

## Support for children and adolescents

If you experience violence from your parents or other adult caregivers, it is important for you to know that this is not okay. It is important to ask for help and get support. There are many institutions and people in Salzburg who can help you.

Violence comes in many forms. There is physical and sexual abuse and harassment, but also if somebody threatens or blackmails you, humiliates, scares, harrows, bullies, neglects you or locks you up ... these are also forms of violence.

### In emergencies:

<b>Police</b> Polizei	<b>Phone: 133</b>	
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### Confidential counselling centres:

<b>Office of the Children's and Youth Ombudsperson</b> Kinder- und Jugendanwaltschaft (kija)	<b>Phone:</b> 0662 430550	<a href="mailto:kija@salzburg.gv.at">kija@salzburg.gv.at</a>
<b>Kids-line Salzburg</b> Kids-line, Kindertelefon Salzburg	<b>Phone:</b> 0800 234 123	<a href="http://www.kids-line.at">www.kids-line.at</a>
<b>Helpline for children and young people</b> Rat auf Draht	<b>Phone: 147</b>	<a href="mailto:rataufdraht@orf.at">rataufdraht@orf.at</a>
<b>Centre for Child Protection</b> Kinderschutzzentrum Salzburg	<b>Phone:</b> 0662 44911	<a href="http://www.kinderschutzzentrum.at">www.kinderschutzzentrum.at</a>

### You can also always confide in:

school social workers and teachers, support teachers, guidance counsellors in your school.

### If you would like to support another child:

If you know or have the feeling that another child experiences violence you can contact these offices for confidential support:

<b>Office of the Children's and Youth Ombudsperson</b> Kinder- und Jugendanwaltschaft (kija)	<b>Phone:</b> 0662 430550	<a href="mailto:kija@salzburg.gv.at">kija@salzburg.gv.at</a>
<b>Kids-line Salzburg</b> Kids-line, Kindertelefon Salzburg	<b>Phone:</b> 0800 234 123	<a href="http://www.kids-line.at">www.kids-line.at</a>

<b>Helpline for children and young people</b> Rat auf Draht	<b>Phone: 147</b>	<a href="mailto:rataufdraht@orf.at">rataufdraht@orf.at</a>
<b>Centre for Child Protection</b> Kinderschutzzentrum Salzburg	<b>Phone: 0662 44911</b>	<a href="http://www.kinderschutzzentrum.at">www.kinderschutzzentrum.at</a>

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**Support for parents:**

Parents also make mistakes. Sometimes you feel you cannot deal with your children anymore and that you have reached your limits. Violence is never the right answer. Asking for help always is! Asking for help is never a sign of failure.

<b>Pro Mente - 24/7 crisis hotline</b> Pro Mente - 24h Krisenhotline	<b>Phone: 0800 539 935</b>	<a href="mailto:pms@promentesalzburg.at">pms@promentesalzburg.at</a>
<b>Emergency number for victims</b> Opfernotruf	<b>Phone: 0800 112 112</b>	<a href="mailto:opfernotruf@weisser-ring.at">opfernotruf@weisser-ring.at</a>

**For women:**

<b>Emergency hotline for women</b> Frauennotruf Wolf-Dietrich-Str. 14 5020 Salzburg	<b>Phone: 0662 881 100</b>	<a href="mailto:beratungsstelle@frauennotruf-salzburg.at">beratungsstelle@frauennotruf-salzburg.at</a>
<b>Helpline for women who experience violence</b> Helpline gegen Gewalt an Frauen	<b>Phone: 0800 222 55</b>	<a href="mailto:frauenhelpline@aoef.at">frauenhelpline@aoef.at</a>
<b>Women's helpline Innergebirg</b> Frauennotruf Innergebirg	<b>Phone: 0664 500 6868</b>	<a href="http://www.frauenhaus-pinzgau.at/">www.frauenhaus-pinzgau.at/</a>
<b>Women's Meet-Up</b> Frauentreffpunkt	<b>Phone: 00662 875 498</b>	<a href="http://www.frauentreffpunkt.at">www.frauentreffpunkt.at</a>

**For men:**

<b>Counselling for men</b> Männerberatung	<b>Phone: 0664 500 6868</b>	<a href="http://www.maennerwelten.at">www.maennerwelten.at</a>
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**What all of us can do: show civil courage**  
 Don't look away when you notice violence.  
 We must take action when a child needs our help.

**Counselling centres:**

<b>Violence protection centre</b> Gewaltschutzzentrum	<b>Phone:</b> 0662 870 100	<a href="http://www.gewaltschutzsalzburg.at">www.gewaltschutzsalzburg.at</a>
<b>Pro Mente -</b> <b>24/7 crisis hotline</b> Pro Mente - 24h Krisenhotline	<b>Phone:</b> 0800 539 935	<a href="mailto:pms@promentesalzburg.at">pms@promentesalzburg.at</a>
<b>Municipality Office Salzburg</b> <b>Youth Office</b> Magistrat der Stadt Salzburg Jugendamt	<b>Phone:</b> 0662 8072 3261	<a href="mailto:kjh@stadt-salzburg.at">kjh@stadt-salzburg.at</a> <a href="http://www.stadt-salzburg.at">www.stadt-salzburg.at</a>
<b>Flachgau:</b> <b>District Authority Salzburg</b> <b>Umgebung</b> <b>Child and Youth Welfare</b> Bezirkshauptmannschaft Salzburg Umgebung, Gruppe Kinder- und Jugendhilfe	<b>Phone:</b> 0662 8180 5847	<a href="mailto:bh-sl@salzburg.gv.at">bh-sl@salzburg.gv.at</a> <a href="http://www.salzburg.gv.at/bezirke">www.salzburg.gv.at/bezirke</a>
<b>Tennengau:</b> <b>District Authority Hallein</b> <b>Child and Youth Welfare</b> Bezirkshauptmannschaft Hallein Gruppe, Kinder- und Jugendhilfe	<b>Phone:</b> 06245 7960	<a href="mailto:bh-hallein@salzburg.gv.at">bh-hallein@salzburg.gv.at</a> <a href="http://www.salzburg.gv.at/bezirke">www.salzburg.gv.at/bezirke</a>
<b>Pongau:</b> <b>District Authority</b> <b>St. Johann i. Pg.</b> <b>Child and Youth Welfare</b> Bezirkshauptmannschaft St. Johann i. Pg., Gruppe Kinder- und Jugendhilfe	<b>Phone:</b> 06412 6101 6211	<a href="mailto:bh-st-johann@salzburg.gv.at">bh-st-johann@salzburg.gv.at</a> <a href="http://www.salzburg.gv.at/bezirke">www.salzburg.gv.at/bezirke</a>
<b>Lungau:</b> <b>District Authority Tamsweg</b> <b>Child and Youth Welfare</b> Bezirkshauptmannschaft Tamsweg Gruppe, Kinder- und Jugendhilfe	<b>Phone:</b> 06474 6541 0	<a href="mailto:bh-tamsweg@salzburg.gv.at">bh-tamsweg@salzburg.gv.at</a> <a href="http://www.salzburg.gv.at/bezirke">www.salzburg.gv.at/bezirke</a>
<b>Telephone counselling</b> Telefonseelsorge	<b>Phone:</b> 142	<a href="http://www.onlineberatung-telefonseelsorge.at/mailberatung.html">www.onlineberatung- telefonseelsorge.at/mailberatung.html</a>

Mit freundlicher Unterstützung von akzente Salzburg und dem ÖIF.