

There are fights in every relationship. However, it does not stop at harmless arguments for many couples. They suffer mental, physical and sexual violence. To find a way out of the spiral of violence by oneself is often difficult. The consultants at the Gewaltschutzzentrum (Centre for Protection against Violence) can help with this – with free of charge consultation and assistance tailored to and customised as per the situation.



**Talk to us!**

**We will help you and lead you into a life without violence.**

**Consultation and assistance**

**0662 / 870 100**

**...confidential and free of charge**

**First steps towards a life without violence**

**Help and assistance in case of violence in the family**



Office hours:

Mon - Wed 8.30 – 16.00 hours  
 Thu 8.30 – 19.30 hours  
 Fri 8.30 – 13.30 hours

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On behalf of

BUNDESKANZLERAMT ÖSTERREICH  
 BUNDEMINISTERIUM FÜR FRAUEN UND ÖFFENTLICHEN DIENST

BM.I REPUBLIK ÖSTERREICH  
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Help and assistance in case of domestic violence  
 Process support for victims in criminal cases  
 Consultation for anti-stalking

## Everyday violence

Violence in the family is not an isolated case. On the contrary: domestic violence can be seen in all walks of life and is a sad part of everyday life for many. Every fourth woman in Austria has suffered mental, physical or sexual violence at least once.

Domestic violence is not a private affair. Clear legal provisions and protection options are available to the victim.

## Violence has many faces

The persons concerned suffer ill-treatment in different forms – mental, physical and sexual. The perpetrators of violence insult, humiliate and threaten their victims. Physical ill-treatment right up to grievous physical injury is not a rare occurrence. Sexual violence is also a daily reality in many relationships.

Violence always serves a purpose in such cases: it is supposed to create fear and build up power and control over the persons concerned.

## Violence has nothing to do with love

Many violent relationships follow a similar pattern. First the victim is pressurised – with insults, by means of paternalism and control. This is followed by threats and physical abuse at shorter intervals.

Many perpetrators deny and play down their acts of violence. The victims are persuaded to bear the blame for the violence against them.

## Getting out of the violence

Women often try everything possible to save their relationship and end up remaining in it for a long time – also because of fear of renewed violence in many cases.

They live in constant fear of the next assault and try to please the perpetrator – especially if he apologises and promises to change for the better.

Despite submission and adjustment, the victim cannot stop the repeated violence.

This is because the cause of the violence is always found with the perpetrator and never in the victim's behaviour. To find a way out of this situation alone and that too without external help, is not easy.

## Help and assistance from the Gewaltschutzzentrum

You do not need to take the first steps towards a peaceful life all by yourself. At the Gewaltschutzzentrum, Salzburg, we assist you discreetly and free of charge.

We offer help and assistance to cope with your situation and search for personalised solutions for your safety and the safety of your children.

We will give you all the information about the legal options available to you for your safety. The police ban on the perpetrator to enter the apartment, and other court orders are some of the options available for your immediate safety.

We will think together about the right approach for you, and assist you with the implementation of personalised safety measures.

Do not hesitate to contact us. We are always there for you!

### Consultation and assistance



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