



«I thought I was going crazy. Everyone saw him as a friendly, charming man.»



## We help you and offer:

- **Walk-in consultation hours** and quick counselling by appointment.
- **Free and, if desired, anonymous support** in cases of violence, exploitation, crises and difficult life situations.
- **Accompaniment to appointments** at public authorities, the police, legal advice and health services, with language mediation if needed.
- **Referral** to protective facilities (women's shelters).
- **Assessment and referral** to suitable support services.
- **Counselling** on digital violence.
- **Group activities**, creative workshop, empowerment courses and self-help groups.
- **An emergency room** for short-term crisis intervention.
- **Education and awareness-raising** for relatives and friends of those affected.



Frauen. Beratung. Schutz.

Fachberatungsstelle gegen  
Gewalt an Frauen

### EM.AA – Women. Counselling. Protection.

**Address:** Hirschbachstr. 10, 73431 Aalen

**Phone:** 07361 4908794

**Email:** info@esther-ministries.de

**Website:** esther.ministries.de/em-aa

#### Telephone counselling hours:

Mon – Fri: 09:00 – 12:00, Mon – Wed: 14:00 – 16:30

#### Walk-in consultation hours:

Tue: 09:00 – 12:00, Thu: 15:00 – 18:00

Or by appointment; online appointments possible.

#### Police emergency 110

**Aalen police** 07361/5240

**Violence Against Women Helpline** 116 016

Free and available 24/7.

Supported by:



This flyer is available in the following languages:

-  Turkish
-  Russian
-  Italian
-  Bulgarian
-  English
-  Spanish

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## EVERY WOMAN

has the right to a self-determined, violence-free life in safety! You are not alone.

We offer help and support: quickly, personally, on site and digitally.

Every woman has the right to a self-determined, violence-free life in safety! You are not alone. We offer help and support – fast, personal, local, digital.

Каждая женщина имеет право на самоопределяемую, свободную от насилия жизнь в безопасности! Вы не одни. Мы предлагаем помощь и поддержку — быстро, лично, на месте, в цифровом формате.

Ogni donna ha il diritto a una vita autodeterminata, libera da violenza e in sicurezza! Non sei sola. Offriamo aiuto e supporto: rapido, personale, sul posto, digitale.

Всяка жена има право на самостоятелен, свободен от насилие живот в безопасност! Не си сама. Ние предлагаме помощ и подкрепа: бързо, лично, на място, дигитално.

Her kadının kendi kaderini tayin ettiği, şiddetten uzak ve güvenli bir yaşam hakkı vardır! Yalnız değilsin. Hızlı, kişisel, yerinde ve dijital yardım ve destek sunuyoruz.



## We want to contribute to:

- **Recognising violence** at an early stage.
- **Better support** for those affected.
- **Raising public awareness** of these issues.

In addition, we also work as an outreach service – in shelters, in the community and, where needed, in smaller municipalities of the Ostalb district. Mobile counselling allows us to reach women who find it hard to come to a counselling centre on their own.

### **Together against violence:**

EM.AA is not only a counselling centre but also a centre of expertise for prevention and awareness. We provide training, workshops and information events for professionals, volunteers, schools, associations and other institutions on the topics of violence against women and girls, human trafficking and forced prostitution.

*«It felt so good to finally talk to someone about my situation; I was so relieved to be understood and offered help!»*



## We are a non-profit association.

**Our support is open to all women, regardless of origin, language or residence status.**

**Our goal** is to develop new perspectives together and to support women on their way to a self-determined and safe life. Our work is relationship-oriented, culturally sensitive and flexible – built on trust, respect and belief in the strengths of every woman. The peer approach is especially important to us: women who have had similar experiences can give others courage and hope.

**We see hardship and violence against women** as a matter for society as a whole and not as a problem of individuals. Violence against women and girls has many faces, from harassment through humiliation and control to physical and/or sexual violence and attempted killings.

One in four women experiences psychological or physical violence in a close relationship. You are not alone – call us. Phone: **07361 4908794**



## We advise you:

- **If you are beaten**, abused, oppressed, threatened, controlled or put under psychological pressure by your partner, husband, boyfriend, acquaintances or family members.
- **If you are in distress** and need support and help.
- **If you experience digital violence**, such as cybergrooming, online identity theft, publication of intimate material, harassment by phone or via social media.
- **If you are sexually harassed**, coerced or importuned.
- **If you experience violence in the name of honour** (forced marriage, abduction, exploitation).

If needed and if you wish, we will refer you to a protective facility (women's shelter).

