

**Police Berlin**

Liaison Officers for LGBTI-Issues  
Phone: +49 (0)30 4664-979444  
E-Mail: lsbti@polizei.berlin.de

**Contacts for LGBTI at Berlin public prosecutor's office**

Phone: 030 90142697  
E-Mail: LSBT@sta.berlin.de

**Maneo**

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

**LSVD – Lesben- und Schwulenverband Berlin-Brandenburg**

Association for LGBTI  
Phone: 030 22502215  
E-Mail: berlin@lsvd.de

**L-Support**

Lesbian Counselling Centre Berlin  
Phone: +49 (0)30 2162299  
E-Mail: info@l-support.net

**Lesbenberatung e. V.**

Lesbian Counselling Centre Berlin  
Phone: +49 (0)30 2152000  
E-Mail: beratung@lesbenberatung-berlin.de

**Sonntags-Club e. V.**

Counselling for LGBTI  
Phone: +49 (0)30 4497590  
E-Mail: info@sonntags-club.de

**Schwulenberatung Berlin**

Counselling for queer and trans\* people  
Phone: +49 (0) 30 23369070  
E-Mail: info@schwulenberatung.de

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

**Emergency Call 110**

*Take care  
of yourself!*

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**Police Berlin**  
Criminal Investigation Department  
Liaison Officers for LGBTI-Issues  
Phone: +49 (0) 30 4664-979444

**Tips from the  
Liaison Officers for  
LGBTI-Issues  
of  
the Police of Berlin**



# 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 judgement on someone's character online – 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.