

## SHELTERS

If you are no longer safe at home, the following shelters offer refuge:

### FOR WOMEN

**Frauenhaus Zürich Violetta**  
044 350 04 04 • [www.frauenhaus-zhv.ch](http://www.frauenhaus-zhv.ch)

**Frauenhaus Winterthur**  
052 213 08 78 • [www.frauenhaus-winterthur.ch](http://www.frauenhaus-winterthur.ch)

**Frauenhaus und Beratungsstelle Zürcher Oberland**  
044 994 40 94 • [www.frauenhaus-zuercher-oberland.ch](http://www.frauenhaus-zuercher-oberland.ch)

### FOR CHILDREN AND ADOLESCENTS

**Schlupfhuus**  
043 268 22 66 • [www.schlupfhuus.ch](http://www.schlupfhuus.ch)

**Mädchenhaus**  
044 341 49 45 • [www.maedchenhaus.ch](http://www.maedchenhaus.ch)

### FOR MEN

**ZwüscheHalt**  
079 558 85 79 • [www.zwueschehalt.ch](http://www.zwueschehalt.ch)

## POLICE OFFICES

**Kantonspolizei Zürich • Fachstelle Häusliche Gewalt**  
044 295 98 60 • [fachstelle.hg@kapo.zh.ch](mailto:fachstelle.hg@kapo.zh.ch)

**Stadtpolizei Zürich • Fachstelle Häusliche Gewalt**  
044 411 64 12 • [fachstelle.hg@zuerich.ch](mailto:fachstelle.hg@zuerich.ch)

**Stadtpolizei Winterthur • Fachstelle Häusliche Gewalt**  
052 267 64 69 • [fachstelle.hg@win.ch](mailto:fachstelle.hg@win.ch)

## ADVISORY OFFICES

The advisory offices will offer you advice and information as well as supporting you with your personal and legal questions. The service is confidential and free for victims of domestic violence.

### FOR VICTIMS OF DOMESTIC VIOLENCE

**Opferberatung Zürich, für Männer, Frauen, Jugendliche und Kinder**  
044 299 40 50 • [www.obzh.ch](http://www.obzh.ch)

**BIF Beratungsstelle für Frauen, gegen Gewalt in Ehe und Partnerschaft**  
044 278 99 99 • [www.bif-frauenberatung.ch](http://www.bif-frauenberatung.ch)

**Frauenberatung sexuelle Gewalt**  
044 291 46 46 • [www.frauenberatung.ch](http://www.frauenberatung.ch)

**Beratungsstelle Frauen-Notteléfono, Opferhilfe für Frauen und weibliche Jugendliche**  
052 213 61 61 • [www.frauennottelefon.ch](http://www.frauennottelefon.ch)

**Kinderschutzgruppe und Opferberatungsstelle des Kinderspitals Zürich**  
044 266 76 46 • [www.kinderschutzgruppe.ch](http://www.kinderschutzgruppe.ch)

**Verein KOKON - Fachstelle KidsCare, Krisenintervention und Opferhilfe für Kinder und Jugendliche**  
044 545 45 40 • [www.kokon-zh.ch](http://www.kokon-zh.ch)

**Fachstelle OKey & KidsPunkt, Beratungsstelle für Kinder und Jugendliche**  
052 245 04 04 • [www.okeywinterthur.ch](http://www.okeywinterthur.ch)

### FOR THOSE WHO FEAR THEY WILL ENDANGER OTHERS

**mannebüro züri**  
044 242 08 88 • [www.mannebuero.ch](http://www.mannebuero.ch)

**Fachberatung Häusliche Gewalt**  
079 741 17 00 • [www.fbhg.ch](http://www.fbhg.ch)

**KONFLIKT.GEWALT.**  
078 778 77 80 • [www.konflikt-gewalt.ch](http://www.konflikt-gewalt.ch)

**WE ARE HERE FOR YOU.  
GET IN TOUCH AND WE WILL HELP.  
IMMEDIATELY OR LATER.**

**AT THE NEAREST POLICE STATION  
OR IN AN EMERGENCY TEL. ☎117**

## KANTONSPOLIZEI ZÜRICH

Präventionsabteilung  
IST - Interventionsstelle gegen Häusliche Gewalt  
Postfach  
8021 Zürich  
[www.stopp-haeusliche-gewalt.ch](http://www.stopp-haeusliche-gewalt.ch)

044 295 98 25  
[ist@kapo.zh.ch](mailto:ist@kapo.zh.ch)



**STOP  
DOMESTIC  
VIOLENCE**



**CALL US. WE OFFER HELP.  
IMMEDIATELY OR LATER. ☎117**  
[stopp-haeusliche-gewalt.ch](http://stopp-haeusliche-gewalt.ch)



## DOMESTIC VIOLENCE IS ILLEGAL!

Domestic violence has many faces. It's not only violence and stalking within an existing or dissolved relationship but also within the family and suffered at the hands of relatives. It isn't exclusive to living together.

Examples of domestic violence and abuse are:

- insult, threaten, intimidate or humiliate
- pursue, harass or lie in wait for
- hit, kick, choke, or throw objects at the person
- to force sexual acts
- imprisonment at home
- contact with family or friends checked up on or prohibited
- forced marriage
- no household allowance granted or wages taken away

### Protective measures - violence prevention act

In order to protect the victim, the police can issue the following immediate measures against the perpetrator for 14 days:

- banned from the flat or house
- banned from contacting the victim or their close relations
- banned from entering certain areas within the victim's environment (for example home, workplace, and your route to work or school)

If the risk still exists, the victim can request a prolongation of the protective measures for up to three months via the court. The victim advisory offices will help you with this.

## ARE YOU AFFECTED BY DOMESTIC VIOLENCE?

Everyone has the right to lead a violence-free life - including you.

If you are affected by domestic violence, it is important that you look for help even if it is difficult to break the silence. Very often it needs a lot of courage to turn to an advisory office or to go to the police. But please do so - this will give you the chance to find understanding, security and a solution. The sooner, the better.

### What can I do as a victim of domestic violence?

- In an emergency, call the police (☎117) or make a report to the police at the nearest police station. The police will immediately provide assistance and protection.
- Contact one of the victim support counselling centres. These will support you with personal and legal questions. The support is free and confidential.
- Talk to a person whom you can trust. This person can support you and call for help in an emergency.
- Take your personal belongings (for example identity card, residence permit, bank cards) to a safe storage place.
- Inform your children of what to do in an emergency.
- You will find addresses and information at [www.stopp-häusliche-gewalt.ch](http://www.stopp-häusliche-gewalt.ch)

## HAVE YOU BEEN DOMESTICALLY VIOLENT?

Are you scared to lose control and start shouting, screaming, hitting or even threatening your partner or family members? Do you sometimes fly into a rage and not know how to control it?

There is no excuse for violence - not even in a partnership or within the family. Show courage and take responsibility before it is too late.

### What can I do if I've threatened to be violent or if I've been violent?

- Get help and support at one of the counselling centres for violent persons.
- Talk to a person whom you trust about your feelings and violence problems.
- In a conflict or in a stressful situation, it can be helpful to get some space and take distance. For example: leave the flat if you feel that you may lose control. Take a walk or call a friend.
- Get help from a medical or psychological professional.
- You will find addresses and information at [www.stopp-häusliche-gewalt.ch](http://www.stopp-häusliche-gewalt.ch)

## HELP VICTIMS!

Have you seen domestic violence or noticed any signs of it? Has the person concerned asked you for help? Do your neighbours often have heated arguments and does it make you feel uncertain? Do you not know how to react? Such situations can be very challenging. It takes a lot of courage to intervene in the private affairs of others. However, it is important to act. Show civil courage. The sooner - the better.

### What can I do as a third party?

- Take the victim seriously and show understanding, compassion and above all patience.
- Do not put yourself at risk unnecessarily. In an emergency, contact the police (☎117).
- Only talk to the endangered person if they are alone and unaccompanied.
- Inform the victim that domestic violence is illegal and that there is help available.
- Refer the victim to the advisory and counselling offices for support and help.
- The victim support counselling centres will assist you in your dealings with victims of domestic violence.
- You will find addresses and information at [www.stopp-häusliche-gewalt.ch](http://www.stopp-häusliche-gewalt.ch).