

Advice and protection for victims

Various agencies support victims of domestic violence. In most cases, this support is confidential and free of charge. An interpreter may also be provided. It's important to get help.

Important to know

Every person has the right to a life free of violence. For those affected, it can be difficult to get the help they need or talk about their experiences. A trusted person, the police or a professional counsellor can help.

Where do I find help?

In an emergency: alert the **police** (tel. 117).

Women with or without children can get protection in the women's shelter **Frauenhaus Aargau-Solothurn**. The hotline is available day and night (062 823 86 00).

Anyone affected (including men) can seek advice here:

Opferberatung Aargau, 062 835 47 90, www.opferberatung-ag.ch

Opferberatung Aargau advises and informs people who experience violence in their families and with their relatives. This help is free of charge. Victims can plan their next steps together with a specialist. The employees are subject to a duty of confidentiality. This means that they are not allowed to inform anyone about the conversations. Not even the police.

Anlaufstelle gegen Häusliche Gewalt, 062 550 20 20, www.ahg-aargau.ch

The centre contacts people affected by violence after a police operation and offers counselling. Victims without police involvement, family members, neighbours, superiors, etc. can also contact the centre. Counselling is free of charge and confidential.

Tel 143 – Die Dargebotene Hand (Helping Hand), 143 (24h), English hotline 0800 143 000, www.143.ch

Help hotline for anyone affected. Talking about it helps!

ZwüscheHalt, 056 552 08 70 (Zurich), www.zwueschehalt.ch

ZwüscheHalt in Zurich, Bern and Lucerne offers accommodation and counselling for men affected by violence, with or without children. A financial contribution is required.

Children have a right to a life without violence. There are special counselling services for them. You can find them here.

www.kinderschutz.ch/angebote/beratungs-und-meldestellen

Additional information (links, addresses, information sheets, brochures)

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