



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](http://www.opferhilfe-bern.ch)

**031 370 30 70**



[www.hallo-bern.ch/hg](http://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](http://www.be.ch/gewalt-beenden)

**079 308 84 05**



Other advice centres:  
[www.be.ch/big](http://www.be.ch/big)



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

قېبوغلا قۇللابل تامولمە  
ردى نابز هب تامولمە