Take Care of Yourself!

Call the police if you are witness or a victim of crime!

Emergency Call 110

Tips from the Berlin Police, Crimes against LGBT

Police
Liaison Officers for LGBT-Issues
– Central Office for Crime Prevention –
Criminal Investigation Department
LKA Präv 1
Platz der Luftbrücke 6
12101 Berlin (Germany)
Phone: +49 (0) 30 4664-979444
e-mail: LSBT@polizei.berlin.de
Home: www.berlin.de/polizei/english.html

Maneo
The Gay Anti-Violence Project in Berlin
Phone: +49 (0) 30 2163336
Home: www.maneo.de

Lesbenberatung e. V.
Lesbian Counselling Centre Berlin
Phone: +49 (0) 30 2152000
Home: lesbenberatung-berlin.de

Sonntags-Club e. V.
Counselling for LGBTI
Phone: +49 (0) 30 4497590
Home: www.sonntags-club.de

Queer Leben
Counselling for Trans People
Phone: +49 (0) 30 616752910
Home: www.schwulenberatung.de/queer-leben.php

Weiβer Ring
Help for Victims
Phone: +49 (0) 30 8337060

Opferhilfe Berlin e. V.
Help for Victims
Phone: +49 (0) 30 3952867 / 3959759

Stand Up
Anti- Discrimination Project
Counselling for Trans and Gay People
Phone: +49 (0) 30 23369070
Home: www.schwulenberatungberlin.de
### Take Care of Yourself – Recognize and Avoid Danger

#### ... on the scene / ... in public

**Verbal Abuse / Threatening Behaviour / Physical Assault**
- Remove yourself from the vicinity of the offender.
- Call for help.
- Do not retaliate.
- If on public transport, use the emergency brake/call button.

**Pickpocketing / Robbery**
- Only carry what you need.
- Hand your valuables to the bar staff for safe-keeping.
- Cancel lost or stolen cards immediately.

**Knock-Out Drugs (Rohypnol etc)**
- Be careful if you are offered drinks (especially mixed-drinks).
- Watch your drink at all times.
- Rohypnol or similar drugs can lead to loss of control, loss of awareness and loss of memory.
- These drugs are only traceable in the human body for a few hours (Urine-sample, Bloodtest). Please consult a doctor immediately.

### ... at home / ... Internet

**At home**
- Do not allow strangers into your home.
- Do not let unfamiliar people out of your sight.
- Ensure that no other people gain access to your home.
- Place your valuables in a safe place.
- Do not stand in the way of someone who wants to escape.

**Internet**
- Consider carefully which personal information you make available.
- Remember that your personal details can be misused for criminal acts.
- It is almost impossible to form a character judgement on the internet – your opinion may have nothing to do with reality.
- Show respect and make clear arrangements.
- Choose the time and place for a (first) meeting with care.
- Inform a friend about your date.
- If you are insulted or threatened on the internet, save the information or make a screenshot/screen capture.

### ... If others are in danger

If others are in danger or you hear cries for help:
- Inform the police immediately.
- Answer the call for help e.g. “The police have been informed.” / “Help is on the way.”
- Keep your distance and shout on behalf of the endangered person, “Help, police”.
- Use the call for help as a weapon.
- Mobilise others to help and protect the endangered person.
- Make a note of the attacker’s description.
- Make yourself known to the police as a witness. What you have witnessed can be of utmost importance for the police investigation.

**Emergency call to the police. The following information is necessary:**
- WHAT has happened?
- WHERE has it happened?
- IS anyone injured?
- HOW many attackers, IN WHICH direction did they leave, DESCRIPTION of the attackers?
- INFORM the police where you are and wait for the police to arrive.