

## Further support by the Frauennotruf Marburg e.V.

- accompanying you to a lawyer
- accompanying you to police and court
- psychosocial support during court procedures
- arranging assistance with medical care.

If you want to support a friend, spouse or family member who experienced sexual violence we provide counselling for you as a person of support.

## For professionals

we provide seminars and events regarding the following issues:

- Introduction to the work of Frauennotruf Marburg e.V.
- Sexual harassment at work
- Collegial case advice, e.g., advising survivors of sexual violence
- Counselling sessions for professionals who have experienced sexual violence from clients, patients, or care home residents
- Training for professionals of facilities for people with disabilities on the topic of sexual violence against women with disabilities
- Workshops for school-classes (grade 7 to 10) about 'date rape' and 'date rape drugs' ('roofies')

## Our Staff

We are a multi-professional team with counsellors and freelance collaborators, supported by volunteers and interns. The whole staff is continuously receiving further training as well as regular supervisions. Furthermore, we are well connected with different kinds of institutions locally, regionally, and nationwide.



## Contact:

Frauennotruf Marburg e.V.

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[www.frauennotruf-marburg.de](http://www.frauennotruf-marburg.de)

[mail@frauennotruf-marburg.de](mailto:mail@frauennotruf-marburg.de)

### Personal consultation hours

Mondays 16:00–18:00

Thursdays 09:00–11:00

**Counselling  
in Cases of  
Rape, Harassment,  
and Stalking**

Every day, women and girls experience sexual violence. This ranges from suggestive remarks about their bodies or their behaviour, seemingly accidental touching and sexist comments to forced sexual activities.

Sexual violence can happen everywhere: at work, at home, in public, on the phone, on the internet, during leisure-time activities, in a doctor's- or therapist's office, within relationships, through friends or family members.

Feelings of shame and guilt often lead women to stay silent about their experiences or hesitate to get professional help. A lot of women and girls blame themselves for what happened and think they must have done something wrong to trigger the assault.

**BUT:** When sexual boundaries are violated and in other traumatic situations, there is no right or wrong way to act. The body reacts in its own individual way to protect itself in order to survive the assault. It does not matter what kind of clothes the woman was wearing or how well she knew the perpetrator.

**The only person responsible for the assault is the perpetrator!**

## Who We Are

We provide counselling for anyone who has experienced sexual violence, rape, harassment, and stalking—face to face, on the phone, or via email. Frauennotruf Marburg e.V. is a non-profit association working toward the right of sexual self-determination for women and girls.

Our work is independent from religious denominations, political parties, the police, or justice systems.

## What We Do

We provide free counselling to women and girls who have experienced sexual violence, to their friends and family members, as well as to professionals. Our goal is to support every person individually to deal with what happened. It does not matter whether what happened would be classified as rape in a legal sense. Neither does it matter how long ago the assault took place.

We support survivors of sexual violence in making their own decisions (e.g., whether they want to file a report with the police) and help them with everything along the way. We stand with the women affected. We listen to their concerns; we take them seriously and we believe them.

We also offer to talk anonymously. No matter what all personal information and everything that is being said is strictly confidential. We offer a safe space where women can consider their next steps. All counsellors from Frauennotruf Marburg e.V. assure their clients that they will take no actions without permission.

## If you have experienced sexual violence there are several ways to contact us:

**You can call us at any time.**

We provide personal first contact counselling with one of our counsellors on Mondays from 4pm to 6pm and on Thursdays from 9am to 11am. At all other times, you can leave a message on the answering machine. We will call you back – anonymously – as quickly as possible.

**You can also write an email to make an appointment for a counselling session.**

**We provide online counselling.**

Via our homepage, you can access our encrypted consulting platform and send us your consulting request.

## What happens next?

You can come in for a counselling session with one of our counsellors. This is free of charge. One session usually lasts 60 minutes. If you want, you can bring a trusted person for emotional support. We offer once-only or multiple counselling appointments.

