

Consultation and help

contra - Foundation against the trafficking of women in Schleswig-Holstein

Do you need help urgently?

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In Germany you are entitled to be protected and to receive help!

- Have you been promised that in Germany you would find a good job, be happily married, etc., but those promises have not been kept?
- Have your documents been taken away?
- Have you been demanded to repay supposed debts?
- Do you feel extorted, threatened, controlled or observed?
- Have you been attacked, beaten or raped?
- Have you been forced into prostitution or sex that you don't want to practice (for example, unsafe sex)?

If you have experienced just **o n e** of these situations or similar ones, we can help you.

Use your right to be helped!

We from contra help you:

- You have rights; we'll tell you what they are
- We offer free legal advice and medical emergency supplies
- We help you with the authorities, for example, with the embassy of your native country
- We help you find safe accommodation.
- For the initial period, we'll provide you with foodstuffs, groceries, clothes and sanitary products
- We'll help you if you want or have to return to your native country

Nothing will happen against your will!

Your information will be treated confidentially and anonymously.

Give us a call or ask someone to do this. You can speak with us in your own language - or leave a message on the answering machine. We shall definitely call you back!

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