



Kanton Bern
Canton de Berne

Do you use violence?

Seek help from
a specialist agency.

Are you experiencing violence?

You're not alone.

Take responsibility:

seek advice from
a specialist.

You'll find support here:

Victim support will advise
you confidentially and free
of charge about your rights
and options.

You'll find secure
accommodation
in **shelters**.

You can receive **medical
treatment** and have
evidence documented.

In an emergency

Police:
112

Ambulance:
144

Help with domestic violence

If you're affected,
you can find support here!

Domestic violence is violence within the family, a relationship or ex-partnership. The violence can take different forms: it can be physical, psychological, financial or sexual.

Domestic violence endangers the healthy development of children. They need help too.

Confidential and free advice for people affected by violence

Counselling for women:
24/7 hotline for the AppElle!
women's shelters

031 533 03 03

Counselling for men,
women and others:
Opferhilfe
(Victim Support) Bern
www.opferhilfe-bern.ch

031 370 30 70



www.hallo-bern.ch/hg



Informationen in Deutsch
Informations en français
Informazioni in italiano
Information in English
Información en español

Informações em português
Informacije na: Bosanski/
Hrvatski/Srpski
Türkçe dilinde yardım
Informacion në gjuhën shqipe

If you're being violent,
you can get support here!

Managing conflict without violence can be learned.
It is important to take responsibility and seek help from a specialist.

Confidential advice for people who use violence

(Learning programme or individual counselling,
with translation possible)

Berner Interventionsstelle
gegen Häusliche Gewalt
(Bern Intervention Centre
against Domestic Violence):
www.be.ch/gewalt-beenden

079 308 84 05



Other advice centres:
www.be.ch/big



Agahî bi Kurmancî
Warbixinta oo af Soomaali ah
Информация на русском языке
Інформація українською
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தமிழில் தகவல்
சாவுபொதுமைய
日本語での情報

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بۇ ئۇچۇر ھەم تەمەللەپ