



Can anyone help me?

Violence barometer

**Frauennotruf Salzburg (Women's emergency helpline)
Counselling for women affected by sexual violence**

Wolf-Dietrich-Straße 14, 5020 Salzburg

Tel. +43 662 881100

E-Mail: beratungsstelle@frauennotruf-salzburg.at

Frauenhaus Salzburg / Women's shelters

Tel: +43664 12 82 174 from 8am to 8pm or

24h safety hotline: +43800 44 99 21t

**Gewaltschutzzentrum Salzburg (Centre for protection
against violence)**

Paris-Lodron-Strasse 3a, 5020 Salzburg

Tel: +43662 870 100

Email: office.salzburg@gewaltschutzzentrum.at

Kids-Line – Counselling for young people

Contact via chat or telephone – every day 12 noon
to 9pm: +43800 234 123 & www.kids-line.at



Enjoy

You have a healthy relationship if the person you love:

- respects your decisions, your wishes and your preferences.
- accepts your friends and family.
- trusts you.
- is happy for you when you feel fulfilled.
- makes sure to ask whether you agree to the things you do together.

LOOK OUT! BE ALERT! Say STOP!

You are experiencing violence if the person you love:

- ignores you for days when he is angry.
- blackmails you when you refuse to do something.
- dismisses your opinions and plans.
- makes fun of you in public.
- manipulates you.
- is constantly jealous and possessive.
- controls where you go, your clothes and makeup.
- looks through your text messages, emails, apps.
- insists that you send him intimate photos.
- isolates you from your family and friends.

PROTECT YOURSELF! ASK FOR HELP!

You are in danger if the person you love:

- controls the money you spend, takes your money or forbids you from having your own income.
- calls you crazy when you confront him.
- flies into a rage if something isn't exactly how he wants it.
- pushes, pulls, hits or shakes you.
- threatens to kill himself because of you.
- touches you in intimate places without your consent.
- forces you to watch porn.
- forces you to have sex.