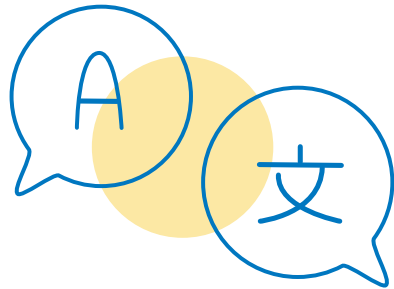


Who we are

WE WILL HELP YOU

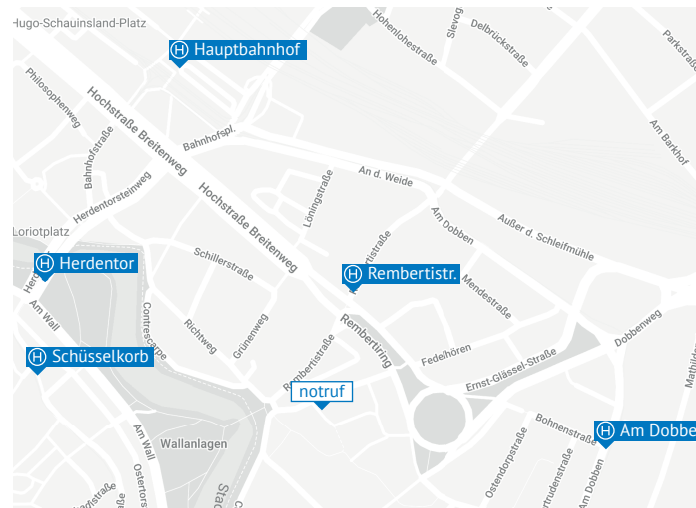
The **notruf** advice centre was established in the early 1980s to provide a low threshold offer for people who have experienced sexualised violence. We intend to continuously raise and maintain the socio-political awareness of the issue and impact of sexualised violence and its prevention. **notruf** is partially funded by the city of Bremen but depends on additional donations.



INFORMATION IN OTHER LANGUAGES
CAN BE FOUND HERE



How to reach us



notruf • Fedelhöfen 6, 28203 Bremen, Germany
+49 (0)421 - 151 81 • www.notrufbremen.de
info@notrufbremen.de

H Herdentor/Schüsselkorb
Tram lines: 1, 4, 6, 8
Bus lines: 24, 25

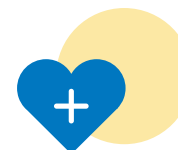
H Rembertistrasse/Dobben
Tram lines: 1, 4, 10
Bus lines: 25

Donations

Every little helps. Please refer to our website for more information about our financing and how you can support us.

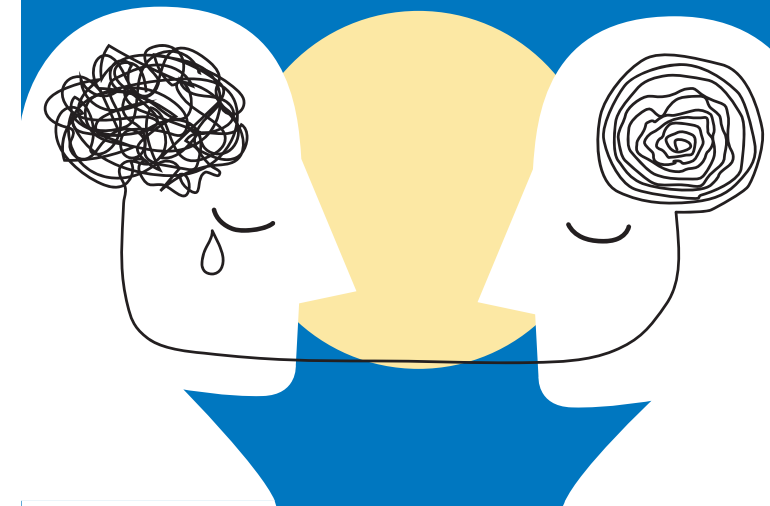
Donation account:

Account owner: notruf Bremen
Bank: Sparkasse Bremen
IBAN: DE75 2905 0101 0011 9782 85
BIC: SBREDE22XXX



notruf

*psychological counselling
in cases of sexualised violence*





Our offer

IN A SAFE ENVIRONMENT

notruf is an advice centre for people aged sixteen and over who have experienced sexualised violence.

Here, they can talk to someone about what they have experienced in a **safe environment, at their own pace** and **completely free of charge**. Other aspects, for example with regard to the prosecution of the offence or therapy offers, can also be discussed during the appointment.

- We offer advice regardless of whether the abuse experienced was physical or mental, experienced in person or digitally, recently or already some time ago.
- All people of all genders (women, men, divers) can turn to **notruf**.
- Relatives or friends of someone who has experienced sexualised violence can also make use of our offer.
- They will receive advice from psychologists who are experienced in counselling sexually traumatised people and have a duty to maintain confidentiality.



Personal advice

FREE OF CHARGE AND WITHOUT ANY OBLIGATIONS

On the premises

Our advice offer is guided by the needs of those affected. Each advice session lasts 50 minutes. Personal advice is offered in German and English, or with the aid of an interpreter. By appointment only, please call:



0421- 151 81

Online advice

Sometimes, it can be difficult to accept help during a Face-to-face conversation. That is why we offer a free and no obligation online counselling:



E-MAIL

You create a login via our website. All communication via this is then encrypted.



LIVE-CHAT

You can contact us by creating a login via our website, we then agree on a date and time a chat-appointment.

Good to know



OFFERS FOR PROFESSIONALS

notruf...

- Cooperates and networks with other city of Bremen facilities and institutions
- Develops prevention projects that raise people's awareness of various aspects of sexual violence
- Offers training courses, lectures and supervisions related to sexualised violence for professionals and education facilities.

CONFIDENTIAL COLLECTION OF FORENSIC EVIDENCE

Those affected of a sexual crime are in a difficult situation, both mentally and physically.

Due to the abuse you have experienced, you may not feel able to make a decision with regard to reporting the crime straight away. The confidential collection of forensic evidence gives you the option of having **medical evidence of the crime** preserved in a way that will stand up in court as evidence if you decide to report the crime later on.



[Learn more about this on our website](#)