

# YOUR BODY IS YOURS

Help for women and girls  
from all countries



Did a person say or do something in  
a sexual way that did not feel right?  
Are you worried  
about a woman or girl?

We are here to listen and help. Talking to us is free,  
confidential and anonymous. Thanks to our female  
translators, you can speak to us in your language.



Frauennotruf Heidelberg is an organization for women and girls affected by sexual violence. Examples are catcalling, sexual harassment at work, rape or sexual child abuse. Our female consultants help women and girls 14+ with these experiences. We are also there for their supporters (for example family, friends, teachers).



Many women and girls ask themselves:  
Was this sexual violence?  
Why did it happen to me?  
What can I do now?

These thoughts and feelings are normal.  
We are here for you, no matter who did  
it, when or where it happened.

You are welcome to contact us. By arrangement we offer appointments at our office, by phone or video call.

Frauennotruf gegen sexuelle Gewalt an Frauen und Mädchen e. V.  
Heidelberg (Womens' counseling center against sexual violence)

Phone: 06221 183643 (Mon, Wed, Fri 10-12; Tue, Thu 14-16)

E-Mail: [info@frauennotruf-heidelberg.de](mailto:info@frauennotruf-heidelberg.de)

Web: [www.frauennotruf-heidelberg.de](http://www.frauennotruf-heidelberg.de)

Address: Bergheimer Str. 135, 69115 Heidelberg

Hilfetelefon Gewalt gegen Frauen (helpline for women affected by violence): 08000 116 016 (24h, free, anonymous, confidential, 18 languages)