Do you feel unsafe in your relationship?
Are you experiencing violence or do you feel threatened?
Are you violent yourself or are you afraid of using violence in the near future?

Are you ■ beaten ■ threatened ■ humiliated ■ strangled ■ confined to your home ■ not allowed to make phone calls ■ controlled ■ not allowed to work ■ raped ■ deprived of money?

Domestic violence is illegal. Here you can find help and support if you are experiencing violence in your family, marriage or past or present partnership.

Do you need a safe place for you and your children? Always call the police in an emergency.

Find safe accommodation here:

Women's shelter Aargau-Solothurn (24/7)
▶ **062 823 86 00**

«ZwüscheHalt» Men's and Fathers' Shelter, Bern
▶ **031 552 08 70**

Have you experienced psychological, physical or sexual violence? Find advice, counselling and support here any time:

Canton of Solothurn Counselling Centre and Victim Support
▶ **062 311 86 66**
▶ **opferhilfe.so.ch**

In an emergency, always call the police
▶ **117**
▶ **112**

Paramedics
▶ **144**

Aargau-Solothurn Women's Shelter (24/7)
▶ **062 823 86 00**
▶ **frauenhaus-ag-so.ch**

«ZwüscheHalt» Men's and Fathers' Shelter, Bern
▶ **031 552 08 70**

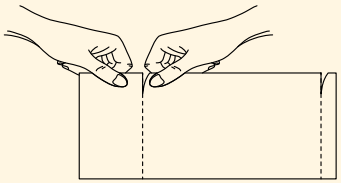
Canton of Solothurn Counselling Centre and Victim Support
▶ **062 311 86 66**
▶ **opferhilfe.so.ch**

englisch

Are you violent towards people close to you, but do you want to change your behaviour?

Solothurn and Olten Violence Counselling Centre
▶ **032 627 29 92**

The Helping Hand (24/7)
▶ **143**



Are you being threatened? Do you need help?

Always contact the police
▶ **117**
▶ **112**

Have you been the victim of violence and need medical attention?

Emergency number
▶ **144**

If there is no immediate danger to life
▶ **Family doctor**
▶ **Emergency department of the nearest hospital**
▶ **Emergency service: 0848 112 112**

Further counselling centres for victims of domestic violence:

Canton of Solothurn Counselling Centre and Victim Support
▶ **062 311 86 66**
▶ **opferhilfe.so.ch**

Aargau-Solothurn Women's Shelter (24/7)
▶ **062 823 86 00**

«ZwüscheHalt» Men's and Fathers' Shelter Bern
▶ **031 552 08 70**

Frabina Counselling Centre for Men and Women in Binational Relationships/Marriage
▶ **032 621 68 60**

Canton of Solothurn Specialist Relationship Centre
▶ **fabeso.ch**

Are you violent towards people close to you, but do you want to change your behaviour?

Solothurn and Olten Violence Counselling Centre
▶ **032 627 29 92**

The Helping Hand (24/7)
▶ **143**

For professionals
▶ **Koordinationsstelle Häusliche Gewalt im Departement des Innern**

opferhilfe.so.ch
> Für wen ist Opferhilfe?
> Häusliche Gewalt