

Our offers

We are a recognized women's rights organization and have been working in the field of protection against violence for women and girls for 30 years now. We offer psycho-social support to all women and girls - independent of their nationality and religion.

Women's Consultation Centre (from 16 years)

- Informative conversation
- Consultations/trauma counselling
- Individual therapy/trauma therapy
- Counselling in accordance with the Violence Protection Act
- Social counselling

Specialist Office against Sexual Violence (from 14 years)

- Individual information
- Consultations/trauma counselling
- Process monitoring

Counselling / therapy conversations take place by appointment and are free of charge. You can also contact us anonymously. We treat all conversations confidentially and preserve confidentiality. We can involve an interpreter, if necessary. You may want to bring a female companion for your support.

Our team

is multi-professional. In addition to various additional training qualifications, all our employees have an additional qualification in trauma therapy or trauma counselling. We work under regular external supervision.

Our availability

Women and girls can inform themselves personally during the consultation hours and make an appointment

Monday and Thursday 10 am - noon
Tuesday and Wednesday 2 pm - 4 pm



Women's Consultation Centre Specialist Office against Sexual Violence

Weststr.25 · 59269 Beckum
(entrance Klostergasse) - barrier-free -

Phone: 0 25 21 168 87

Fax: 0 25 21 2 87 84

info@fhf-beckum.de

www.frauenberatung-beckum.de

gefördert vom:

Ministerium für Gesundheit,
Emanzipation, Pflege und Alter
des Landes Nordrhein-Westfalen



promoted by:
Ministry of Health, Emancipation,
Care and Old Age of the Land of
North-Rhine Westphalia



**FRAUEN
HELFEN
FRAUEN
BECKUM E.V.**

FRAUENBERATUNGSSTELLE
FACHSTELLE GEGEN SEXUALISIERTE GEWALT

Harmed by violence
Support for Women

Violence

Violence against women is one of the major human rights violations worldwide. Women are often victims of violence: In their home, in their home country, in a foreign country.

All of this is violence:

Sexual violence:

- to be touched against your will
- to be harassed
- to be forced to have sex
- to be forced to watch others having sex

Physical violence:

- to be beaten, kicked, pushed, boxed
- to be injured with a knife or other object

Psychological violence:

- to be insulted, offended, humiliated with words
- to be threatened (for example, if someone says that he will kill you)
- to be constantly monitored or controlled by others

The experience of violence is no personal fate - but a violation of human rights! Many women are ashamed of the fact that they have experienced violence.

It is not your fault what other people have done to you!
We help you to safeguard and enforce your rights.

Trauma

Trauma refers to a severe physical and/or mental injury of a person and is caused by an unexpected, life-threatening situation. Events may become traumatic experiences, if they exceed the limits of what we can usually cope with.

War and escape are traumatic experiences for many people. Experiencing violence seems particularly overwhelming and staggering because people deliberately exert it to hurt other people.

After a traumatic event, everyone has thoughts, feelings, and physical symptoms that may be confusing and stressful. If the symptoms persist, they show that there is a very difficult, overwhelming experience which has not yet been dealt with.

Does that sound familiar to you?

You relive the terrible events again and again:

- in nightmares that keep repeating themselves
- in unwanted, persistent memories of the event(s) which run like a movie in your mind
- with a feeling as if ,it‘ would just happen again („flashbacks“)

You avoid everything that might remind you of the event:

- for example places, persons, activities
- You withdraw from your family and friends
- You have lost interest in everything that you liked before

Trauma

You are in a state of tension and over-excitement:

- You are easily irritable, nervous and restless and get angry quickly
- You suffer from concentration and memory problems
- You suffer from anxiety and panic attacks
- You have problems falling asleep
- You are extremely jumpy
- You are suspicious against others because you are scared to experience violence again

All of these (trauma) symptoms are natural reactions to a traumatic event such as the experience of violence.

The symptoms may be signs of an early or already existing post-traumatic stress disorder. If you can say ,Yes‘ to some of the statements above, we would like to assist you:

- to understand the symptoms
- to obtain protection and security
- to learn strategies of self-reassurance and relaxation
- to cope with the traumatic events step by step

Women's rights are human rights

„Women have equal rights and are entitled to the protection of all political, economic, social, cultural, civil and other human rights and fundamental rights of freedom.“

These include, amongst others, the following rights:

- **the right to life;**
- **the right to equality;**
- **the right to freedom and personal security;**
- **the right to equal protection by law;**
- **the right to freedom from any form of discrimination;**
- **the right to the achievable maximum physical and mental health;**
- **the right to fair and favourable working conditions;**
- **the right not to be subject to torture or other cruel, inhuman or degrading treatment or punishment“.**

(United Nations, Declaration on the Elimination of Violence against Women, Section 3, 20.12.1993)