

Help and support

Ask a person you trust for help!

Sexual assault can have a serious impact not only on your physical but also on your emotional health. It is difficult to cope on your own.

That's why it is important to go to counselling facilities to ask for help which can help you to recover from the experience.

Talks at the counselling facilities are always confidential and free of charge.

- **Women's advice centre Alraune e.V.**
Telephone 05231 20177
- **Family, marriage, child and youth counselling services of the District of Lippe**
Telephone 05231 621621
- **Protestant Counselling Service of the Church of Lippe**
Telephone 05231 99280
- **SOS Advice and meeting centre Blomberg**
Telefonen 05235 5097930
- **Counselling Services**
Telephone 05231 26841
- **HelpLine "Violence against Women"**
Multilingual | 24 hours
Telephone 08000 116 016
- **Women's shelter of the AWO Lippe**
Protection and shelter for women and their children
Telephone 05232 850 8500

Medical and confidential help after sexual assault

The cooperative body "For Lippe against Domestic Violence" with a task force for the district of Lippe has made it possible to collect forensic evidence confidentially and independent of any police report after sexual violence; the project is supported by the State of NRW.

Victims of rape or any other sexual offence shall have the opportunity to decide, without any time constraints or pressure whether to bring charges or not. This way of collecting evidence allows victims to bring charges with the collected evidence within 5 years.

We thank all collaborating institutions for their commitment for the victims of sexual offences.



Call us!
We will help you!



Klinikum Lippe Detmold
Röntgenstraße 18
32756 Detmold
Telephone 05231 72-5620

Published by

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www.haeusliche-gewalt-lippe.de

Sponsored by

Ministerium für Heimat, Kommunales,
Bau und Gleichstellung
des Landes Nordrhein-Westfalen



Medical and confidential
help after sexual assault

COLLECTION OF FORENSIC EVIDENCE
INDEPENDENT
OF ANY REPORT

Let us help you!

Care
Support
Preservation of evidence

Information for those who have experienced sexual assault or who fear that it has happened ...

13% of women living in Germany have experienced criminally relevant forms of sexual violence.

....Have you been raped?

....Did it happen at home or in a familiar environment?

....Was the perpetrator a stranger?

....Did you suffer a blackout and so don't know what happened?

Victims often feel helpless, powerless and are in despair. It is difficult for them to make any decision directly after the assault. These are normal reactions after an abnormal event.

Often there are no witnesses to the assault. That's why it is important that all evidence from the crime are collected immediately. A perpetrator can only be legally charged if there is evidence (DNA traces or similar).

If you cannot or do not wish to decide immediately on any charges, do not hesitate and use the confidential forensic investigation, independent of pressing charges and contact the hospital **Klinikum Lippe Detmold (Telephone 05231 72-5620)**.

More help and support are provided by the advice centres in the district of Lippe. You will find contact details overleaf.

Decision to bring (later) charges

For most victims of sexual assault the decision to press charges is not an easy one, particularly when it comes to making such a decision immediately after the event. Many need time to make a decision that is right for them.

No matter whether you want to bring charges immediately after the assault or later, we would strongly advise you to present yourself at the hospital in Detmold for a medical examination and to have all evidence of the crime secured quickly by a doctor.

If at all possible

....do not take a shower or wash.

....do not wash your clothes.

....do not touch or change any other evidence (sheets, towels etc.)

Even if the offender is unknown, make sure the evidence is collected. This will provide objective evidence of the offense and help to identify an unknown person even years later.

The evidence collected in the Lippe Detmold hospital will be kept for five years. You have time to weigh all options and use counselling before deciding if and when to involve the police, and together take further steps.

Procedure of confidential evidence collection, independent of any report.

1 After the assault please contact the **Lippe Detmold hospital immediately (Tel.: 05231 72-5620)** or ask at the emergency department Detmold for a **confidential forensic medical independent of any report.**

For the medical examination please bring along your medical card, if possible. Rest assured, no one will be informed, neither the medical insurer, nor your dependents or family. **The examination is confidential.**

3 The examination report and the traces collected (e.g. clothing, DNA) will remain and be stored in the Lippe Detmold hospital. The entire procedure will be free of charge for you.

4 You will sign a declaration that you wish evidence to be collected confidentially and independent of any charges, with evidence being stored for 5 years. You will get a copy of your declaration upon request.

5 Should you decide to press charges at a later date, please inform the police about the evidence that was collected. The police will then, together with you, start the necessary steps

6 If you do not press charges, all traces will automatically be destroyed after 5 years.