

Here's how you can safeguard others:

If you see something suspicious, tell someone about it. For example an interpreter who can make calls also in German. Or another contact person in the local refugee support centre.

Help in the case of human trafficking:

Human trafficking helpline of the Austrian Federal Office of Criminal Investigations (BK)

+43 677 61 34 34 34

Intervention Centre for Victims of Women Trafficking (LEFÖ-IBF)

+43 1 796 92 98

ibf@lefoe.at

www.lefoe.at



Work:

The Austrian Public Employment Service (AMS) will help you find a job. Information in Ukrainian:



General information:

If you are a refugee from Ukraine, you can find information and support with „Niederösterreich hilft“ (Lower Austria helps) at www.noegv.at



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Living safely and **free from violence** in Lower Austria

That's your right!

Violence means ...

- being humiliated, degraded, insulted
- being pushed, restrained, locked up
- being controlled, persecuted, threatened
- having to justify yourself for everything
 - having to ask for every euro
 - being forced into having sex

Important emergency numbers

Police 133 / EU emergency number 112

Women's helpline 0800 222 555

Lower Austrian women's helpline 0800 800 810

www.land-noe.at/stoppgewalt



Important contact points in Lower Austria

Support:

The first step away from a spiral of violence may be seeking advice at a **women's or girls' counselling centre**. They offer help free of charge, anonymously and confidentially. You can find women's counselling centres throughout the state.

The **Safeguarding Centre** supports victims of domestic violence in exercising their rights, and offers assistance in criminal proceedings.

The victim protection institutions work closely with the police to support women affected by violence in solving problems and on their path towards a safe life free of violence.

Information on violence against women; personal and legal advice in German, English or with the assistance of an interpreter.

specifically for women - competent - confidential - free of charge



Women's and girls' counselling centres www.frauenberatung-noe.at

Amstetten +43 7472 63297
Baden +43 22052 255036
Gänserndorf +43 2282 2638
Gloggnitz +43 2630 34747-0
Gmünd +43 2852 20357
Hollabrunn +43 2952 2182
Horn +43 2822 52271
Krems +43 2732 85555
Lilienfeld +43 676 4042320
Melk +43 676 5805879
Mistelbach +43 2572 20742
Mödling +43 2236 42035
Scheibbs +43 7472 63297
Schwechat +43 2236 42035
Stockerau +43 2266 65399
St. Pölten +43 676 3094773
Ternitz +43 2630 347470
Wiener Neustadt +43 2622 82596
Waidhofen/Thaya +43 2842 24132
Zwettl +43 2822 522710



Safeguarding Centre of Lower Austria www.gewaltschutzzentrum-noe.at

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Amstetten / Lilienfeld / Melk /
Scheibbs / Tulln / Hollabrunn

Wiener Neustadt +43 2622 24300
Bruck a. d. Leitha / Gänserndorf /
Mödling / Mistelbach /
Neunkirchen

Zwettl +43 2822 53003
Gmünd / Horn / Krems

*Get help and advice if you feel
that something isn't right!*

Living safely ... don't give human trafficking a chance

Here's how you can safeguard yourself:

Keep your identity documents with you; don't let them be taken off you.

Don't give your mobile phone to others.

If you are travelling with someone in a car:

Ask for their name, exact address and phone number.

Pass those details on to someone you trust.

Insist that they show you some ID.

Write down the car's registration number or take a photo using your mobile phone and send it to a person you trust.

Agree on a fare up front.

During your journey, you should stay in touch with people you trust and send them photos to show where you are at the moment. Agree on a code word with them; if you are in danger, you can send a text message.

Think carefully before accepting a lift from someone. Find out in advance about public transport offers, e.g. trains.