



→ Domestic violence  
Protection in Oberhausen

Information

Addresses

Telephone numbers

### ***There is nothing private about domestic violence!***

*Every person has a right to a life free of violence.*

*Do not let shame hold you back and do not put up with physical and psychological violence that may go on for years. Remember: Domestic violence does not only affect you. There are people and institutions that can help.*

*In this brochure, you will learn how to seek police protection in case of domestic violence, where to get support and counselling and what your rights are.*

*For your convenience, we have summarised the contact details of the respective institutions in the address directory on pages 14 and 15.*

### ***This brochure is ...***

Available at:

#### **Gleichstellungsstelle im Bereich Chancengleichheit**

Schwartzstr. 73 | 46045 Oberhausen

☎ 0208 8252050 | 📠 0208 8255030

✉ gleichstellungsstelle@oberhausen.de

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Gleichstellung, Flucht und Integration  
des Landes Nordrhein-Westfalen



## → What constitutes domestic violence?

Any form of violence between adult partners is domestic violence. It can take place in marital and non-marital partnerships or in other close relationships; for example, between (same-sex) partners | Parents Children Seniors | Sons and daughters-in-law | Relatives | Members of shared flats.

Domestic violence predominantly takes place in the intimate sphere, i.e. "at home". The crime scenes may often be her or his flat | the hallway | the workplace or the way to work | the street.

Domestic violence occurs in all social strata, irrespective of income, level of education, culture or social status.

According to police research, about 90 percent of the offenders in "family disputes" are men. In Germany, about every fourth woman has experienced physical or/and sexual assault by her partner once or several times.

## → Forms of violence

### **Physical violence**

Hitting | Kicking | Choking | Abuse with an object | Weapons

### **Sexual violence**

Sexual assault | Rape | Coercion into sexual practices | Coercion into prostitution

### **Coercion and threats**

Threats to kill | Threatening to report to the police | Threat of suicide

### **Intimidation**

Intimidation by looks, gestures | Insinuations | Destruction of objects | Display of weapons

### **Psychological violence**

Verbal abuse | Declaring people to be insane | Undermining of self-confidence

### Isolation

Control | Restriction of contacts | Jealousy

### Economic violence

Prohibition or compulsion to work | Taking away or forcing to hand out money | Debt compulsion

### Use of children

Undermining of the authority | Interrogating the children | Threat to take the children away | Use of visitation rights for further violence

### Stalking

Ambushing | Surveillance | Following and investigating | Harassing telephone calls (including text messages or e-mails) up to telephone terror | Sending of letters and gifts

### Digital violence

Threatening | Verbal abuse | Controlling | Persecuting | Spreading personal images and videos via the internet and social media

## → What can you do in an emergency?

Since 2002, after the adoption of the Protection against Violence Act and the accompanying amendment of the Police Act, the police are now able to provide more assistance to victims (restraining order) and also have more obligations (ex officio investigations).

- Call the police on the emergency number 110.
- Get to safety until the police arrive or shout loudly for help.

## → What can the police do when they arrive on the scene?

### The police

- need as much concrete information as possible about the act of violence.
- document the crime and secure evidence (e.g. of abuse).

- If necessary, they will order the offender, with whom you live in the same household, to obey the restraining order and not to return for 10 days, take away the keys to the house and file a criminal complaint.
- will hand you a documentation of the operation.
- will establish contact with the women's counselling centre for a woman who has been harmed - with her consent. The counsellor will contact the woman on the next working day.
- will help a woman - if she does not want to stay at home - to find accommodation in a women's shelter.
- inform the youth welfare office if there are children/adolescents involved in the situation.

## → What happens during the period of prohibition to return?

- The offender is not allowed to return during this time.
- The victim must also not let him into the flat.  
**Exception:** When accompanied by the police, it is possible to take items that are urgently needed out of the flat.
- The police will check the order of prohibition to return!

Please use the time to get counselling and to gain an insight into your personal situation. The women's counselling centre and/or a lawyer can help you with this.

Discover perspectives!

If the 10-day restraining order is not enough, you or your legal representative can apply for an extension at the legal application office of the Oberhausen district court. To do this, you will need the documentation of the case given to you by the police on the scene, as well as your identity card. All women and men affected by violence can also contact the victim protection officer of the police station on weekdays between 7.30 am and 4 pm.

→ **Kriminalprävention / Opferschutz**  
(Crime Prevention / Victim Protection)  
Marktstr. 47-49 | 46045 Oberhausen  
☎ 0208 8264515 | 📠 0208 8264529  
🌐 [www.polizei.nrw](http://www.polizei.nrw)

## → What help will you receive from the women's counselling centre?

The staff members are professionals who specialise in working with women who have experienced physical, psychological and/or sexualised violence. The consultations are free of charge and confidential.

### You will receive information about

- the options you have concerning a violent relationship.
- the steps you can take to have your partner ordered away.
- the court application for further protective measures according to the Protection against Violence Act.
- other institutions that can support you and, where applicable, your children.

### Telephone and personal counselling

The counsellors take time to get to know your concerns and needs as comprehensively as possible. You have the option of taking advantage of individual counselling until you feel sufficiently empowered and stable, no matter what decision you make for yourself.

### Offers

Individual and group counselling

In the trauma-sensitive counselling sessions, you have the opportunity to discuss your experiences of violence in a confidential environment and to learn stabilising methods. Counselling is an impartial, free of charge, confidential and voluntary service.

### Telephone consultation hours

Mon 9 am - 12 pm | Wed 2 pm - 5 pm | Thu 9 am - 12pm | Fri 1 pm - 3 pm

We offer counselling on the phone at these times, make appointments for counselling sessions and resolve any queries. Please leave a message on our answering machine if you call outside these hours.

→ **Frauenberatungsstelle Oberhausen**  
(Women's Counselling Centre Oberhausen)  
Helmholtzstr. 48 | 46045 Oberhausen  
☎ 0208 209707 | 📠 0208 203728  
✉ info@fbst-ob.de | 🌐 www.fhf-ob.de

## → What help will you receive from the women's shelter?

If you do not feel safe at home despite the restraining order, or if the police could not impose a stay-away order in your case, you should consider leaving your home. In such crisis situations, the women's shelter (Frauenhaus) offers you safe accommodation and support.

### What exactly is a women's shelter?

The women's shelter is a protected place to live for women of all origins, ages and nationalities. You can also bring your children (children up to 14 years). Every woman looks after herself and her children as she would normally do. The staff will advise and support you in all decisions that need to be made.

### How can you get to the women's shelter?

In the interest of your protection, the address of the women's shelter is kept confidential. Men are not allowed at the shelter. The telephone is manned around the clock and you will be given a meeting point where you will be picked up. If all the slots are occupied, you will be given the telephone numbers of neighbouring women's shelters. The police can help you contact the women's shelter and find a slot. They will also ensure that you can pack the necessary personal belongings for yourself and the children in peace and reach the women's shelter or another place of your choice without further jeopardising your safety.

### What should you bring to the women's shelter?

Identity cards | Passports | Health insurance cards for yourself and your children | Birth and marriage certificates | Bank account documents | EC cards | Money | Tenancy agreement | Employment contract | Notices from employment or social welfare office | Pension insurance | Custody decisions | Required medication | Medical certificates | Hygiene items | Clothing | Children's school supplies and toys | Personal letters or records

→ **Frauenhaus Oberhausen**  
(Women's shelter Oberhausen)  
☎ 0208 804512 | 📠 0208 25757  
✉ info@fhf-ob.de | 🌐 www.fhf-ob.de  
🌐 www.frauen-info-netz.de



## → What can the Youth Welfare Office and Social Affairs Department do for you?

The Youth Welfare Office (Jugendhilfe) offers you advice and support as part of its involvement in family court proceedings to establish and regulate custody and access rights to protect you from further exposure to violence. This also includes:

- Counselling on issues of upbringing and referral to further counselling centres and help offers
- Looking after and taking care of your children in an emergency situation (e.g. in the event of a necessary hospital stay)
- Flexible out-patient and in-patient help in raising children (e.g. family therapy support, educational assistance, curative day group)
- Integration assistance in the case of imminent or already existing mental disabilities

You can find contact persons in the regional youth welfare team responsible for you.

### → **Regionalteam Jugendhilfe**

The psychological counselling centre for children, adolescents, young adults and parents of the city of Oberhausen also offers psychological help.

### → **Psychologische Beratungsstelle für Kinder, Jugendliche, junge Erwachsene und Eltern der Stadt Oberhausen**

You can also obtain psychological help from: parenting counselling of the Caritas Association

### → **Erziehungsberatung des Caritasverbandes**

Diaconia Works Oberhausen  
Evangelical counselling centre for parenting, partnership and life issues

### → **Diakoniewerk Oberhausen Evangelische Beratungsstelle für Erziehungs- Partnerschafts- und Lebensfragen**

Trauma outpatient clinic

### → **Traumaambulanz**

## → What can the Youth Welfare Office and Social Affairs Department do for you?

Anyone with no or insufficient income of their own to cover their costs of living (food, clothing, costs of accommodation including fuel bills) is entitled to benefits provided by the public authorities. The type of benefit depends on the individual situation.

### **Responsible for**

*Those capable of working from the age of 15*

Benefits according to the Social Code Book II (Hartz 4 → German unemployment benefit paid after the first 12-18 months of unemployment)

### → **Jobcenter Oberhausen**

*Children up to 15 years of age*

Social benefits (Sozialgeld)

### → **Jobcenter Oberhausen**

*Advance maintenance payments for children*

### → **Unterhaltsvorschusskasse** (Advance maintenance payments)

As a single parent, you may be eligible for advance maintenance payments for children up to the age of 18 if the person liable to pay maintenance does not pay or does not pay sufficient maintenance. For children of 12 years of age and older, there are additional requirements to be met.

Social benefit is granted if there is no longer any entitlement to advance maintenance payments.

### → **Jobcenter Oberhausen**

*Disabled persons and persons aged 65 and over*

Basic income support in old age and in case of full reduction in earning capacity

### → **Soziale Angelegenheiten** (Social affairs)

*Refugees and asylum seekers*

Benefits under the Asylum Seekers' Benefits Act

### → **Wirtschaftliche Hilfen für Flüchtlinge und Asylbewerber\*innen**

(Economic support for refugees and asylum seekers)

### The following applies to all benefits

They are only granted from the day of application. For this reason, you should contact the office in charge of your case as soon as an emergency situation arises. Although the application is not conditioned on any form, it is recommended that you apply in person so that the necessary application forms can be handed out.

It must be checked whether you are entitled to maintenance for yourself and/or your children against your partner. You should consult a lawyer about maintenance claims. The amount of the maintenance claims depends especially on the partner's income.

## → What measures can be taken under the Protection against Violence Act?

### If you live in a shared flat with the offender

→ A temporary order to evict the flat, for a maximum of 6 months, can be issued by the local court of Oberhausen

### If the offender threatens or harasses you

→ Prohibition to contact you  
(e.g. in person, by phone, by e-mail, SMS, WhatsApp)

### If the offender stalks you

→ Prohibition to approach you at a certain distance  
→ Prohibition to go to certain places where you (habitually) stay (e.g. home, workplace, kindergarten, school, leisure facilities)

In all cases, the court can impose a fine or imprisonment. If the offender then violates the measures, a fine or imprisonment may be imposed upon application. The local court/family court is responsible for issuing measures under the Protection against Violence Act.

The court can only take action if an application is filed. You can file an application yourself or have a lawyer represent you. If you file the application yourself, you can do so in person at the legal application office of the local court or in writing.

For the application, you need your identity card and the documentation given to you by the police or the police file number.

You should submit applications as promptly as possible; especially if you are applying for a housing referral following an order of eviction, you can only do so within 10 days. Describe the incidents as precisely and in as much detail as possible so that the judicial officer or lawyer can apply for all necessary measures on your behalf.

The court can order different measures alongside each other, depending on the conduct you are subjected to. In addition, criminal prosecution may be possible in the event of a violation. Since 2007, stalking has also been a punishable offence. In order for a criminal prosecution to take place, a report must be filed to the police.

→ **Amtsgericht Oberhausen | Rechtsantragsstelle**  
(Oberhausen Local Court | Legal Application Office)

## → Where can you get more support and advice?

### Doctors

You should seek the help of doctors to treat your injuries. It is important to make sure that your injuries are documented (medical certificate).

→ **Die Gleichstellungsstelle/Gleichstellungsbeauftragte**  
(The Equal Opportunities Office/Equal Opportunities Officer)  
The Equal Opportunities Office of the City of Oberhausen offers counselling on various questions and problems or can refer you to suitable local facilities.

→ **pro familia**  
If domestic violence has also resulted in sexual violence, you can turn to pro familia if you

- suspect that a girl or boy has experienced sexual violence
- know that a child/adolescent has been sexually abused and you need help and support

- would like advice on making a decision about pressing charges
- would like to find out how you can protect a child against sexual violence in a preventive way
- are afraid of being pregnant and need the "morning-after pill" (up to 72 hours)
- are pregnant and need conflict counselling and/or a criminological indication for termination of pregnancy
- want to consult a gynaecologist in a stress-free atmosphere in order to document or rule out injuries
- want to receive psychological counselling and care after an abortion

### Lawyers and attorneys

Lawyers can advise you in all legal matters, both in measures under the Protection against Violence Act and in criminal proceedings against the offender, and represent you in court, i.e. file applications, attend appointments, etc.

If you have little or no income, you are entitled to counselling assistance for extrajudicial activities of the lawyer and to legal aid for court proceedings.

You can apply for a legal aid certificate at the local court before your first visit to a lawyer. If necessary, the lawyer will apply for legal aid on your behalf.

➔ **Amtsgericht Oberhausen | Rechtsantragsstelle**  
(Oberhausen Local Court | Legal Application Office)

➔ **Kommunales Integrationszentrum**  
(Municipal Integration Centre)

If you are from a non-EU country and do not yet have an independent right of residence, a separation from your husband due to domestic violence can be problematic for you.

If your marriage has legally existed in Germany for two years, you can be granted an independent, autonomous right of residence.

Irrespective of your home country, the Protection against Violence Act ensures that German law is applicable in any case.

- ➔ We strongly recommend support/supervision given the peculiar difficulties of your right of residence.
- ➔ Make sure to consult an interpreter or a counselling service in your mother tongue. If this is not possible, bring a trusted person with you to meetings who can translate for you.

- ➔ You will not be adversely affected if you call the police in case of domestic violence. Protect yourself and, where applicable, your children and have evidence seized.
- ➔ Even if you flee to a women's shelter, you will not suffer any adverse effects.
- ➔ In cases of hardship (evidence such as criminal charges, medical certificate must be presented) and regular employment, an independent residence permit can be obtained at an earlier stage.

### Assistance under the Victim Compensation Act

If you have been a victim of psychological/physical violence, you may be entitled to benefits under the Victim Compensation Act (OEG). You must submit an application to the Rhineland Regional Association.

➔ **Landschaftsverband Rheinland**  
(Rhineland Regional Council)

Applications can be submitted to the Rhineland Regional Association. They will support you in this:

➔ **Weisser Ring**

The staff of the "Weisser Ring" association provides voluntary support to victims of crime and can advise you in detail about the above-mentioned options. In addition, you can obtain a so-called counselling cheque from the "Weisser Ring", which covers the costs of an initial consultation with a lawyer. Under certain circumstances, a lawyer can even be financed for the duration of the entire proceedings. You can get more information about this from the "Weisser Ring".

### Witness attorneys

In the case of certain serious offences, you as a witness may, under certain circumstances, be assisted by a lawyer for the duration of the hearing, who will then be paid by the court. You may apply for this yourself as well as through the public prosecutor's office.

➔ **Kriminalprävention / Opferschutz**  
(Crime Prevention / Victim Protection)

Marktstr. 47-49 | 46045 Oberhausen

☎ 0208 8264515 | 📠 0208 8264529

🌐 [www.polizei.nrw](http://www.polizei.nrw)

### **A** Amtsgericht Oberhausen

Legal Application Office | Room 6  
Friedensplatz 1 | 46045 Oberhausen  
☎ 0208 8586313 | 📠 0208 8586218  
✉ poststelle@ag-oberhausen.nrw.de  
Opening hours  
Mon - Fri 8 am - 12 pm

### **D** Diakoniewerk Oberhausen

**Evangelische Beratungsstelle  
für Erziehungs- Partnerschafts-  
und Lebensfragen**  
Grenzstr. 73 c | Entrance to Stöckmannstr.  
46045 Oberhausen  
☎ 0208 850087 | ✉ evangelische.bera-  
tungsstelle@diakoniewerk-oberhausen.de  
📍 Diakoniewerk Oberhausen

### **E** Erziehungsberatung

Am Förderturm 8 | 46049 Oberhausen  
☎ 0208 9404460 | 📠 0208 9404489  
✉ erziehungsberatung@caritas-  
oberhausen.de

### **F** Frauenberatungsstelle

Helmholtzstr. 48 | 46045 Oberhausen  
☎ 0208 209707 | 📠 0208 203728  
✉ info@fbst-ob.de | 🌐 www.fhf-ob.de

### **Frauenhaus**

☎ 0208 804512 | 📠 0208 25757  
✉ info@fhf-ob.de | 🌐 www.fhf-ob.de  
🌐 www.frauen-info-netz.de

### **G** Gleichstellungsstelle im Bereich Chancengleichheit

Schwartzstr. 73 | 46045 Oberhausen  
☎ 0208 8252050 | 📠 0208 8255030  
✉ gleichstellungsstelle@oberhausen.de

### **J** Jobcenter Oberhausen

→ Service-Center  
Marktstr. 31 | 46045 Oberhausen  
☎ 0208 62134567 | 📠 0208 62134840  
✉ jobcenter-oberhausen@jobcenter-ge.de  
Hotline hours  
Mon - Fri 8 am - 6 pm

### → Location

Mülheimer Str. 36 | 46045 Oberhausen  
☎ 0208 62134567  
*for employable adolescents and young  
adults between 15 - 25 years, rehabilitants  
and severely disabled persons, self-employed  
persons*

### **K** Kommissariat

#### **Kriminalprävention / Opferschutz**

Marktstr. 47-49 | 46045 Oberhausen  
☎ 0208 8264515 | 📠 0208 8264529  
✉ Kriminalpraevention.oberhausen@  
polizei.nrw.de | 🌐 www.polizei.nrw

#### **Kommunales Integrationszentrum**

Mülheimer Str. 200 | 46045 Oberhausen  
☎ 0208 8254474 | 📠 0208 30576025  
✉ kommunales-integrationszentrum@  
oberhausen.de

#### **Kommunales Integrationszentrum Sozialarbeit Flüchtlingswesen**

Hagelkreuzstr. 101 | 46149 Oberhausen  
☎ 0208 62921151  
✉ KI-TeamSozialarbeit@oberhausen.de

### **L** Landschaftsverband Rheinland

Fachbereich 54.10 Fallmanagement  
Kennedy-Ufer 2 | 50679 Köln  
☎ 0800 6546546 | 📠 0221 8095890  
✉ ser@lvr.de | 🌐 www.lvr.de

### **P** pro familia

Bismarckstr. 3 | 46047 Oberhausen  
☎ 0208 867771 | 📠 0208 9702999  
✉ oberhausen@profamilia.de  
🌐 www.profamilia.de

#### **Psychologische Beratungsstelle für Kinder, Jugendliche, junge Erwachsene und Eltern der Stadt Oberhausen**

Schwarzwaldstr. 25 | 46119 Oberhausen  
☎ 0208 8254190 | 📠 0208 8254187  
✉ psych.beratung@oberhausen.de

### **R** Regionalteams Jugendhilfe Oberhausen-Mitte/Styrum

Danziger Str. 11 - 13 | 46045 Oberhausen  
☎ 0208 8252198 | 📠 0208 8252298

#### **Oberhausen Ost**

Alte Heid 13 | 46047 Oberhausen  
☎ 0208 8253970 | 📠 0208 8253980

#### **Oberhausen-Alstaden/Lirich**

Concordiastr. 30 | 46049 Oberhausen  
☎ 0208 8252386 | 📠 0208 8259391  
✉ jugendamt@oberhausen.de

#### **Oberhausen-Sterkrade**

Steinbrinkstr. 188 | 46145 Oberhausen  
☎ 0208 8256136 | 📠 0208 8256135

#### **Oberhausen-Osterfeld**

Bottroper Str. 183 | 46117 Oberhausen  
☎ 0208 8258129 | 📠 0208 8258139

### **S** Soziale Angelegenheiten

#### **Wohnungssicherung / Obdachlosenhilfe**

Essener Str. 53 | 46047 Oberhausen  
☎ 0208 8259452  
✉ wohnungssicherung@oberhausen.de

### **T** Täterarbeit

#### **Gewaltfrei - Angebot für Täter bei häuslicher Gewalt**

Dorstener Str. 200 | 46145 Oberhausen  
☎ 0174 1702643 (*Charlene Vogt*)  
☎ 0163 8808696 (*Simon Biedenbach*)  
✉ gewaltfrei@caritas-oberhausen.de  
🌐 www.caritas-oberhausen.de/gewaltfrei

#### **Traumaambulanz / LVR-Klinikum Essen**

Kliniken und Institut der Universität  
Duisburg-Essen  
Holsterhauser Platz 6 | 45147 Essen  
☎ 0201 438755101 (*adults*)  
Wickenburgstr. 21 | 45147 Essen  
☎ 0201 8707450 (*children and adolescents*)  
🌐 www.klinikum-essen.lvr.de

### **U** Unterhaltsvorschusskasse

Virchowstr. 83 | 46047 Oberhausen  
☎ 0208 825-9462 / -9425 / -9361

### **W** Weisser Ring e. V.

Branch Office Oberhausen  
Postfach 140108 | 46131 Oberhausen  
☎ 0151 54503980  
✉ oberhausen@mail.weisser-ring.de  
🌐 www.oberhausen-nrw-rheinland.weisser-  
ring.de

#### **Wirtschaftliche Hilfen für Flüchtlinge und Asylbewerber\*innen**

Sozialrathaus  
Essener Str. 53 | 46047 Oberhausen  
☎ 0208 8254139  
✉ fluechtlingshilfe@oberhausen.de

#### **Fachberatungsstelle für Frauen in Wohnungsnot »Lore«**

Elsässer Str. 18 | 46045 Oberhausen  
☎ 0208 30201425  
✉ lore@diakoniewerk-oberhausen.de  
🌐 www.diakoniewerk-oberhausen.de



This brochure is available at the  
**Gleichstellungsstelle der Stadt Oberhausen**  
Schwartzstr. 73 | 46045 Oberhausen  
☎ 0208 8252050 | 📠 0208 8255030



Hilfetelefon

**116 016**

**Gewalt gegen Frauen**

[www.hilfetelefon.de](http://www.hilfetelefon.de)