

Hilfe für Frauen

Notfallkarte

Werden Sie unter Druck gesetzt,

bedroht, geschlagen, belästigt,

gestalkt, gedemütigt oder

müssen Sie sexuelle Handlungen

über sich ergehen lassen?

www.lk-starnberg.de/frauenhandbuch

Notfall-Nummern:

| | |
|--|------------------------|
| Beratungsstelle Frauennotruf | 08152 5720 |
| Frauenhaus Murnau | 08841 5711 |
| Gleichstellungsstelle Landratsamt Starnberg | 08151 148-77607 |
| Beauftragte der Polizei für Kriminalitätsoffer | 0841 9343-1077 |
| Polizeinotruf | 110 |
| Hilfetelefon - Gewalt gegen Frauen kostenfrei, 24 h, multilingual | 08000 116 016 |

Help for women Emergency card

**Always ready to help,
committed to confidentiality and
there for you in emergencies!**

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**Are you being put under pressure,
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Emergency numbers:

| | |
|---|------------------------|
| Helpdesk - Women`s Emergency | 08152 5720 |
| Women`s Shelter - Frauenhaus Murnau | 08841 5711 |
| Equality Body - District Office Starnberg | 08151 148-77607 |
| Police commissioner for victims of crimes | 0841 9343-1077 |
| Police emergency number - Polizeinotruf | 110 |
| Helpline – Violence against women free-of-charge, 24 h, multilingual | 08000 116 016 |