

IMPORTANT CONTACTS FOR WOMEN

Below is a list of addresses and telephone numbers of organisations which specialise in helping women in distress. An * indicates that English may be spoken.

AIDS

Zürich AIDS Hilfe – Anonymous Helpline www.zah.ch 044 455 59 00*
AIDS Testing, Kanzleistrasse 80, Zürich www.zah.ch 044 455 59 00*

ALCOHOLISM/DRUG ADDICTION

Alcoholics Anonymous – Zürich helpline www.aazurich.org 076 401 93 91*
Al-Anon Family Support, Zürich www.al-anonzurich.org 0848 848 843*
English Speaking Support Group, Horgen www.snh-zv.ch 044 718 17 17*
Specialist Treatment Centre, Josefstrasse 91 www.zfa.ch 043 444 77 00*

BATTERED WOMEN-SAFE HOUSES

Advice & Information Centre www.frauengegengewalt.ch 044 278 99 99
Emergency Telephone 052 213 61 61
Safe house – Zürich 044 350 04 04
Safe house – Winterthur 052 213 08 78
Safe house – Basel 061 681 66 33

CHILDREN & YOUNG PEOPLE

Castagna – Help centres for sexually exploited children, young women, and Women abused in childhood. www.castagna-zh.ch 044 360 90 40

CRISIS SUPPORT

Advice for victims of sexual abuse, Zürich www.frauenberatung.ch 044 291 46 46
Emergency Telephone, Winterthur www.frauennottelefon.ch 052 213 61 61
Help & Advice for Parents – 24h www.elternnotruf.ch 084 835 45 55

FIZ (several languages)

Advocacy and support for migrant women www.fiz-info.ch 044 436 90 00

LEGAL ADVICE (several languages)

Zürich Bar Association www.zav.ch 044 211 51 81*
Women's Rights Legal & Career Advice www.frauenzentrale.ch 041 211 00 33*

MARITAL PROBLEMS

IEF Mediation Counselling www.ief-zh.ch 044 362 84 84

ZÜRICH UNIVERSITY HOSPITAL

Treatment of psychosomatic and Anxiety disorders www.en.usz.ch 044 225 22 11*