

Häusliche Gewalt

Domestic Violence Support and Advice



- > hitting > threatening > humiliating > choking
- > confining you to the home > pulling hair > banning telephone calls > kicking > shaking > biting > controlling
- > withholding money > forbidding you to go out to work
- > forcing you to have sex against your will...

Nobody has the right to be violent towards you; that includes your husband/wife, your current or former partner, or any other family member. Violence can have a major impact on your well-being, it can be a danger to your health and also affect your children.

An advisory service is available to offer support and work together with you to find the necessary solutions to any issues you may have.

Don't delay in getting the necessary help!



HALT GEWALT



Stadt Zürich

Fachstelle für Gleichstellung

www.stadt-zuerich.ch/gleichstellung

englisch

Advisory services in Zurich

> Zurich Victim Support

For men, women, adolescents and children
Phone: 044 299 40 50
www.obzh.ch

> BIF – Women's Advisory and Information Centre. Against violence in marriage and cohabitation

Phone: 044 278 99 99
www.bif.ch

> Women's Advisory Centre for victims of sexual and/or domestic violence

Phone: 044 291 46 46
www.frauenberatung.ch

> Infodona / Advice centre for migrants

Phone: 044 412 84 00

> FIZ / Advocacy and support for migrant women and victims of trafficking

Phone: 044 436 90 00
www.fiz-info.ch

Your children also need protection from violence. The following centres offer the appropriate support and advice:

> Child Protection and Victim Support Team at the Zurich Children's Hospital

Phone: 044 266 76 46
www.kispi.uzh.ch/kinderschutz

> Child and Youth Welfare Service, counselling available at local social welfare centres

www.stadt-zuerich.ch/sozialzentren

> kokon – advocacy and support for children and parents (KidsCare, Schlupfhaus)

Phone: 044 545 45 40 (24h)
www.kokon-zh.ch

If you no longer feel safe in your home, there are places you can go with your children. Contact the following for further help:

For women:

> Zurich Women's Refuge Violetta

Phone: 044 350 04 04
www.frauenhaus-zuerich.ch

For men:

> ZwüscheHalt

Tel. 079 558 85 79
www.zwueschehalt.ch

Support for men with violence issues:

> mannebüro züri

Phone: 044 242 08 88
www.mannebuero.ch

If you are being severely threatened or need to file a report:

> **Police: 117**

If you require urgent medical attention:

> Ärztliche Notfallzentrale

Emergency Medical Centre
Phone: 044 421 21 21

> **Ambulance: 144**



Überarbeitete Version Januar 2017