



Unabhängige Beauftragte  
für Fragen des sexuellen  
Kindesmissbrauchs



Hilfe-Portal  
Sexueller Missbrauch

Hilfe suchen, Hilfe finden

[www.hilfe-portal-missbrauch.de](http://www.hilfe-portal-missbrauch.de)

## The Sexual Abuse Help Portal – all the facts at a glance

“Seeking help, finding help” – the help portal of the Independent Commissioner for Child Sexual Abuse Issues (UBSKM) is there for people affected by sexual abuse, their families, professionals and all other people looking for help and support.



### 1. What services does the Sexual Abuse Help Portal offer?

People looking for help and support can find information and guidance on the help portal at [www.hilfe-portal-missbrauch.de/en](http://www.hilfe-portal-missbrauch.de/en). In addition to in-depth information (including on advice and counselling services, self-help and legal issues), a nationwide database points users to suitable local support and help services and to phone and online services. Among other things, the database lists specialised advice and counselling centres, crisis services, psychotherapists and lawyers. In addition, the Sexual Abuse Help Line (0800 22 55 530) team offers anonymous advice over the phone as well as online:

[www.hilfe-telefon-missbrauch.de](http://www.hilfe-telefon-missbrauch.de) or [www.hilfe-telefon-missbrauch.online](http://www.hilfe-telefon-missbrauch.online)

### 2. What information can you find on the portal?

The portal was updated and expanded with its relaunch in the summer of 2021. It now features an integrated landing page for the Sexual Abuse Help Line and the new online advice service. New topics were added to the help portal as well: In the “Useful information” section, for example, you can find updated information on advice and counselling services, legal issues and organised sexualised and ritual violence (also see the berta help line at [www.hilfe-telefon-bertha.de](http://www.hilfe-telefon-bertha.de)). Other new sections include “Questions and answers” and “Stories that inspire courage”, where victims and survivors as well as professionals share their stories to encourage others to seek help. In the new service area, materials such as social media graphics, banners and the “Sexual Abuse Help Line. Call – even if you have doubts” brochure can be downloaded. The leaflet, postcards and folding cards can be ordered per email and are free of charge: [mail@nina-info.de](mailto:mail@nina-info.de)

### 3. Why it is so important for the help services to be easily accessible?

In Germany, thousands of children and adolescents suffer sexual violence every year.<sup>1</sup> The people affected by it, their families and professionals, as well as anyone who is worried about a child, need help that is quick and easy to access and tailored to their specific situation. However, if you're looking for help you need to know where and how to find it and who to contact if you have a suspicion. But it is not always easy to find the right help service, and this can add to the stress. This website answers many questions you may have, such as: What forms of therapy are there? How do they differ from one another? What can I expect if I report sexual abuse? Where can I apply for financial aid? And also: What do I do if I come across abusive imagery on the internet? You can find answers to such questions on the Sexual Abuse Help Portal.





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#### 4. What help and support services are listed in the database?

With the relaunch in the summer of 2021, the database was restructured, expanded and made more user-friendly, allowing victims, their families and anyone who is worried about a child to find a suitable service as quickly as possible. The services are listed under different categories, such as advice services, medical services and therapies, legal services as well as shelters and crisis services. Users can search for local support services as well as for phone and online services. The database has an extensive filter function that allows users to search for exactly what they need. Among other things, the filter can be set to search for self-help offers, prevention, organised sexualised and ritual violence or for various forms of accessibility. Providers of services can register on the help portal's website. To be entered into the database, a service must meet certain professional qualifications and minimum requirements; these are checked by the UBSKM, sometimes in cooperation with the Federation of Panel Doctors (KBV), the professional chambers for doctors and psychotherapists and N.I.N.A. e. V. (see Question 5). However, being listed in the database or the mention of the service is not a reflection of the quality of the advice provided by the individuals. It also does not mean that the help service is certified. For more information about registering, visit: [www.hilfe-portal-missbrauch.de/en/about-us/registration](http://www.hilfe-portal-missbrauch.de/en/about-us/registration)

#### 5. Who is responsible for the help portal?

The Sexual Abuse Help Portal is a service of the Independent Commissioner for Child Sexual Abuse Issues (UBSKM). The website and the database were revised in close cooperation with N.I.N.A. e. V. The association is the sponsor of the Sexual Abuse Help Line and the associated online advice service. N.I.N.A. e. V. works on different levels to better protect children and adolescents from sexualised violence. Support for the relaunch was also provided by the Council of Victims and Survivors at the UBSKM and by experts and practitioners from advice and counselling centres, psychotherapy and migration and inclusion.

##### Information and support

[www.beauftragte-missbrauch.de](http://www.beauftragte-missbrauch.de)

[www.hilfe-portal-missbrauch.de/en](http://www.hilfe-portal-missbrauch.de/en)

[www.hilfe-telefon-missbrauch.de](http://www.hilfe-telefon-missbrauch.de)

[www.hilfe-telefon-missbrauch.online](http://www.hilfe-telefon-missbrauch.online)

[www.hilfe-telefon-berta.de](http://www.hilfe-telefon-berta.de)



<sup>1</sup> The World Health Organization (WHO) estimates that one to two children and adolescents in every school class in Germany are affected by sexual violence. Most of the perpetrators are family members and/or people within their immediate social environment. For the latest facts and figures, go to: [beauftragte-missbrauch.de/service/publikationen/zahlen-und-fakten](http://beauftragte-missbrauch.de/service/publikationen/zahlen-und-fakten)