

Break the silence.

Sexual abuse, rape, sexual harassment and assault – the threat of sexualised violence is part of everyday life for women and girls. Every sexual assault constitutes a severe violation of one's personal and physical integrity, safety and autonomy.

We offer you personal support!

At the counselling centre against sexualised violence of SKFM Mettmann e.V., you will receive counselling, support and professional help in working through these traumatic events.



Contact:

SKFM Mettmann e.V.
Specialist counselling centre
against sexualised violence
for the district of Mettmann
Neanderstraße 68–72
40822 Mettmann

Sozialpsychiatrisches Zentrum

Beratung und Hilfe für Betroffene und Angehörige

Kontakt- und Beratungsstelle

Tel. 0 21 04. 14 19-125 | spz@skfm-mettmann.de

Ambulant Betreutes Wohnen

Tel. 0 21 04. 14 19-125 | wohnen@skfm-mettmann.de

Tagesstätte / Tagesstruktur

Tel. 0 21 04. 14 19-130 | tagesstaette@skfm-mettmann.de

Beschäftigungsförderung – Qualifizierung | Zuverdienst
Tel. 0 21 04. 14 19-160 | beschaeftigung@skfm-mettmann.de

Anerkannter Betreuungsverein Mettmann-Wülfrath

Gesetzliche Betreuungen | Begleitung Ehrenamtlicher |
Vormundschaften und Pflegschaften für Minderjährige
Tel. 0 21 04. 14 19-0 | btg@skfm-mettmann.de

esperanza – Schwangerschaftsberatung | Väterberatung
Tel. 0 21 04. 14 19-245 | esperanza@skfm-mettmann.de

Frühe Hilfen – Eltern-Café MeKi | Familienhebamme
Tel. 0 21 04. 14 19-0 | info@skfm-mettmann.de

Frauenberatung – Allgemeine Frauenberatungsstelle
Telefon 02104.1419-232 | frauenberatung@skfm-mettmann.de

Gewaltschutz



Fachberatungsstelle gegen sexualisierte Gewalt

Tel. 0 21 04. 14 19-226 | sexualisiertegewalt@skfm-mettmann.de

Interventionsstelle gegen häusliche Gewalt

Tel. 0 21 04. 14 19-221 | interventionsstelle@skfm-mettmann.de

Frauen- und Kinderschutzhaus

Tel. 0 21 04. 92 22 20 (Tag+Nacht) | frauenhaus@skfm-mettmann.de

Wohnprojekt nach häuslicher Gewalt

Tel. 0 21 04. 14 19-224 | wohnprojekt@skfm-mettmann.de

Hilfen für geflüchtete Frauen

Tel. 0 21 04. 14 19-0 | info@skfm-mettmann.de

„Der Laden“ – Second Hand für die ganze Familie
Mettmann Tel. 0 21 04. 14 19-150 | Wülfrath Tel. 0 20 58. 8 93 61 80

Ihre Spende hilft!

Kreissparkasse Düsseldorf . BIC: WELADED1KSD
IBAN: DE65 3015 0200 0001 7322 47

SKFM Mettmann e.V.

Neanderstraße 68–72 . 40822 Mettmann
Tel. 0 21 04. 14 19-0 | info@skfm-mettmann.de

www.skfm-mettmann.de



Sexualised violence

Specialist counselling centre
for the district of Mettmann



SKFM

Who can turn to us?

Our areas of counselling

- We advise, accompany and support women who have experienced sexualised violence.
- Relatives, partners and friends can turn to us with their questions.
- In addition, we provide information on the subject of sexualised violence for interested professionals.

**Telephone 0 21 04 . 14 19-226 or
sexualisiertegewalt@skfm-mettmann.de**

Our counselling is

confidential
anonymous if requested
independent of nationality or religion
voluntary
solution- and resource-oriented
free of charge
qualified

What we offer

Personal counselling

We advise and inform you personally, by telephone or email, on psychosocial, legal and medical aspects of sexualised violence.
We offer short-term crisis intervention to help you cope with traumatic experiences, and we support you with expert counselling.
If needed, we accompany you to appointments with lawyers, doctors, police, etc.

Prevention and outreach

We bring the issue of sexualised violence to the attention of the public with events, projects and information. Our work to raise awareness contributes to tackling all forms of sexualised violence.

We need your support!

Ways you can help

There are many ways to support our work. You can ...

- assist us actively by informing and encouraging women
- invite us to take part in an event on the subject, e.g. a training or professional development event at your organisation
- inform yourself in order to break taboos and bust myths
- support our work financially

Are you interested? Don't hesitate to call!
Telephone 0 21 04 . 14 19 - 0

Bank account details:

Kreissparkasse Düsseldorf
BIC: WELADED1KSD
IBAN: DE65 3015 0200 0001 7322 47

Receipts for charitable contributions will be provided.



**Counselling.
Prevention. Information.**

Gefördert von:

Ministerium für Kinder, Familie,
Flüchtlinge und Integration
des Landes Nordrhein-Westfalen



Ministerium für Heimat, Kommunales,
Bau und Gleichstellung
des Landes Nordrhein-Westfalen

