

Anti-Discrimination Services

Here are some contact points for individuals who experience discrimination based on various factors. These services are available for FLINTA* individuals as well as for male-identifying individuals and (cis) men.

1. General Anti-Discrimination Services

a. Anti-Discrimination Network Berlin (ADNB) of the TBB

- **Description:** The network offers support for all individuals who have experienced discrimination. The focus is on discrimination based on ethnicity or religion.
- **Target Group:** People with a history of migration or refugee
- **Services:** Legal support, psychosocial counseling
- **Website:** [TBB ADNB](#)

b. ReachOut Berlin

- **Description:** ReachOut supports people affected by racist, far-right, or anti-Semitic violence.
- **Target Group:** All people affected by racist and far-right violence.
- **Services:** Psychosocial counseling, accompaniment to authorities and court proceedings, public relations.
- **Website:** [ReachOut Berlin](#)

c. OFEK e.V.

- **Description:** OFEK offers counseling for people affected by anti-Semitic discrimination and violence.
- **Target Group:** Jewish people and those affected by anti-Semitism.
- **Services:** Individual counseling, prevention, legal counseling.
- **Website:** [OFEK e.V.](#)

2. Counseling Services for Gender-Based Violence and Sexual Assault

These services provide support for people of all genders, including men and male-identifying individuals, who have experienced gender-based violence or assault.

a. Wildwasser Berlin e.V.

- **Description:** Originally founded as a contact point for women, Wildwasser now offers counseling services for trans*, inter*, and non-binary individuals who have experienced sexualized violence.
- **Target Group:** FLINTA*
- **Services:** Counseling, crisis intervention, therapeutic support.
- **Website:** [Wildwasser Berlin](#)

b. Tauwetter e.V. – Contact Point for Men Who Have Experienced Sexualized Violence

- **Description:** Tauwetter offers specific support for men who have experienced sexualized violence. The service is available for both cis and trans* men and provides a safe space for processing abuse experiences.
- **Target Group:** Men and male-identifying individuals.
- **Services:** Individual counseling, self-help groups, crisis intervention.
- **Website:** [Tauwetter Berlin](#)

c. Berlin Crisis Service

- **Description:** The Berlin Crisis Service provides support for individuals in acute crisis situations. They offer decentralized services, so people can find help quickly in their area.
- **Target Group:** All individuals in crisis situations.
- **Services:** Telephone counseling, on-site crisis intervention, support for psychosocial emergencies.
- **Website:** [Berlin Crisis Service](#)

3. Queer and FLINTA-Specific Services, Open to Male-Identifying Individuals and Men

a. Queer Leben

- **Description:** Queer Leben offers counseling and therapy services for the entire LGBTQIA+ community.
- **Target Group:** LGBTQIA+
- **Services:** Counseling for coming out, psychosocial support, couples counseling.
- **Website:** [Queer Leben](#)

b. GLADT e.V.

- **Description:** GLADT focuses on BIPOC (Black, Indigenous, People of Color), queer individuals, and people with a history of migration. They offer counseling in various languages and work intersectionally.
- **Target Group:** Queer individuals affected by racism.
- **Services:** Psychosocial counseling, empowerment workshops, legal support.
- **Website:** [GLADT e.V.](#)

c. Maneo – Gay Anti-Violence Project

- **Description:** Maneo is an anti-violence project focused on men who have been discriminated against or attacked because of their sexuality. They offer psychosocial counseling, crisis intervention, and support in cases of violence.
- **Target Group:** Queer men.
- **Services:** Crisis intervention, legal counseling, accompaniment during court proceedings.
- **Website:** [Maneo Berlin](#)

4. Anti-Racist and Community-Based Counseling Services

a. Each One Teach One (EOTO) e.V.

- **Description:** EOTO is an organization that advocates for BIPOC in Berlin and offers educational programs, empowerment workshops, and counseling.
- **Target Group:** BIPOC
- **Services:** Counseling, educational and recreational offerings, community empowerment.

- **Website:** [Each One Teach One](#)

b. KOP – Campaign for Victims of Racial Police Violence

- **Description:** KOP supports all individuals who have experienced racist police violence. They offer legal counseling and guide people affected through the legal process.
- **Target Group:** people affected by racist police violence, regardless of gender.
- **Services:** Legal counseling, public relations, case documentation.
- **Website:** [KOP Berlin](#)

5. Psychosocial and Legal Support

a. Befreit Euch! – Contact Point for Migrants Affected by Violence

- **Description:** This counseling center is for people with a history of migration who have experienced violence. It offers a safe space for psychosocial and legal support.
- **Target Group:** Individuals with a migration background.
- **Services:** Crisis intervention, counseling, networking with specialized organizations.
- **Website:** [Befreit Euch!](#)

b. Men's Counseling Berlin – Violence Prevention

- **Description:** This counseling service provides specific support for men who have become victims of violence or seek help in managing aggression. There is a particular focus on gender-based violence, but offender work is also offered.
- **Target Group:** Men and male-identifying individuals.
- **Services:** Individual counseling, group offerings, support for violence prevention.
- **Website:** [Men's Counseling Berlin](#)