

Grope – Chase – Calls

Glances – Force – Porn

To Argue – To Blackmail

Abuse – Rope – Annoyance

Sexual Assault

The **reactions** of women and girls to a rape, sexual abuse or other forms of sexual violence are just as varied as their own personalities.

Sexual violence is always, for every woman, a **massive injury** to her personality.

Many victims suffer for months if not years from such an attack. Psychological and physiological changes can be an indication of such suffering.

Counselling and Support ...

We **offer** counselling to women and girls who have experienced such violence regardless of their native origin, education, health, religion, age, addiction problems or sexual orientation.

We offer them advice and support not only during the **immediate crisis** but **also when the experience lies in the past**. It is possible that they can only now start to speak about their experiences. Our counselling is not dependant on the victim reporting the crime and regardless of what form the violence took and who culprit was.

Each woman **decides herself** what she wants to talk about, what she wants to do about it and in what form she need support from us.

The counselling is **free of charge** and can be one or more appointments. On request the counselling can be **anonymous**, via e-mail or on the telephone.

Women and girls who have had to experience rape need understanding and support.

Our services are:

Advice and help in a one to one counselling

- for women and girls from the age of 14
- for family and close friends
- self help groups and discussion groups

Support

- we will accompany you to the doctors or the police
- advise on which solicitors to use
- advise on which psychotherapists and clinics to visit
- we help with the preparation for a hearing in a court of law

Prevention

- political lobbies
- visits to schools
- projects and open-days etc

Information / Events

- lectures and training for professionals such as doctors, solicitors, police and social-workers

**Information Centre for problems
resulting from sexual violence S.O.S.
femmes et jeunes**

**The Emergency /Crisis Phone for rape
victims – women and girls**

- exists since 1979, founded by the women's movement
- is run by volunteers and employed staff
- is a non-profit organisation within the Women's Centre
- works on the basis of feminist principles with a bias for women
- believes that sexual violence is not an individual problem but rather an expression of social inequality and the imbalance of power between the sexes
- works towards correcting the inequality and stopping the oppression of women and girls
- offers services tailored especially to the needs of women and girls from the age of 14

You reach us ...

Monday	13:00 – 16:00
Wednesday	17:00 – 19:00
Thursday	9:00 – 12:00

you find us
Walpodenstr. 10

busstop
Schillerplatz

parking
Schillerplatz, Kupferbergterasse,
Weißliliengasse

Deaf woman contact us with fax or e-mail.
The women's centre is accessibly by
wheelchair.

06131 / 22 12 13

**Emergency
Telephone /
Crisis Phone and
Counselling for
rape victims –
women and girls**

**Information Centre for
problems resulting from
sexual violence**

Walpodenstraße 10
55116 Mainz

phone 06131 / 22 12 13
fax 06131 / 22 92 22
info@frauennotruf-mainz.de
www.frauennotruf-mainz.de