

Network against discrimination

Are you disadvantaged or discriminated against in your professional or private life 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 counselling centres that can provide you with support, advice and assistance.

Competent Department

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

Basic information

Anti-discrimination

In Bremen, a large number of counselling centres are active, which contribute to the reduction of disadvantages and support those affected. This website would like to give an overview of the counselling centres of the Network against Discrimination and invite affected and interested persons to contact them. In addition, the federal anti-discrimination office which is active nationwide is listed.

Discrimination can occur in everyday life, in private life, at work and in the family. Discrimination can be hidden, but it can also be lived openly and provocatively. In the worst form it is violence. But sometimes discrimination is not even noticed. Many are unsure if they are treated unfairly: Was that allowed or should one resist? Often a contact person is missing. Often the question arises what to do: How can I defend myself, where can I seek help? Who will protect me from further escalation?

From a legal point of view, discrimination occurs when a person is unjustifiably disadvantaged on grounds of racial or ethnic origin, sex, religion or belief, disability, age or sexual identity. The General Equal Treatment Act (AGG) determines in detail which discrimination is prohibited.

The counselling centres can help and support those affected. All counselling centres take up the request and can either help directly or they know who to contact. Anonymous counselling is also possible - for all those affected who do not wish to reveal their identity.

Procedure

In most cases, it makes sense to contact the counselling centres by telephone or in person. However, some centres also offer anonymous consultations or online consultations.

Legal bases

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