

Caution!

Women traveling alone and fleeing mothers with children:

Please be CAREFUL when seeking assistance.

Particularly when it comes to private accommodation!

- 1) Some scammers want to exploit your situation. Among them could also be **representatives of the sex industry or human traffickers.**
- 2) These people (men and women) **pretend to be volunteers** and offer help. But in fact, women or children are abducted into **unknown and dangerous situations.**
- 3) Please **ONLY contact official authorities, aid organizations and volunteers.** In Germany, help and advice is free of charge. You can find an overview **on the back ---->**
- 4) **DO NOT accept help from unknown people** unless they are mediated by an official organization. Check identification and ask which organization the people come from.
- 5) **DO NOT give ANYONE** your passport or your phone. If you are going with one person, send the address and preferably a photo to another person.
- 6) We understand your difficult situation. Please remember to pay attention to your **SAFETY.** Even in these hard times. **Take care of yourself!**

Request to Volunteers: If you notice anything suspicious, contact the local police immediately. The numbers can be found on the back ---->

Help directly at the main station



BUNDES POLIZEI

Federal police at the main station

Bahnhofstraße 18
Am Hauptbahnhof
93047 Regensburg
+49 (0) 941 59515-0



Station mission Regensburg

Bahnhofstraße 18
Am Hauptbahnhof
93047 Regensburg
+49 (0) 941 579 61



General safety



Police emergency call: 110

Police Officer for Victims of Crime:

+49 (0) 941 506-1333



Help with (sexualized) violence and human trafficking



Solidarity with women in distress
Solidarität mit Frauen in Not

SOLWODI Regensburg
Obermünsterstraße 10
93047 Regensburg
+49 (0) 941 89966547
regensburg@solwodi.de

Nationwide help line:



08000 116 016



**Frauennotruf Regensburg e.V., Counseling center for women and girls
who have experienced sexualised violence**

Alte Manggasse 1
93047 Regensburg
+49 (0) 941 2 41 71
frauennotruf-regensburg@r-kom.net



An interpreter will be organized for consultations if required.

Help with domestic violence and stalking



Autonomous women's shelter

+49 (0) 941 24000
info@frauenhaus-regensburg.de



**Women's and children's shelter
of the Sozialdienst katholischer Frauen e.V.**
Telefon: +49 (0) 941 56 24 00
frauen-kinderschutzhause-regensburg@gmx.de

