

Rape crisis centre

Many women who have been afflicted by sexual aggression blame themselves and feel guilty, react with shame, fear and feelings of disgust. Often these emotions become still stronger, because relatives and friends (male and female) react with a lack of understanding and belief. Many women therefore try to get along by themselves with what they have experienced and to return to normality as quickly as possible. Unfortunately this is often not possible after a traumatical experience.

It is your right to be supported and helped!

We assist you if you have experienced sexual abuse in your childhood, rape or other forms of sexual aggression. We offer counselling and psychotherapy after an abuse that has just happened, but also if the experience of violence dates back to some time ago and you are only now ready to talk about it.

We accompany you to female physicians, to the police and to a trial in a court of law if this is your wish. Even if you do not feel sure whether what you have experienced has been an instance of sexual aggression or if you feel threatened you are perfectly free to ask for our support.

This can be done by telephone or personally.
It will remain anonymous and free of charge.

You decide yourself what you want to talk about or what you want to do.
Moreover, relatives, other persons you trust and also specialists of other organisations may apply to us.

The languages we use are German and English. If necessary we are able to call in a (female) interpreter.

You may get us on the phone or talk to us personally

on Mondays and Tuesdays from 10 -12 a.m.

on Wednesdays from 15 - 17 p.m.

and of course if you have an appointment..

Out of office hours you can contact us by using our answering machine.

Fachstellen gegen sexualisierte Gewalt an Frauen und Mädchen

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