



Advice and protection for victims

Various agencies support victims of domestic violence – mostly confidential and free of charge. People around victims can also seek help.

In an emergency

In an emergency: Alert the police (tel. 112).

Women and children can get protection in a women's shelter. A specialist answers the AppElle! hotline day and night (tel. 031 533 03 03).

More emergency numbers are listed here.

Advice from Victim Support (Opferhilfe)

The victim support advice centres (Opferhilfe-Beratungsstellen) advise and inform people who experience violence in their families. This help is free of charge. Victims can plan their next steps together with the specialist.

The employees are subject to confidentiality. This means that they are not allowed to inform anyone about the discussions. Not even the police.

Victim support for women and children

- Canton of Bern: Victim Support Bern (Opferhilfe Bern), 031 370 30 70, www.opferhilfe-bern.ch (DE | FR)
- Biel/Bienne region: Women's Solidarity (Solidarité Femmes), 032 322 03 44, www.solfemmes.ch (DE | FR) or Centre LAVI, 032 322 56 33, www.opferhilfe-biel.ch (DE | FR)
- Thun-BO region: Vista, 033 225 05 60, www.vista-thun.ch (DE)
- Women's shelters: AppElle! (24/7 hotline), 031 533 03 03

Victim support for everyone

- Victim Support Bern (Opferhilfe Bern): 031 370 30 70, www.opferhilfe-biel.ch (DE | FR)
- Helping Hand (Dargebotene Hand): 24/7 advice, tel. 143, www.143.ch (DE | FR)

Additional information (links, addresses, information sheets, brochures)

www.hallo-bern.ch/en/haeusliche-gewalt/beratung-und-schutz-fuer-betroffene