



Stadt Bern



Das Eidgenössische Büro für die Gleichstellung von Frau und Mann unterstützt das Projekt mit Finanzhilfen.

www.bern.ch/tuerantuer



Stadt Bern

Do you suspect violence in your neighbours' home? Obtain free and confidential advice about what you can do: Fachstelle Häusliche Gewalt Stadt Bern (Domestic Violence Assistance Service of the City of Bern): 031 321 63 02.

Find out more about the topic and about what YOU can do to combat domestic violence in your quarter. Attend a free workshop on domestic violence together with your friends, neighbours or co-workers from Bern West. Further information: www.bern.ch/tuerantuer.

Tür an Tür (Door to door) – We will not look away.
A project against domestic violence in the neighbourhood.

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www.bern.ch/tuerantuer



**SHOW COURAGE, DON'T LOOK AWAY!
YOU CAN DO SOMETHING ABOUT IT.**

**TÜR AN TÜR
(DOOR TO DOOR).
NEIGHBOURS TOGETHER
AGAINST DOMESTIC VIOLENCE.**

Do you suspect violence in your neighbours' home? Show courage, don't look away! There are things you can do.

- Find out about domestic violence online.
- Reach out to the person being abused. Do this in your own way. Ask them over for a cup of coffee, speak to the person in the laundry room or find an excuse to meet them in a quiet spot somewhere. Make sure the person is alone when you talk to them.
- Let the person know that you are concerned about them. Listen to them without judgement. Ask them what they would like you to do to help.
- Offer specific help without putting them under pressure. You could offer to call an advice service together, for instance, or agree on what actions you should take to help in an acute situation.
- If you do not know the person well enough to speak to them directly or do not want to do so, arrange for them to receive information about advice services in some other way. Hang a list of the relevant services and their telephone numbers up by the entrance to your building, for example, or put them in residents' letter boxes. Use the numbers on the reverse side of this flyer for this purpose.
- Get the assistance of a specialist. The domestic violence advice services also advise people concerned about violence affecting someone else in their community. If you choose, you can describe the situation while remaining anonymous. Advice service workers are bound by a duty of confidentiality.

- Reach out to other neighbours. Community makes us strong.
- Be patient. Leaving a violent relationship can take time.
- If you know the person engaging in the violent behaviour well, seek contact with them. Rejecting violence does not mean rejecting the person who engages in it. There is help available for perpetrators. Fachstelle Gewalt Bern (Bern service for violence-related matters): 076 576 57 65.
- Attend a workshop on domestic violence, find out more about the topic and about what you can do. www.bern.ch/türantür.

Is the violence happening right now? Can you hear yelling or other noises indicative of violence from your neighbours' flat?

- Call the police if you do not know the people involved in the conflict or do not want to make direct contact with them: 117. You can also ask other neighbours to do this.
- If you know the neighbours involved well, you could ring their doorbell. If you'd like, get help from other neighbours before doing so. Arrange with them to go together to the door of the neighbours involved. Stay outside of the flat the whole time and do not make any accusations.
- Tell them that you heard noises and are concerned. You could also try doing something unexpected, like asking to borrow a cup of flour or for the number of the building management company.
- If you feel unsafe, say goodbye and leave.

**Violence in the family?
We can help you.
Our assistance is free and confidential.**

Fachstelle Häusliche Gewalt
(Domestic Violence Assistance Service):
031 321 63 02 (office hours)

Beratungsstelle Opferhilfe Bern
(Bern Victim Support Advice Service):
031 370 30 70 (office hours)

AppElle!
hotline for women's shelters: 031 533 03 03 (24/7)

Die Dargebotene Hand
(The Helping Hand): 143 (24/7)

In an emergency:
Police: 117

**You have engaged in violence
and want to change something?**

Fachstelle Gewalt Bern
(Bern service for violence-related matters):
0 765 765 765

**Programme for learning to prevent violence in
marriages, families and partnerships:**
079 308 84 05

