



## Help for violent people

Anyone who hurts others physically or emotionally must take responsibility and get help. A change of behaviour can be learned in counselling sessions.

### Where can I find help?

The Bern Educational Programme against Domestic Violence (Berner Lernprogramm gegen Häusliche Gewalt) teaches people how to resolve conflicts without violence. The programme is for adults. An interpreter is possible. The first session is free of charge.

Anyone who needs someone to talk to immediately can contact Helping Hand (Dargebotene Hand) by phone, text message, chat or email. There is always someone there. Even at night. They can be contacted without giving the name (anonymously). The Specialised violence unit (Fachstelle Gewalt) also offers advice about violence.

### Additional information (links, addresses, information sheets, brochures)

[www.hallo-bern.ch/en/haeusliche-gewalt/hilfe-fuer-gewalt-ausuebende-personen](http://www.hallo-bern.ch/en/haeusliche-gewalt/hilfe-fuer-gewalt-ausuebende-personen)