



# Frauenhaus Dithmarschen

**Help, support and shelter for women and children who have experienced violence or been threatened: contact : 0481 – 6 10 21**

In the women's refuge women and their children find help, support and protection after experiencing physical, mental or sexual violence or live at risk of it.

Violence has many faces: beating, threatening, yelling, locking up, sexual harassment, rape, stalking, forced marriage, to be controlled and surveyed or not being taken seriously.

Any woman is welcome, no matter what state of health, financial situation, nationality, religion or residence status.

The women in the house organize their daily lives on their own responsibilities and can stay as long as they think necessary. The staff members are obliged to secrecy. Support and living in the women's refuge is free, anonymous and 24/7.

If you have decided to leave and go to the women's refuge:

**First step: call the Frauenhaus Dithmarschen (0481 – 6 10 21)**

There you will get all the necessary information.

**Second step: pack your suitcase and if you take children with you also theirs**

Pass/Ausweis, Kinderausweis, Geburtsurkunden, Heiratsurkunde	passport/identity card, children's ID or any document of identification, birth certificates, marriage licence
Aufenthaltserlaubnis, jegliche Dokumente die den Aufenthalt betreffen	residence permit or any other document re. residence
Arbeitserlaubnis, Arbeitsvertrag, Verdienstbescheinigung, Lohnsteuerkarte	work permit, work contract, payslips, income tax card
Bargeld	cash
Kontokarte, Kreditkarte, Sparbuch	bank card, credit card, savings book
Krankenkassenkarten	health insurance cards
Impfpass	vaccination card
Medikamente	medication
Leistungsbescheide (ALG II, Kindergeld, Unterhaltsvorschuss)	documents re. unemployment benefit / social welfare, child support
Rentenversicherungsunterlagen	pension documents
Allgemeine Versicherungsunterlagen	insurance documents
Mietvertrag	leasing contract
Führerschein	driver's license
Wohnungsschlüssel	apartment key
Handy	mobile / cell phone
Kleidung, Schuhe	clothes, shoes
Schulsachen der Kinder	school things
Lieblingsspielzeug der Kinder	favourite toys
für das Baby: Windeln, Flaschen, Buggy ...	for the baby: nappies, bottles, buggy,...

As it might be difficult to achieve important documents later, take as many as possible with you.

**Third step: take the suitcase(s), step out of the door and leave**

In the woman's refuge you will find support on your way to a self-determined life.