

Help telephone for violence against women and girls

The nationwide help hotline "Violence against women" offers competent advice around the clock and in many languages if you are affected by violence.

Competent Department

- [Bundesamt für Familie und zivilgesellschaftliche Aufgaben](#)

Basic information

Many women experience violence. No matter where they live, where they come from, how old they are or what level of education they have. Regardless of whether or what they do for a living or what their financial situation is - violence can affect anyone.

Women's rights are human rights. Women have a legal right to protection from violence or the threat of violence. Various laws regulate the criminal liability of sexual violence, violence in a relationship, sexual abuse, stalking or forced marriage.

If you are affected yourself or a relative is suffering from violence, contact 116 016.

Requirements

Telephone advice for all women who are experiencing or have experienced violence, their relatives and professionals who deal with them. Available around the clock. Advice is available in many languages. Translation is available if required. It is also geared towards women with disabilities.

Counseling is free of charge and confidential.

Procedure

Call 116 016 free of charge and confidentially.

More information

Women can call the free number 116 016 for advice on all issues relating to violence against women. Around the clock and in many languages.

What are the costs?

Counseling is free of charge and confidential.