

# **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](mailto:beratung@lara-berlin.de)  
[www.lara-berlin.de](http://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](http://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 councelling 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/>