



## Don't leave any child alone now!

[www.kein-kind-alleine-lassen.de](http://www.kein-kind-alleine-lassen.de)

During the current corona crisis, families are continuously together for a long time, often cramped and without any privacy. This is a difficult situation for many people. For women and children, there is an increased risk of being mistreated and abused in their own homes.

Please look after each other. We're here for you if you are worried.  
About children and young people. About families, neighbours and friends.  
About yourself.

## You can find help here:

### FOR CHILDREN AND YOUNG PEOPLE

#### Nummer gegen Kummer (numbers against sadness)

Tel.: 116 111

Mon - Sat 2 p.m. - 8 p.m.

Mon, Wed, Thu 10 a.m. - 12 noon

[www.nummergegenkummer.de](http://www.nummergegenkummer.de)

(can also be reached by chat and email)

#### Bundeskonferenz für Erziehungsberatung (Federal conference for educational counselling)

Online counselling for young people

<https://jugend.bke-beratung.de>

#### Jugendnotmail

(Online counselling for youth in need)

[www.jugendnotmail.de](http://www.jugendnotmail.de)

### Telephone helpline Sexual abuse



0800 22 55 530

Mon, Wed, Fri 9 a.m. - 2 p.m. | Tue and Thu 3 p.m. - 8 p.m.

[beratung@hilfetelefon-missbrauch.de](mailto:beratung@hilfetelefon-missbrauch.de)

[www.hilfetelefon-missbrauch.de](http://www.hilfetelefon-missbrauch.de)

For children and young people:

[www.save-me-online.de](http://www.save-me-online.de)

[beratung@save-me-online.de](mailto:beratung@save-me-online.de)

Sexual abuse help portal

Find counselling centres near you throughout Germany

[www.hilfeportal-missbrauch.de](http://www.hilfeportal-missbrauch.de)

### FOR ADULTS

#### Parent helpline (Elterntelefon)

Tel.: 0800 111 0550

Mon - Fri 9 a.m. - 5 p.m. | Tue and Thu 5 p.m. - 7 p.m.

[www.nummergegenkummer.de](http://www.nummergegenkummer.de)

#### Bundeskonferenz für Erziehungsberatung (Federal conference for educational counselling)

<https://eltern.bke-beratung.de>

#### Hilfetelefon Gewalt gegen Frauen (Violence against women helpline)

Tel.: 08000 116 016

around the clock | in 17 languages

[www.hilfetelefon.de](http://www.hilfetelefon.de)

#### Hilfetelefon tatgeneigte Personen (Helpline for abuse-prone individuals)

Tel.: 0800 70 222 40

[www.bevor-was-passiert.de](http://www.bevor-was-passiert.de)

#### Medizinische Kinderschutzhotline (Medical child protection hotline)

For health professionals

in case of suspected child abuse

Tel.: 0800 19 210 00

around the clock

[www.kinderschutzhotline.de](http://www.kinderschutzhotline.de)

#### Elternsein Info (Parenting information)

Help and counselling for pregnant women and parents with children up to 3 years of age

[www.elternsein.info](http://www.elternsein.info)

[www.kein-kind-alleine-lassen.de](http://www.kein-kind-alleine-lassen.de)