

RESOURCES IN BERLIN

National telephone helpline for violence against women

08000 116 016

Krisen- und Beratungszentrum LARA – Fachstelle gegen sexualisierte Gewalt an Frauen

Fuggerstraße 19

10777 Berlin

U-Bahn U1, U2, Haltestelle U-Wittenbergplatz

Tel.: (030) 2188888 Mon - Fri von 9am- 6pm

beratung@lara-berlin.de

www.lara-berlin.de

ENGLISH <https://lara-berlin.de/en/home>

BIG e.V. – Berliner Initiative gegen Gewalt an Frauen

BIG-Hotline: (030) 6110300

(täglich 8:00 – 23:00 Uhr, Übersetzung in zahlreiche Sprachen)

Die BIG-Hotline bietet eine telefonische Erstberatung sowie bei Bedarf die Weitervermittlung an freie Plätze in einem Frauenhaus. Bei Bedarf können Frauen auch vor Ort beraten und zu Terminen begleitet werden (mobile Intervention).

www.big-berlin.info

ENGLISH: <https://www.big-berlin.info/node/269>

FRIEDA-Frauenzentrum

FRIEDA-Frauenzentrum e.V. is the sponsor of the FRIEDA Counselling Centre for Women*, the Anti-Stalking-Project, Phantalisa – space for girls* and young women* and Alia – centre for girls* and young women*. The association has grown into one of the largest women's centres in the state of Berlin since its founding in 1990.

<https://www.frieda-frauenzentrum.de/en/>

MILES

Miles offers psychosocial and legal counselling as well as support for LGBTIQ* refugees and people with migration biographies, people who identify as LGBTIQ* BIPoC and their relatives

<https://berlin.lsvd.de/projekte/miles/>

MANN-O-METER / MANEO

Help for victims of homophobic violence and/or hate crimes and Counselling on coming out, HIV and other sexually transmitted infections (STI), gay life in general, relationship issues, drug addiction. Target groups: Gay and bisexual men.

<https://www.mann-o-meter.de/english/>

LesMigraS

Anti-violence and anti-discrimination counselling at Lesbenberatung e.V. Target groups: Lesbian/bisexual people, black lesbians, lesbians and bisexuals with a migration background, trans* and intersex people and their relatives.

<https://lesmigras.de/en/>

GLADT

Support for black, indigenous and persons of color lesbians, gays, bisexuals, Trans*, Inter* and queers in Berlin.

<https://gladt.de/en/>

SCHWULENBERATUNG BERLIN

<https://schwulenberatungberlin.de/about-us/>