

Counselling in English

Have you or someone you know experienced sexual abuse ?

What is sexual abuse ?

Any sexual action that is not consensual – be it verbally, non-verbally, physically or digital.

How can we help you ?

Our advice is

- Free of charge
- Anonymous if favoured
- Voluntary
- Confidential
- In person, on the phone or online

What do we offer ?

- Support for making informed decisions
- Planning of concrete safety measures
- Coping with the reactions of others around you
- Support in handling the consequences of the experien

Who may use our services ?

- Women
- Children
- Teenagers
- Relatives
- Supporters
- Professionals
- Our offices are not wheelchair accessible, but please contact us in advance and we will find a way for you to use our services.