

Addresses

Hansestadt Rostock, Landkreis Rostock Hanseatic City of Rostock, Administrative District of Rostock

Interventionsstelle gegen häusliche Gewalt und Stalking
Intervention Agency Against Domestic Violence and Stalking
Heiligengeisthof 3 · 18055 Rostock
Tel: 0381 458 29 38
interventionsstelle.rostock@fhf-rostock.de

Autonomes Frauenhaus
Independent Women's Shelter
Postfach 101153 · 18002 Rostock
Tel: 0381 45 44 06
frauenhaus@fhf-rostock.de

Fachberatungsstelle gegen sexualisierte Gewalt
Specialist Advice Centre for Victims of Sexual Violence
Ernst-Haeckel-Str. 1 · 18059 Rostock
Tel: 0381 440 32 90
fachberatungsstelle@fhf-rostock.de

Opferhilfe Rostock
Victim Support Rostock
Schröderstr. 22 · 18055 Rostock
Tel: 0381 490 74 60
info@opferhilfe-mv.de

Beratungsstelle für Betroffene häuslicher Gewalt
Advice Centre for Victims of Domestic Violence
Am Wasserwerk 1 · 18236 Kröpelin
Tel: 038292 826 78 16
beratungsstelle.kroepelin@internationaler-bund.de

Frauenschutzhaus
Women's Refuge
Postfach 1120 · 18261 Güstrow
Tel: 03843 68 31 86
archeev@web.de

Schwerin, Landkreis Ludwigslust-Parchim, Nordwestmecklenburg
Schwerin, Administrative District of Ludwigslust-Parchim, Nordwestmecklenburg

Interventionsstelle gegen häusliche Gewalt und Stalking
Intervention Agency Against Domestic Violence and Stalking
Arsenalstr. 15 · 19053 Schwerin
Tel: 0385 555 88 33
interventionsstelle@awo-schwerin.de

AWO Frauen in Not – Frauenhaus
AWO Women in Need – Women's Shelter
Postfach 110563 · 19005 Schwerin
Tel: 0385 555 73 56
frauenhaus@awo-schwerin.de

Beratungsstelle gegen sexualisierte Gewalt
Advice Centre for Victims of Sexual Violence
Arsenalstr. 15 · 19053 Schwerin
Tel: 0385 555 73 52
bgsq@awo-schwerin.de

Opferhilfe Schwerin
Victim Support Schwerin
Wismarsche Str. 148
19053 Schwerin
Tel: 0385 550 75 00
beratungsstelle@soda-ej.de

Beratungsstelle für Betroffene von häuslicher Gewalt
Advice Centre for Victims of Domestic Violence
Rudolf-Breitscheid-Straße 27
23936 Grevesmühlen
Tel: 03881 75 85 64
kbt-gvm@awo-schwerin.de

AWO Frauenschutzhaus Wismar
AWO Women's Shelter Wismar
Postfach 1462 · 23957 Wismar
Tel: 03841 28 36 27
frauenhaus@awo-wismar.de

Opferhilfe Rostock
Victim Support Rostock
Außenstelle Wismar in der VHS
Wismar Branch Office in the VHS
Badstaven 20 · 23966 Wismar
Tel: 0157 88 25 84 39 oder
Tel: 0381 4 90 74 60
info@opferhilfe-mv.de

AWO Frauenhaus Ludwigslust
AWO Women's Shelter Ludwigslust
Postfach 233 · 19282 Ludwigslust
Tel: 038751 212 70
fh@awo-ludwigslust.de

Opferhilfe Schwerin
Victim Support Schwerin
Außenstelle Ludwigslust
Ludwigslust Branch Office
Stift Bethlehem · Neustädter Str. 4
19288 Ludwigslust
Tel: 0385 550 75 00

Beratungsstelle für Betroffene häuslicher Gewalt
Advice Centre for Victims of Domestic Violence
Flörkestr. 44 · 19370 Parchim
Tel: 03871 26 59 77
beratung-haeusliche-gewalt@awo-ludwigslust.de

Opferhilfe Schwerin
Victim Support Schwerin
Außenstelle Parchim
Parchim Branch Office
Diakoniewerk Koster Dobbertin
Leninstr. 7-8 · 19370 Parchim
Tel: 0385 550 750 00

Landkreis Vorpommern-Greifswald
Administrative District of Vorpommern-Greifswald

Interventionsstelle gegen häusliche Gewalt und Stalking
Intervention Agency Against Domestic Violence and Stalking Anklam/Wolgast
Mühlentritt 4 · 17438 Wolgast
Tel: 03836 237 2700
ist.anklam@freenet.de

Frauenhaus Greifswald
Women's Shelter Greifswald
Postfach 3309 · 17463 Greifswald
Tel: 03834 50 06 56
kontakt@frauenhaus-greifswald.de

Fachberatungsstelle gegen sexualisierte Gewalt
Advice Centre for Victims of Sexual Violence
Bahnhofstr. 16 · 17489 Greifswald

Tel: 03834 798 31 99
anonym@caritas-vorpommern.de

Opferhilfe Greifswald
Victim Support Greifswald
Bahnhofstraße 16 · 17489 Greifswald
Tel: 03834 798 30
opferberatung@caritas-vorpommern.de

NINA – Beratungsstelle für Betroffene von häuslicher Gewalt
NINA – Advice Centre for Victims of Domestic Violence
Ostrowskistr. 15 · 17438 Wolgast
Tel: 03836 237 76 30
ohg@kdw-greifswald.de

Beratungsstelle für Betroffene von häuslicher Gewalt
Advice Centre for Victims of Domestic Violence
Oskar-Picht-Str. 1 · 17309 Pasewalk
Tel: 03973 204 99 75
kbst-psw@uecker-randow.drk.de

Landkreis Vorpommern-Rügen
Administrative District of Vorpommern-Rügen

Interventionsstelle gegen häusliche Gewalt und Stalking
Intervention Agency Against Domestic Violence and Stalking
Frankendamm 5 · 18439 Stralsund
Tel: 03831 30 77 50
interventionsstelle.stralsund@fhf-rostock.de

Frauenschutzhaus Stralsund
Women's Shelter Stralsund
Postfach 1316 · 18403 Stralsund
Tel: 03831 29 28 31
fsh-hst@awo-vorpommern.de

Frauenhaus Ribnitz-Damgarten
Women's Shelter Ribnitz-Damgarten
Postfach 1047
18301 Ribnitz-Damgarten
Tel: 03821 72 03 66
fsh-rd@awo-vorpommern.de

Beratungsstelle für Betroffene von häuslicher Gewalt
Advice Centre for Victims of Domestic Violence
Bahnhofstr. 27 · 18528 Bergen a. Rügen
Tel: 03838 20 17 93
frauenberatung-ruegen@t-online.de

MISS. Beratungsstelle für Betroffene von sexualisierter Gewalt (Bergen)
MISS. Advice Centre for Victims of Sexual Violence (Bergen)
Ringstr. 114 · 18528 Bergen auf Rügen
Tel: 03838 25 45 45
kontakt@miss-beratungsstelle.de

MISS. Beratungsstelle für Betroffene von sexualisierter Gewalt (Stralsund)
MISS. Advice Centre for Victims of Sexual Violence (Stralsund)
Frankendamm 5 · 18439 Stralsund
Tel: 03831 667 93 63
kontakt@miss-beratungsstelle.de

Landkreis Mecklenburgische Seenplatte
Administrative District of the Mecklenburgische Seenplatte

Interventionsstelle gegen häusliche Gewalt und Stalking
Intervention Agency Against Domestic Violence and Stalking
Helmut-Just-Str. 4
17036 Neubrandenburg
Tel: 0395 558 43 84
interventionsstelle-nb@web.de

Frauen- und Kinderschutzhhaus Neubrandenburg
Women and Children's Shelter Neubrandenburg
Postfach 400208
17022 Neubrandenburg
Tel: 0395 778 26 40
fksh-nb@gmx.de

General information for those affected by crime can also be found online at
www.polizei.mvnet.de under
"Prävention/Opferberatung"/
"Prevention/victim counselling"



Maxi – Beratungsstelle für Betroffene von sexueller Gewalt
Maxi – Advice Centre for Victims of Sexual Violence
Helmut-Just-Str. 4
17036 Neubrandenburg
Tel: 0395 570 66 61
bsmaxi@gmx.de

„Klara“ Beratungsstelle für Betroffene von häuslicher Gewalt
„Klara“ Advice Centre for Victims of Domestic Violence
Lange Str. 35 · 17192 Waren
Tel: 03991 16 51 11
klara@diakonie-malchin.de

Beratungsstelle für Betroffene von häuslicher Gewalt
Advice Centre for Victims of Domestic Violence
Am Hanseufer 2 · 17109 Demmin
Tel: 03998 285 49 08
boh@awo-demmin.de

Opferhilfe Neubrandenburg
Victim Support Neubrandenburg
Tilly-Schanzen-Str. 17
17033 Neubrandenburg
Tel: 0395 351 12 18
info.nb@opferhilfe-mv.de

In Mecklenburg-Vorpommern, the volunteers of the WEISSER RING are organised in 17 branch offices. Contact with the relevant field office can be arranged via:

WEISSER RING e.V.
Landesbüro
Mecklenburg-Vorpommern
Wismarsche Straße 183/185
19053 Schwerin
Tel: 0385 500 76 60
lbmeckpom@weisser-ring.de

This leaflet was compiled in the autumn of 2009 by the Stalking Working Group of the Mecklenburg-Vorpommern State Council for Crime Prevention and last updated in December 2017.



Stalking

Information for Victims

What is stalking?

So-called stalking (following someone) is punishable under Article 238 of the Criminal Code (StGB). Stalking is the unauthorised following of another person in a way that is likely to severely affect their lives. Usually, stalkers are former partners. The person doing the stalking may also come from your neighbourhood, your wider circle of acquaintances or your work environment or be someone you do not know at all.

Most of the victims are female, and most of the stalkers are male.

Stalkers often try to make contact with those affected by stalking them over a long period of time, even if the person affected consistently and unequivocally refuses to have anything to do with the stalker.

Stalking can take many forms including

- constant presence, spying, watching, following (also using technology: GPS, position finding software, i.e. so-called "tracking"),
- making contact via third parties,
- frequent phone calls at all times,
- recurrent (often denigratory) contact (via letter, text message, e-mail, WhatsApp, Twitter, Instagram, entries in Internet forums or on social networks or other digital media),
- unwanted gifts (including of money),
- entering your living space,
- damage to property,
- leaving behind sickening evidence that the stalker was there,
- threats and physical attacks and/or
- ordering goods.

The effects of stalking

The persecution, which usually takes place over a long period of time, can lead to stress among those affected by it. You may feel that you are at the mercy of the stalker and that you have lost control over your own life.

Acts of stalking can trigger and worsen physical and mental states of illness. People affected by stalking complain in part of symptoms of anxiety, inner turmoil, increased mistrust, sleep disorders, stomach complaints, headaches, depression, jumpiness or difficulty concentrating.

The effects of stalking can lead to serious changes in the personal lifestyle of those affected by it. For example, friendships and relationships are broken off and new acquaintances are not made.

To some extent, stalking interferes with the victim's circle of relatives. In some cases, friends and relatives are also stalked.

What can I do?

Stalking victims should react early to the stalker's behaviour and seek help. Basically, it is a matter of talking timely action

- one-off clear rejection of having any contact with the stalker,
- consistently avoid any contact,
- inform your wider social environment,
- constantly document the events in chronological order and
- look for support (see the section called "Who will help me?").

How to behave if you're a victim of stalking:

- Immediately and unequivocally make it clear to the stalker – ideally with witnesses – that you do not wish the stalker to make any contact with you at all and that you want nothing to do with the stalker. Be sure to stick to this! Ignore the stalker completely, because the stalker sees all further reactions on your part as a positive signal and sign of affection.

Legal protection measures

Besides reporting an offence to the police and despite this, the locally competent district court – the family court – may, on request, be able to order measures to give victims timely protection against the person doing the stalking (so-called "protection against violence application"). One measure is a restraining order, for example, for the home of the victim, their workplace, the day-care centre or school of their child, as well as a ban on any personal contact or a ban on contacting the victim by phone, text message, fax, e-mail, messenger service, social networks or other digital media. These protection orders are usually limited in time, but can be extended upon application.

Violations are in part punishable under Article 4 of the Violence Protection Act (GewSchG).

Who will help me?

In Mecklenburg-Vorpommern, the intervention agencies against domestic violence and stalking, Opernhilfe MV (Victim Support MV), the women's shelters, the advice centres for victims of domestic abuse and sexual violence and the WEISSE RING all have experience in helping stalking victims. These facilities will tell you about security options, accompany you to the authorities if need be and, in the event of specific problems, pass you on to suitable facilities. The advice offered to you is confidential and free of charge. Support is given to you anonymously if you so wish and regardless of whether a complaint of an offence has been filed.

For women affected by stalking, women's shelters provide safe accommodation and support in particularly dangerous situations.

In the event of stalking and violence against women, you can call the nationwide helpline 24 hours a day free of charge: **08000 116 016**. On request, advice is also available in different languages as well as in sign language.

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