
Are you worried?

**Are you afraid
or threatened?**

**Are you a
victim of violence?**

**You will find help
and support here!**

Charity work

04461 4051 (in Jever)

04451 5312 (in Varel)

04421 92650 (at WHV)

Migration Consulting

04461 9090896 (in Jever)

04451 860629 (in Varel)

04421 43148 (at WHV)

OTHER ADVICE CENTERS

WHV key flower

(consultation center against sexual
violence against children and
young adults)

04421 201910

Contact center for self-help in Friesland

04451 914646

**SEKO – Contact center for
self-managed WHV mutual assistance**

04421 7719329

**Sexual Health Drop-In Center
and diversity, Aids Aid Friesland-
Wilhelmshaven-Wittmund**

04421 21149

04421 19411

This emergency card was developed
as part of the (network) work of the
round tables against domestic violence
in Wangerland, Varel and Wilhelmshaven.

Financially supported by the Working
Community of Equality Delegates
Friesland/Wilhelmshaven.



Situation in 2024

EMERGENCY CARD

Help in case of violence



**Emergency calls
and advice centers**

EMERGENCY SERVICE

Police emergency number 110

Police offices

04461 74490 (in Jever)

04451 9230 (in Varel)

04421 9420 (at WHV/FRI)

First aid station 112

Federal Violence Against Women Helpline

116016

Helpline for violence against men

0800 1239900

Grief Helpline - for parents (not 24/7)

0800 1110550

Grief Helpline - for children and young people (not 24/7)

0800 1110333 or 116 111

KARGAH

(Lower Saxony emergency telephone against forced marriages)
0800 0667888

Telephone assistance service

0800 1110111 / 0800 111 0 222

ProBeweis Oldenburg

(free and confidential preservation of evidence in cases of domestic violence, abuse, rape - without complaint)
0176 15324572

Helpline – Pregnant women in distress

0800 4040020

Telephone line for victims of the Weißer Ring

116006

Sexual Abuse Helpline

0800 2255530

CONSULTATION CENTERS

BISS Wilhelmshaven/Friesland (AWO)

(domestic violence counselling and intervention service)
04421 7786974

Women's and Children's Protection House

of the AWO Wilhelmshaven/Friesland Association
04421 22234

Family Counseling Center Friesland

04451 953545

PRO FAMILIA in WHV,

but also branch in Varel (consultation on pregnancy and conflicts, consultation in cases of separation and divorce)
04421 25080

General Social Council – Caritasverband

(advice on migration, pregnancy, debt, etc.)
04421 952240

Protestant counseling center for marital, family and existential questions

04421 73717

WHV consultation center for children, adolescents and parents

04421 98890

White Ring

Help for victims of domestic and sexual violence, rape and sexual abuse
Wilhelmshaven/Friesland branch
0511 799997

Addiction counseling Friesland

04451 96420

04461 913650

Youth Service

04461 9190 (in Jever)

04451 9530 (in Varel)

04421 161424 (at WHV)