

- [Allgemeines Gleichbehandlungsgesetz \(AGG\)](#)
- [Landesgleichstellungsgesetz \(LGG\)](#)