

## Conflicts

Are you experiencing conflicts and arguments in your partnership or family? A number of different counselling centres can help you. Violence in the family and between spouses is forbidden. On "Hello Basel-Stadt" you can find a section dedicated to domestic violence. There you can find more information on the topic.

### Conflicts in Partnerships

If you are having problems in your partnership, you can obtain help from specialists (marriage counselling, Eheberatung). There are special counselling centres that look for solutions with you. Usually the first meeting is free or you have to pay less for it.

### Conflicts in Families

When you have children, there can sometimes be difficult situations. This is stressful for you as a parent and for your children. It is best to seek help if you are unsure how to handle a situation.

Help for parents:

- You can obtain personal advice at the family counselling centre (Familienberatungsstelle).
- If you have questions on parenting or are worried about your children, you can contact the parental hotline. Here you receive advice from specialists over the phone on 0848 35 45 55 (you pay the normal landline rate) or by email.

For children and youths:

- Children and youths can call the children's hotline, write an email or SMS or use the chat service. Telephone: 147 (the call is free of charge).

## **Domestic Violence**

Violence in the family is a criminal offence and is forbidden. Those who use violence can be prosecuted. Any form of violence is prohibited. No-one can use violence against others in the family: whether against the spouse or against the children. When authorities learn about violence in the family, they are compelled to take action. Do you experience violence in the family? There are offers where you can find support. The offers are free and confidential.

- Frauenhaus / Väterhaus (women's or men's shelter): If women or men experience violence, they can go to the women's or men's shelter for a certain period of time. They can seek protection there with their children. Women can call the women's shelter day and night. Telephone: 061 681 66 33.
- Children's hotline: Children and youths can call the children's hotline. The call is free of charge. Telephone: 147.
- Do you feel threatened by someone in your family? Then call the police. Telephone: 117. The police may expel the perpetrator from the home for an extended period of time. In that case, the perpetrator is not allowed to enter the home.

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

[www.hallo-baselstadt.ch/en/partnership-and-children/conflicts](http://www.hallo-baselstadt.ch/en/partnership-and-children/conflicts)