

## **Welcome to our online counselling centre for women and girls**

You can't come to our counselling centre for a personal visit?

You would prefer to state your concerns in written form?

Then you've come to the right place.

There are different ways to contact us: send us an e-mail or make an appointment for video-counselling via Skype. It's flexible, anonymous and free of charge.

### **We gladly provide you with information and advice on the following topics:**

- burdensome living situations
- relationship, partnership and family
- separation and divorce
- experience with physical, psychological or sexual violence or sexual abuse
- bullying, stalking, harassment, ...
- children: upbringing, assistance, custody, visiting rights, alimony
- exhaustion, feeling overstrained, anxiety and depression
- eating disorders and addictions
- female identity and stages in the life of women
- sexuality, pregnancy and contraception
- work, education, qualification
- immigration, migration, residence and language learning
- loneliness and exclusion
- poverty, debts and financial crisis
- housing, financial support and social services

### **Privacy statement:**

Our counselling service is absolutely anonymous, safe and free of charge.

Your personal data and information is absolutely safe. You don't have to use your usual e-mail address. Instead, you can create your own personal account that can only be used by you. Just go to our home page and click on the "login" button.

## **When can you expect a response?**

We work hard to respond to your request within two business days.

## **Who are your counsellors?**

All our counsellors are well-trained specialists with many years of experience in the field of counselling for women. They work in centres for counselling for women.

## **Exclusion of liability:**

The online counselling service is no emergency service.  
In urgent cases or emergency cases, please refer to:

Helpline against violence: 0800 222 555

Crisis intervention centre: 01 406 95 95

Telephone helpline: 142

For legal advice we recommend to consult a lawyer for a personal meeting and counselling.

**If you would like to send us your request or make an appointment for the online counselling service via Skype, please close this page and go back to our main page. The login button is located on the right-hand edge of the screen.**