

**Domestic violence is not a private problem!**

**Your doctor treats your physical injuries.**

**Further help and support is available for your protection and your safety!**



## Emergency Card



**S.I.G.N.A.L.  
against domestic violence**

## Violence leaves marks –

### visible and invisible injuries

bruises, discolouration, broken bones,...

headaches, stomach aches and abdominal pain, lack of appetite, sleep disturbances and concentration difficulties, anxiety,...

## Violence is also –

### If your partner

humiliates, threatens, controls, isolates, or forces you to engage in sexual activities,...

## For help and support:

### IfS-Gewaltschutzstelle Vorarlberg

Legally approved victim support institution

Tel. 05522/82440

### IfS-FrauennotWohnung

Women's Shelter

Tel. 05572/29304 (24 hours)

### FEMAIL FrauenInformationszentrum Vorarlberg e.V.

Information centre for women

Tel. 05522/31002

### Sexual assault and violence referral centre

of Dornbirn Hospital

Lustenauerstraße 4

6850 Dornbirn

Tel. 05572/303 (24 hours)

**Police Emergency Number: 133**

**European Emergency Number: 112**