YOUR RIGHTS

Refugees



01/2026 augenauf Bern

Most of the organizations and advice centers listed in this brochure are based in Bern region. Aside from this, most of the contents apply to the whole of Switzerland.

YOUR RIGHTS

Refugees



01/2026 augenauf Bern

TABLE OF CONTENTS

POLICE CHECKS AND DETENTION

Police and identity checks 8
Train station officers/SBB transport police 14
Private security guards 16
Confiscation 17
The right to remain silent 19
Interpretation/translation 21
Restriction/exclusion orders 23
Arrests and detention 24
Assaults and injuries 27

ASYLUM PROCEDURE

General information 28
Hearing about grounds for asylum 30
Coercive removal measures and deportation 33
Detention in preparation for departure 34
Detention pending deportation 35
Detention under the Dublin procedure 39
Coercive detention 41
Maximum length of detention 41

YOUR RIGHTS IN ASYLUM ACCOMMODATION

Health 42
Issues with other residents or with staff 44
Room searches at your accommodation 46
Particularly vulnerable people 48
Social assistance 50
“Sans-Papiers” 51

HELP ORGANIZATIONS, ADVICE CENTERS AND OTHER POINTS OF CONTACT

Foreigners 52
Women 57
Children and teenagers 58
LGBTIQ* 59
Medical issues 61
Human rights issues/repression 63
Emergency shelters and street work 64
Victim support 66
Partnership and family issues 68
Sex work 69

YOUR RIGHTS – asylum seekers

This brochure is intended for refugees and people without a regular resident status. It contains information about your rights related to encounters with the police, the asylum procedure, and life in an asylum center. Since this brochure only provides an overview of these topics, you can find a list of organizations and advice centers at the end of this document to provide more tailored help. Further information and a digital version of this brochure can be found on www.rights-asylum.ch.

POLICE CHECKS AND DETENTION

Police and identity checks

- The police have the right to check your identity. Although you are not required to carry ID with you, it is generally better to take it with you to avoid issues or lengthy checks.
- Ask for the reason for the identity check. The police must be able to give you a reason when you ask.
- Police officers must tell you their name upon request. Police officers in plain clothes (not in uniform) must identify themselves with a badge.
- In case of assault (e.g., violence or verbal abuse) or discriminatory checks (e.g., due to your skin color) by the police, note down the names of the police officers as well as the location, date and time. Please ask anyone who observed the in-

cident (witnesses) to give you their name and a way to contact them. This is important to bring a complaint or charge against the police. At the end of this brochure, you will find organizations and help centers you can contact to help you lodge a complaint.

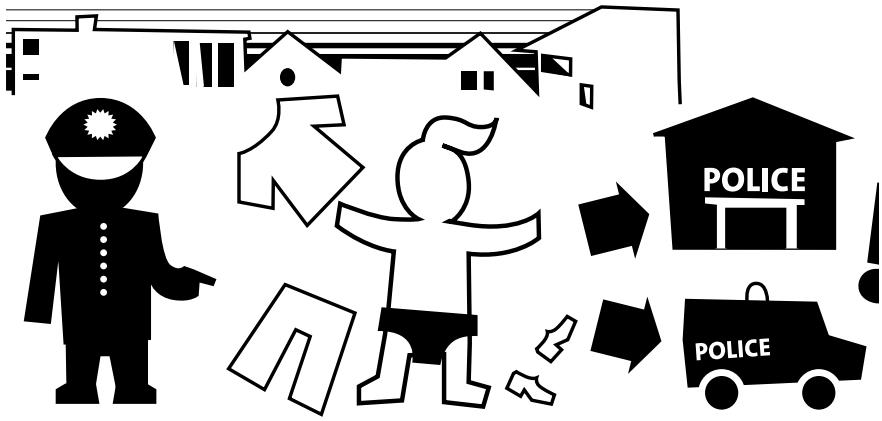
- As soon as possible, write down the incident as you remember it so you do not forget important details. You can download a template to help you from www.augenauf.ch.
- If you witnessed an assault, also write down everything you remember as soon as possible and give your account of the events to the affected person.

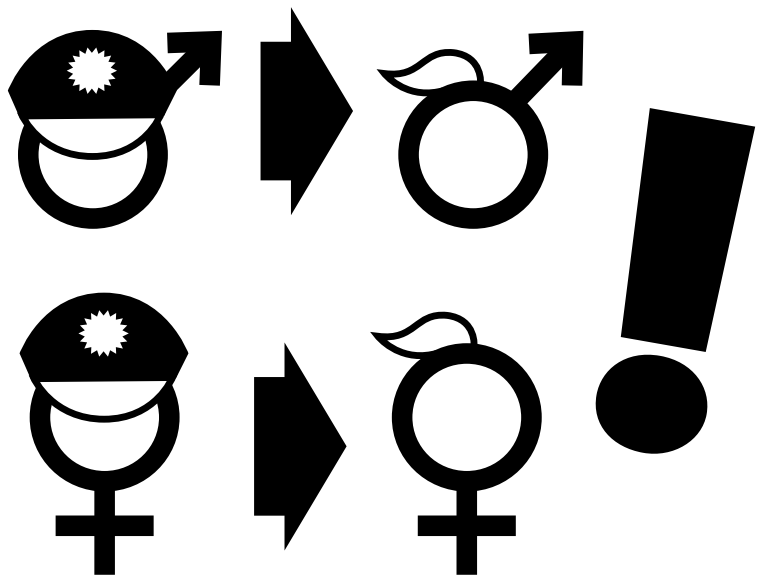


Searches by the police

- The police are allowed to search you and your baggage if you are a suspect in a criminal investigation. Ask what offense is the reason for the search. Ask why you are suspected of this offense.

- Extended personal searches (e.g., strip searches) are not permitted in public. However, the police are allowed to pat you down or ask you to empty your pockets.
- You are allowed to insist that the police search you in their vehicle or at the police station.





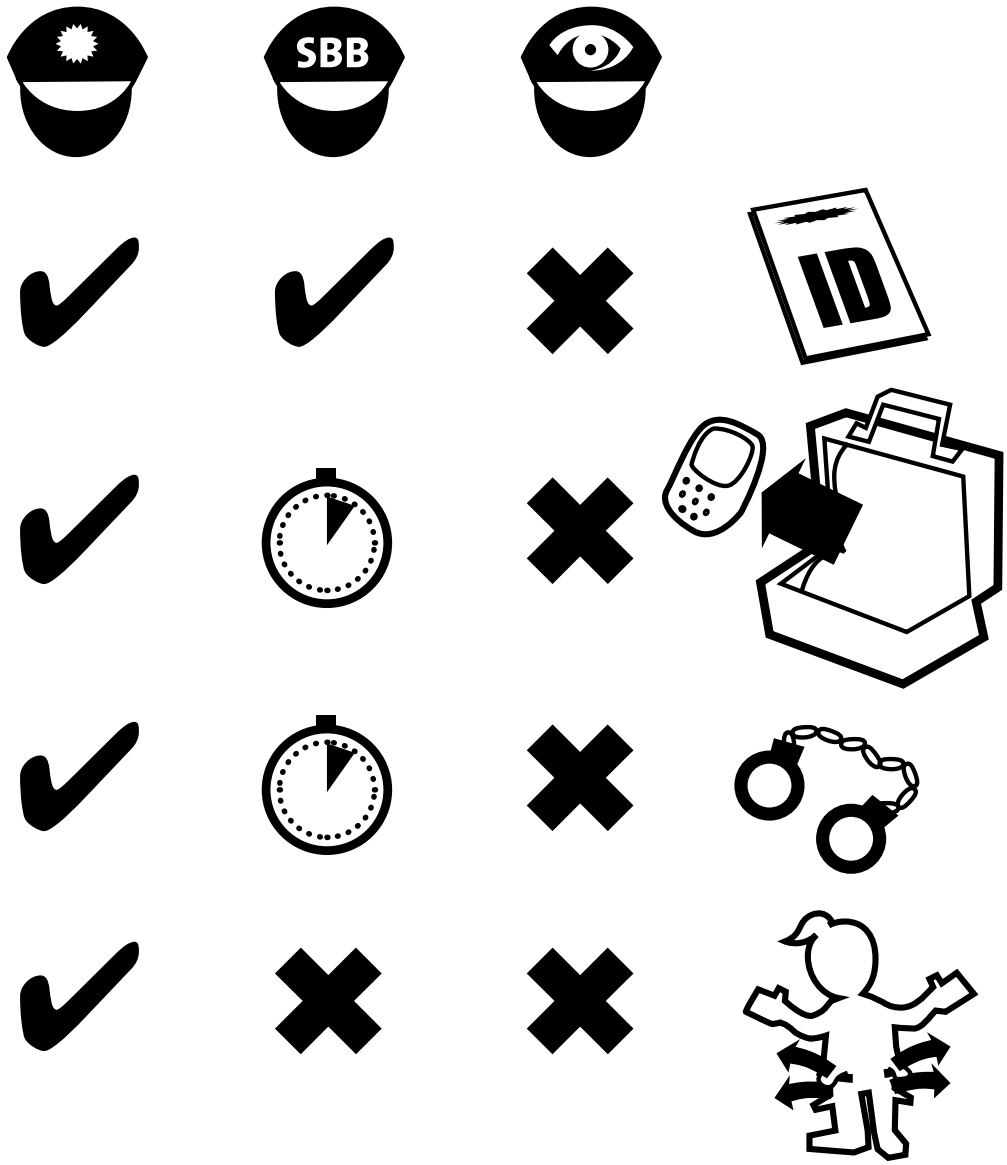
- Only medical personnel (doctors) are allowed to conduct body cavity searches.
- Insist on being searched by a person of your own gender.
- If you consider refusing a search, you should know that this may result in a criminal charge.
- The police are allowed to take a DNA sample from you (buccal swab). The police, the public prosecutor's office and a criminal court are allowed to order this. However, only the public prosecutor's office or the court of justice can order the analysis and creation of a DNA profile (analysis of the sample).
- **If you receive a summons or are visited by the police to collect a DNA sample: Contact your lawyer or a help organization/advice center and have them check, whether this is legal** **(see « Human rights issues/repression », page 63).**

- Measures to record a person's identifying features can be ordered by the police, the public prosecutor's office, or the courts. This usually includes recording the identifying features of a person and taking prints of body parts. These measures can only be ordered to determine the facts of a specific case (including to determine a person's identity). If you refuse such police orders, the public prosecutor's office will make the final decision.

Train station officers/SBB transport police

- Many things are forbidden at Bern central station (note the prohibition signs). The SBB transport police is responsible for enforcing these rules. The SBB transport police can check your ID, detain you temporarily, or hand you over to the police. In addition, the transport police are allowed to confiscate items. Private security services, such as Securitas, are not permitted to do this. According to the law, however, the transport police must hand over confiscated items and temporarily detained persons “to the police as quickly as possible”.
- The SBB transport police is only responsible for railway stations and trains, and officers are only allowed to exercise their powers in these areas.

- Pay attention to the kind of uniform people wear.



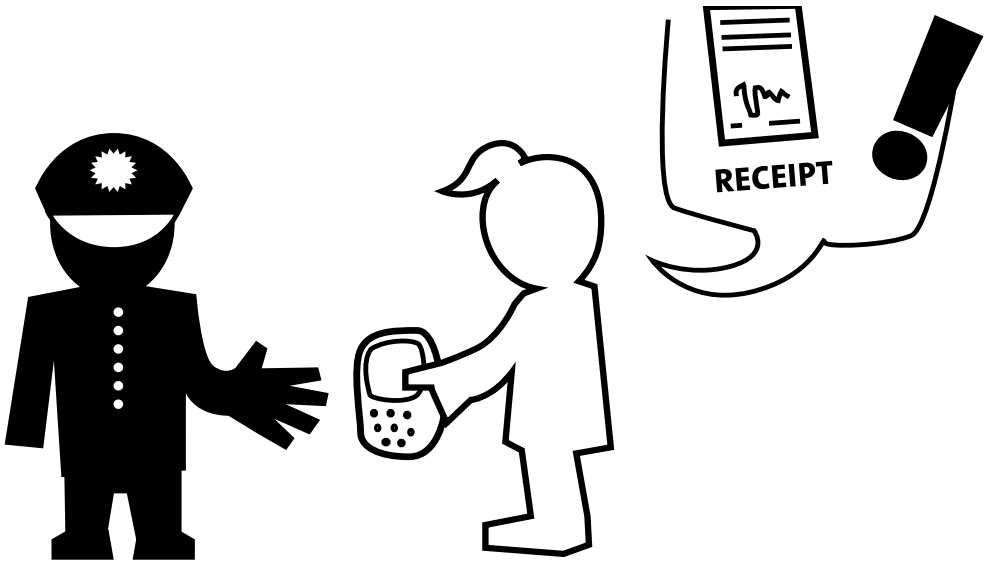
Private security guards

- In addition to the police, it is becoming more common to encounter uniformed personnel who are not police officers. They are employees of private security companies (e.g., Protectas or Securitas).
- If private security guards catch you in the act of committing a criminal offense, they are allowed to detain you. However, they must hand you over to the police immediately. They are not authorized to: Request to see your ID, question and search you, pat you down, search your pockets, ask you for your name and place of residence, or take things from you. They have no more rights than you have.



Confiscation

- If the police want to confiscate something – take your phone away, for example – always insist on a receipt. Confiscation is only allowed if an object is linked to a criminal offense or could be used as evidence, or if it constitutes a threat to the public order. If confiscated objects are legal and are not being used as evidence, you can reclaim them later (with the receipt).

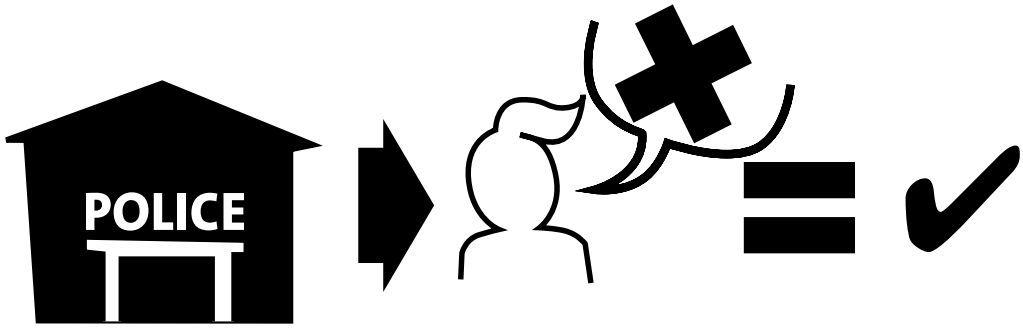


- If you want to keep the contents of a document or your mobile phone/laptop private, you can ask that this information is sealed. This means that there will be a separate process to determine whether the police are allowed to search through this information.
- If you are an asylum seeker or have been issued with a removal order, do not carry more cash on you than you absolutely need. Sometimes the police confiscate large amounts of cash. If they do so, insist on a receipt.

- **You can get in touch with a help organization or advice center (see « Foreigners », page 52 or « Human rights issues/repression », page 63).**

The right to remain silent

- If you are taken to a police station and questioned, you have the right to remain silent. This is your right whether you are being questioned as a suspect or as a witness.



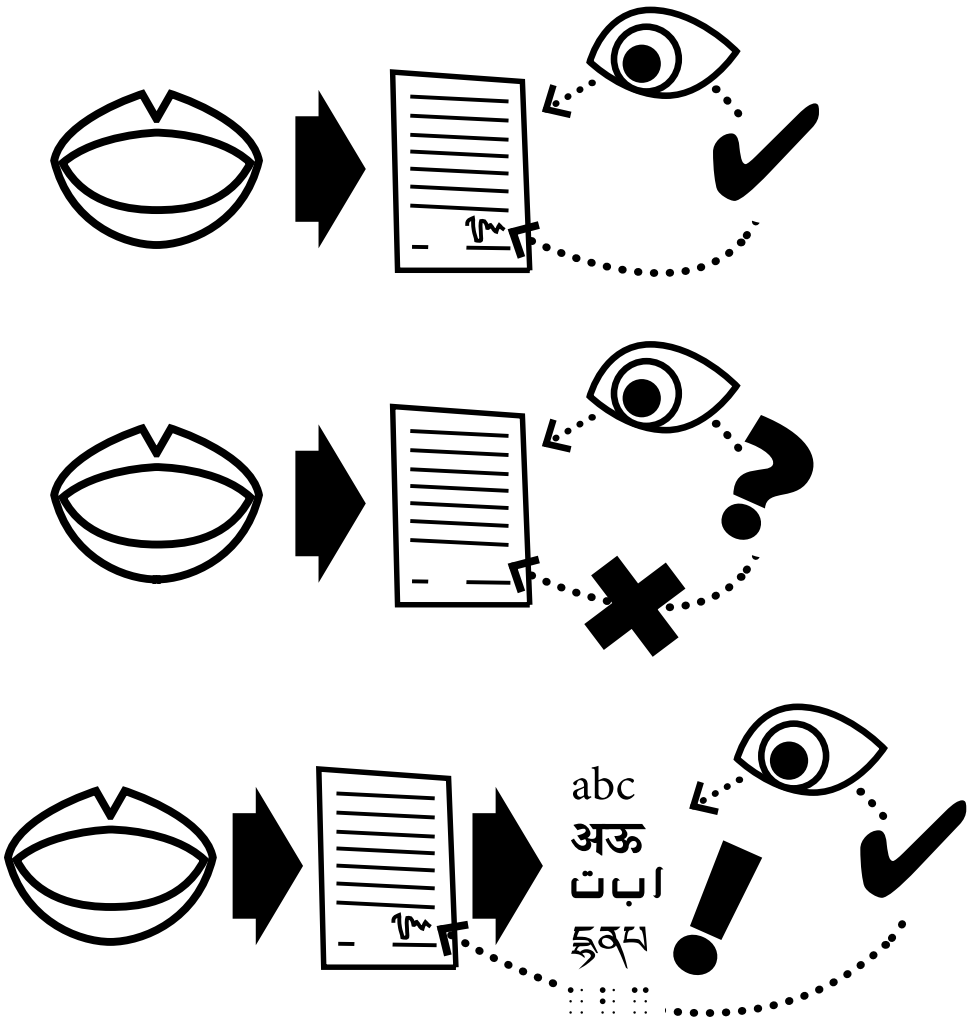
- You only have to give the following information:
  - Last name
  - First name
  - Address where you are registered
  - Date of birth
  - Profession (not your employer or your place of education)
  - Names of parents
  - Nothing else!
- Answer all other questions with “No comment” or “I refuse to answer the question”, including attempts to engage in small talk like talking about the weather. Every statement you make has the potential to endanger you and others.
- Do not sign anything you do not understand or disagree with.
- In certain situations, it may make sense to make a statement to defuse the situation. If you decide to make a statement, then consider the following:

- You have the right to receive interpreting and translation services. Insist on being provided with an interpreter or a translation if you need one.
- Make sure that your statements are recorded correctly (for example: Are the recorded statements your own or those of the police officers?).
- Read the statement carefully before signing.
- You are not obligated to sign statements.

Interpretation/translation

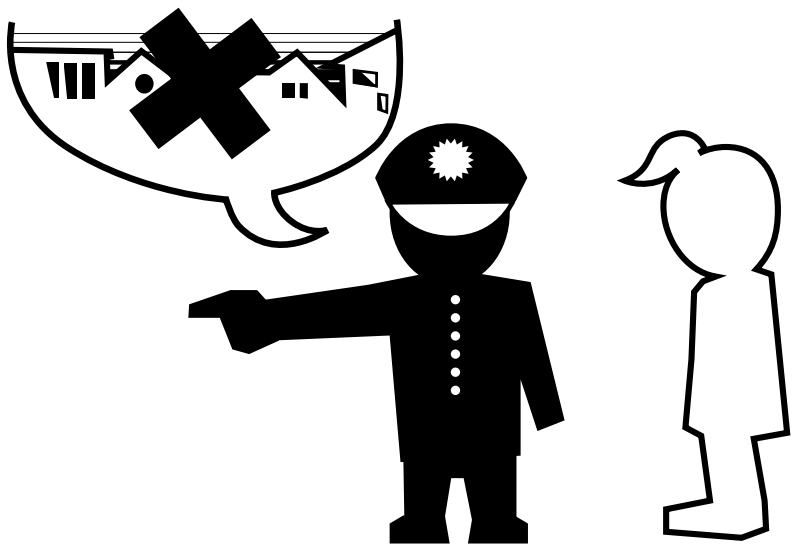
- It is your fundamental right to request an interpreter when dealing with the police, immigration services (“Fremdenpolizei”), or other authorities. You do not have to pay for this. We therefore recommend that you make use of this right.

- If you are asked to sign a statement, insist on a translation into your language.
- Do not sign anything you do not understand.



Restriction/exclusion orders

- The police can expel you from a place, e.g. if “there is reason to suspect” that you are a danger to public security and order, or that you hinder or disrupt the police in their work. This allows the police to forbid you to enter a certain area (station, city center, etc.).
- The police can also forbid you to leave a certain area (e.g. a canton).



- You will be charged with a criminal offense if you violate this type of order.

- **You can take legal action against exclusion and restriction orders: Contact a** lawyer **or a help organization/advice center** (**see « Foreigners », page 52 or « Human rights issues/repression », page 63).**

Arrests and detention

Administrative detention

- Information about administrative detention, detention pending deportation, etc. can be found further on.

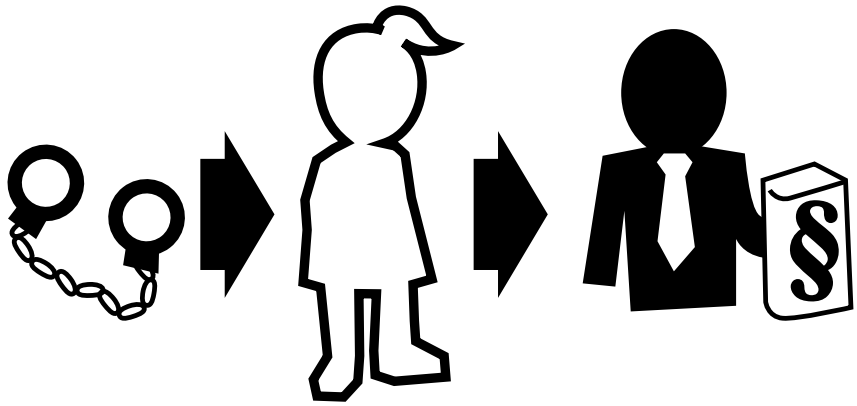
Rights during detention
(because of a criminal offense)

- The police can hold you for a maximum of 24 hours. After this, they have to inform the public prosecutor's office. The public prosecutor's office must request that you are remanded in custody within 48 hours of your arrest, and the

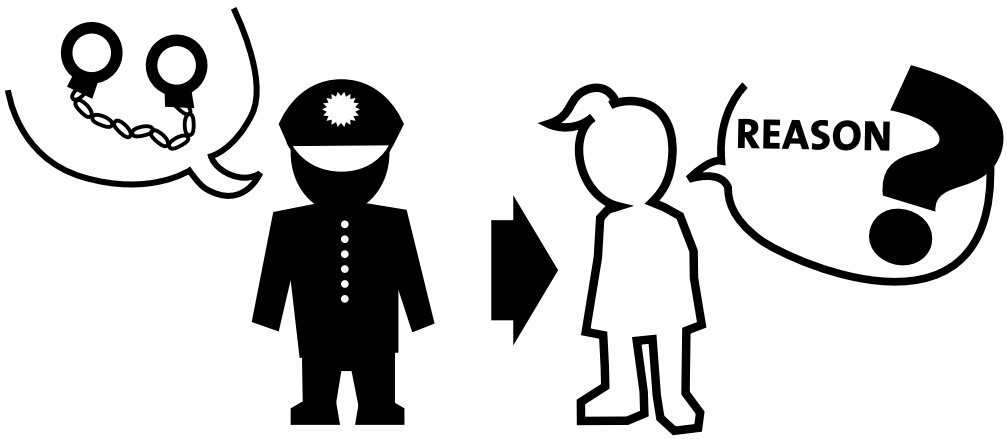
compulsory measures court (”Zwangsmassnahmengericht”) must decide on this request within 96 hours of your arrest.



- The police must let you go after verifying your identity if there is no reason for you to remain in custody and no order to be sent to the judge.
- If you are held for longer than permitted or if you are remanded in custody, demand to speak to a lawyer immediately. If you cannot afford a lawyer, you can demand that the state pay for a lawyer for you.



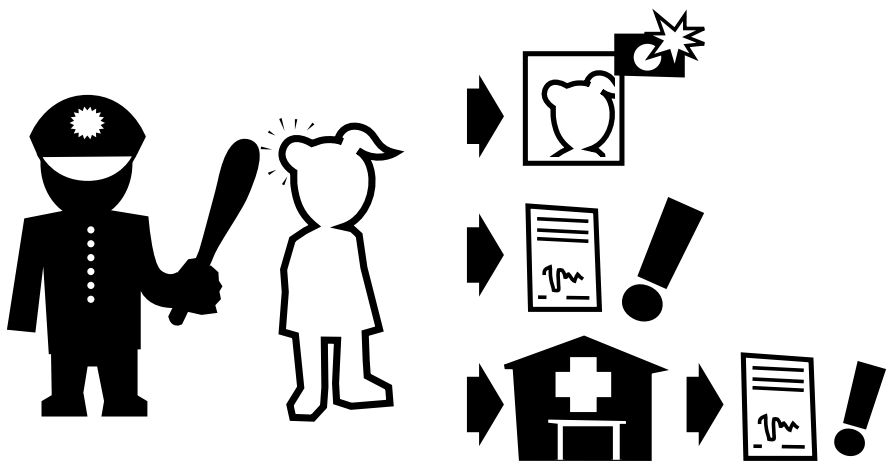
- Always ask for the reason for the arrest. Ask about the offense of which you are suspected. Ask why you are being suspected.



- If you are a minor, demand that your parents or legal representativ be contacted.

Assaults and injuries

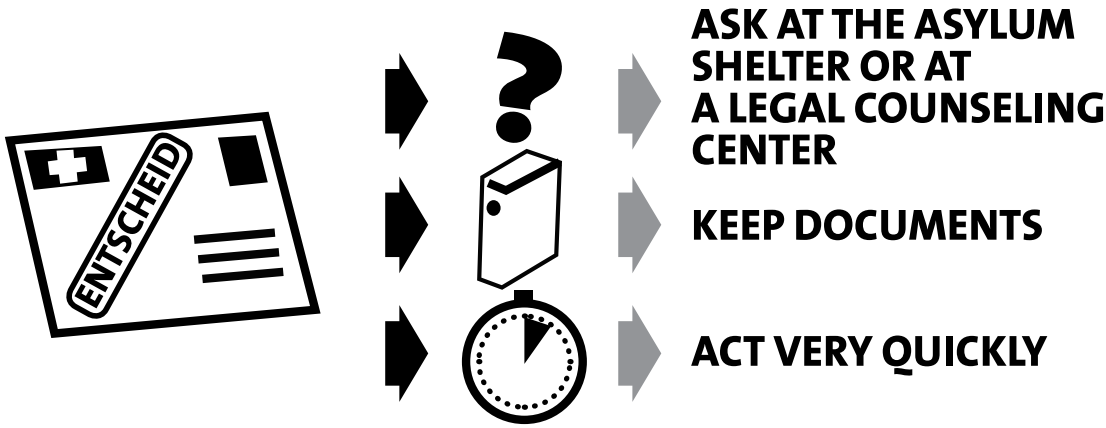
- If you experienced an assault during your arrest or have sustained injuries:
  - Write down everything you remember (especially the name and any identifying features of the person who assaulted you).
  - Take photos of any visible injuries.
  - After your release, immediately see a doctor and have a medical report issued.
  - If you are questioned by the police, demand that the assault(s) and any injuries are recorded.



ASYLUM PROCEDURE

General information

- If you receive a letter from the authorities as part of the asylum procedure, always immediately inquire about the matter. Speak to your legal representation. Make sure that you really understand what is ordered or asked in the letter and ask your legal representation for a copy.
- Keep all documents and take your entire file with you when you ask someone for advice. Always make copies of your documents.
- If you receive an asylum decision, you must act very quickly. The deadlines for appealing against a decision are very short.



- If your asylum application has been rejected, you must leave Switzerland. You may submit an application for reconsideration of the asylum decision; however, strict admissibility requirements apply.
- If you want to leave Switzerland voluntarily, you can claim return assistance and make use of return programs.
- **If you have questions or any difficulties: Contact a lawyer or a help organization/advice center (see « Foreigners », page 52).**



Hearing about grounds for asylum

- You applied for asylum. By doing this, you say that you (you personally) are at risk or in a life-threatening situation in your home country.
- You will be asked about the persecution, your journey to and in Europe, your life in your home country, etc. Always try to answer as precisely as possible; do not exaggerate or simplify.

- You must demonstrate or make credible that you are at risk. Financial or economic reasons are not accepted.
- The authorities usually question you twice. During both interviews, you must be able to convince the authorities that you are threatened in your home country.
- Remember exactly what you said at the first hearing. Contradictions between your statements can have negative consequences for you. Make sure that the interviewers have really understood what you said. If you sense distrust, try to explain your story as accurately as possible.
- Prepare very carefully for the hearing. Try to put together pieces of evidence (arrest warrants, articles, etc.) in advance of the hearing. Get in touch with people who can help you.
-

- Pieces of evidence (e.g., an arrest warrant) often do not exist. In this case, you do not need to prove anything, but the credibility of your information is examined in depth. You must appear authentic.
- If you have the impression that the translation or interpretation is not correct bring attention to this.
- You also are obligated to cooperate in verifying your identity. However, you cannot be forced to contact the authorities of your home country.
- If you are a minor, make sure that your age is recorded correctly. As a minor, you receive more protection than an adult.
- **If you have questions or any difficulties: Contact your legal representation.**

Coercive removal measures and deportation

- If you stay in Switzerland after the deadline set for your departure has expired, you risk coercive removal measures. The authorities can detain you temporarily, issue restriction and exclusion orders, order detention in preparation for departure, detention pending deportation or coercive detention, as well as ordering an entry ban for Switzerland and sentencing and penalizing you for illegal residence.
- **Get in touch with** a lawyer or **a help organization/advice center (see « Foreigners », page 52).**

Detention in preparation for departure

To keep you from escaping a pending deportation, the authorities can order detention in preparation for departure for a maximum of 6 months. Detention in preparation for departure is permissible if

- you refuse to disclose your identity or follow official orders
- you violate an exclusion order or restriction order
- you enter Switzerland despite an entry ban and cannot be immediately expelled
- you apply for asylum after a residence permit has been withdrawn or has not been renewed because of a threat to public security and order
- you apply for asylum after you have been expelled
- you apply for asylum to avoid an imminent expulsion

- you have been convicted or prosecuted because you seriously threatened or endangered other people or lives
- you have been convicted of a crime
- fedpol or the Federal Intelligence Service have deemed you to be a threat to the internal or external security of Switzerland.

Detention pending deportation

You can be placed in detention pending deportation if you have been issued a written removal order or criminal expulsion order. Detention pending deportation can be ordered if

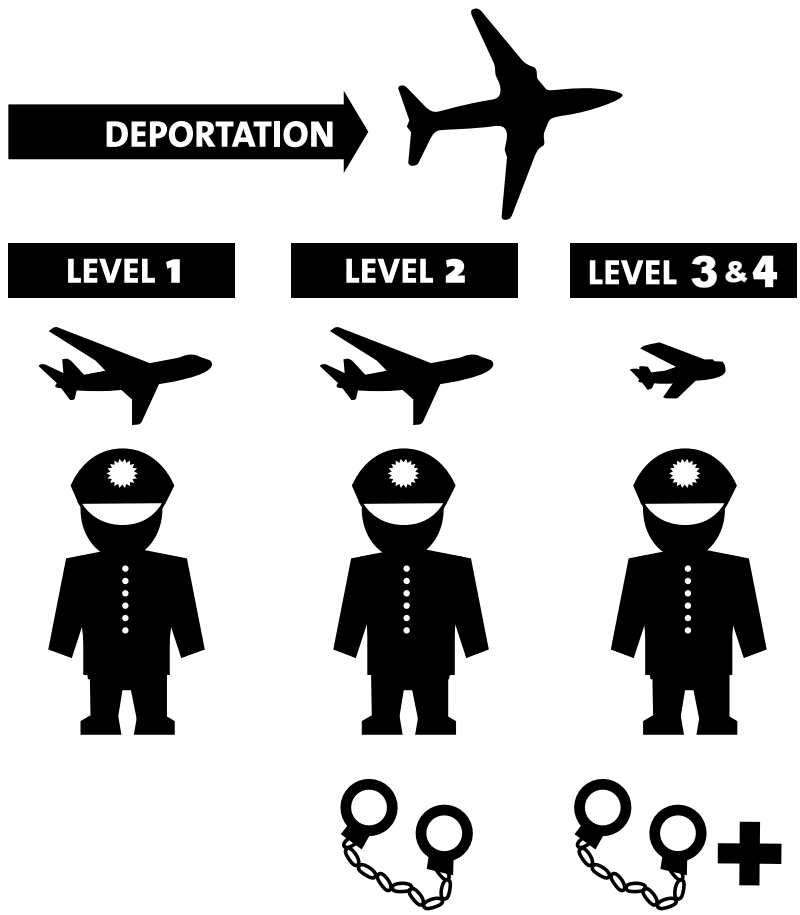
- you are already in detention in preparation for departure
- there are grounds to place you in detention in preparation for departure (see « Detention in preparation for departure », page 34)

- it is indicated that you want to escape the deportation, e.g. because you are refusing to reveal your identity
- your previous behavior suggests that you have defied or will defy official orders
- the removal order is issued in a federal asylum center and the deportation is foreseeable. In this case, detention may not exceed 30 days.



Detention pending deportation can also be ordered if a definitive removal order has been issued, the deadline set for your departure has expired without you leaving Switzerland, and the cantonal authority had to obtain travel documents for you. In this case, detention may not exceed 60 days.

There are four different enforcement levels for deportations.



- If you agree to return to your country, this is classed as a level 1 deportation. Police will escort you to the airplane. The deportation is carried out without handcuffs and police will not accompany you on the flight itself.
- In case of a level 2 deportation, you will be escorted by police and may be handcuffed. The deportation flight will be a regular passenger flight.
- In case of a level 3 deportation, two or more police officers will escort you. You may be handcuffed and hobbled, including to the point of immobility, and the police officers are allowed to use physical force. The deportation flight will be a regular passenger flight.
- In case of a level 4 deportation, the deportation flight will be a special chartered flight. You can be handcuffed and hobbled as in a level 3 deportation; physical force is permitted.

- Note that level 4 deportations are not conducted to all countries.
- The enforcement level is determined by the migration authority based on your conduct and statements prior to deportation.
- **If you have questions or any difficulties: Get in touch with a help organization or advice center (see « Foreigners », page 52).**

Detention under the Dublin procedure

- If you have come to Switzerland via a Schengen state, and if Switzerland denies responsibility for processing your application for asylum, you will be issued a “Dublin decision” and must leave Switzerland. To enforce the decision, you may be detained if there is a considerable risk

of absconding and less restrictive measures cannot be applied effectively.

- The maximum length of detention under the Dublin procedure is 6 weeks.
- Detention may already be ordered during the preparation of the decision. The maximum duration in this case is 7 weeks.
- Unlike the other forms of detention, detention under the Dublin procedure is not automatically reviewed by a court. You yourself must request, in writing, a review of detention from the compulsory measures court. This appeal is free of charge and does not entail any disadvantages for you. You have the right to be represented by a lawyer free of charge. Contact a lawyer in this regard.

Coercive detention

- Coercive detention can be ordered if a legally binding removal cannot be carried out, for example because you are resisting and if detention pending deportation is legally not possible but a milder measure would not be effective.
- Coercive detention can be ordered for a duration of 1 month and may be extended by 2 months in each case with the consent of the judicial authority.

Maximum length of detention

- The combined length of detention in preparation for departure, detention pending deportation and coercive detention must not exceed 6 months. However, with approval from a cantonal judge, this period may be extended by a maximum

of 12 months (6 months for minors). You must be released after a maximum of 18 months (12 months if you are a minor).

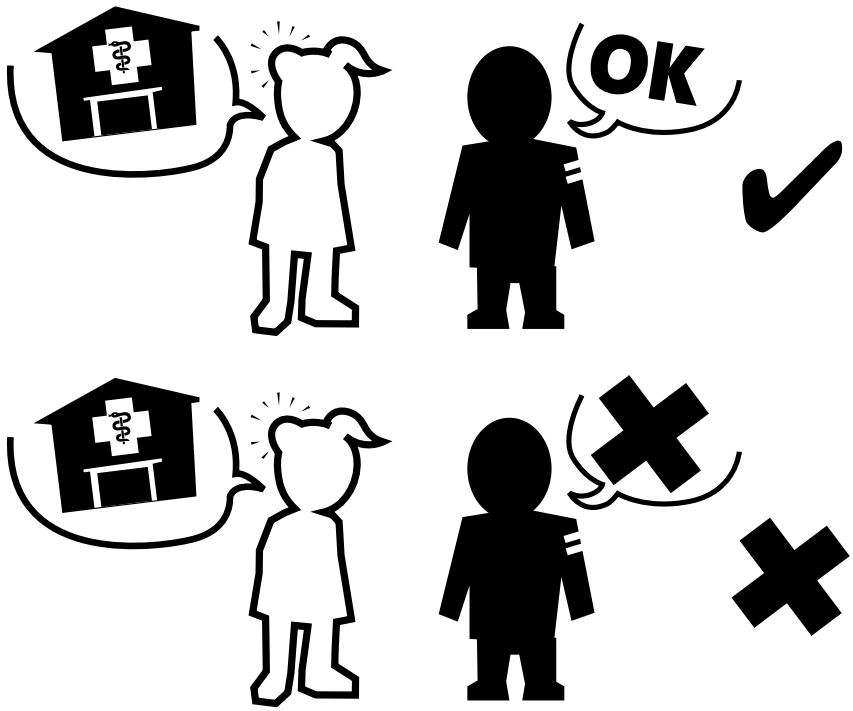
YOUR RIGHTS IN ASYLUM ACCOMMODATION

Health

- If you need medical assistance, either for physical or mental health problems (trauma, depression, PTSD, suicidal ideation, etc.), make sure that staff know. Be very clear about this.
- If staff refuse to arrange a doctor's appointment, let them know that this might be a criminal offense.
- If necessary, demand to be provided with an interpreter.

If medical attention is refused:

- You always have the right to visit the emergency room (hospital, City Notfall clinic).
- **If you have questions or any difficulties: Contact a lawyer or a help organization/ advice center (see « Human rights issues/ repression », page 63 or « Medical issues », page 61).**



Issues with other residents or with staff

- Staff at your accommodation have a duty of care for residents. This means that they must intervene in case of conflicts among residents and, if necessary, protect vulnerable persons.
- If you are affected by sexual assault, bullying, theft, discrimination, or other problems, always contact staff.
- If staff do not act in case of conflicts, or if you have mental or physical health problems due to the conditions at the center, please contact the organization responsible for the accommodation (e.g., the Salvation Army's office for refugee affairs).
- Regardless of the kinds of issues with other residents, always contact staff. There are no taboos, but also no guarantee that staff will respond well.

- If you have any problems with staff at your accommodation, contact a help organization or advice center.
- **If the problems persist: Get in touch with a lawyer or a help organization/advice center (see « Foreigners », page 52 or « Human rights issues/repression », page 63).**

IN THE ASYLUM CENTER



Room searches at your accommodation

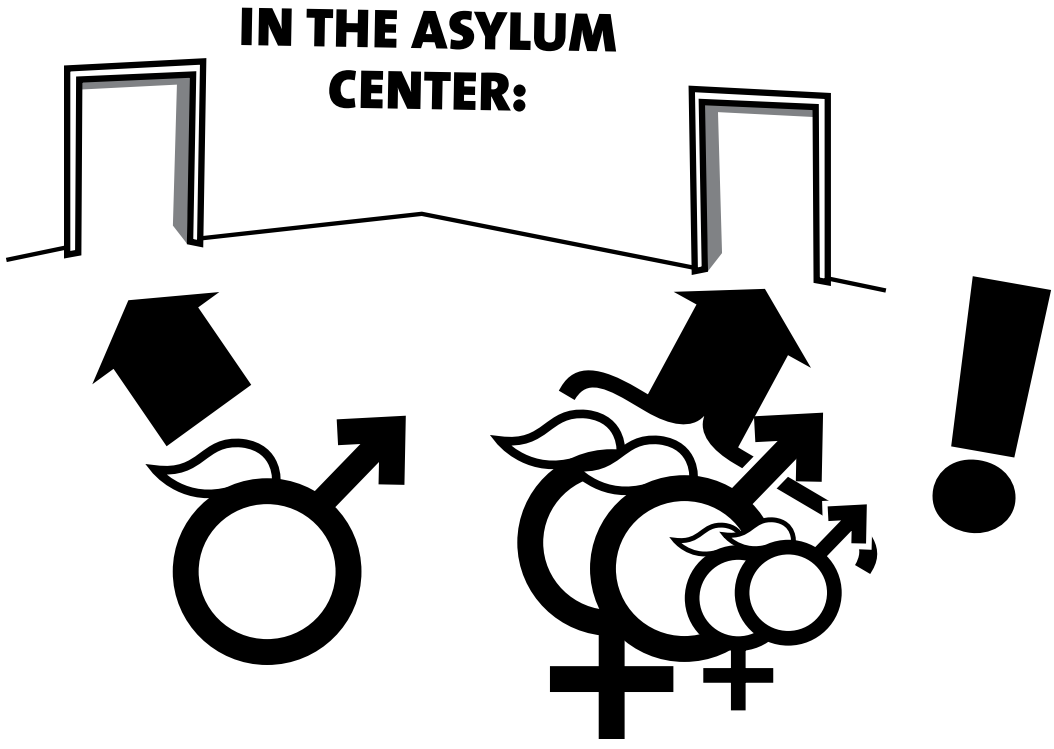
- Room searches occur frequently in asylum accommodation. The police must have a search warrant, unless it is an urgent case. If police officers enter your room, ask to see their search warrant. If you are not the target of the search, make it clear to officers which items belong to you. These items must not be searched.
- You are not allowed to actively impede a legal search. You could be penalized if you do so.
- If objects are confiscated by the police, always demand a receipt.



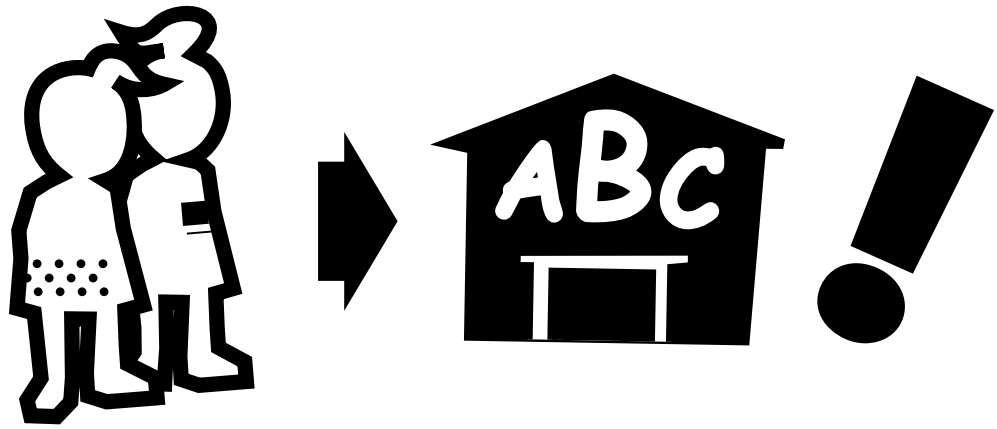
- Staff at your asylum accommodation are not allowed to confiscate items.

Particularly vulnerable people

- Always insist that women, families and minors are accommodated separately from men. If you are a vulnerable person (older people, people with mental or physical impairments, victims of human trafficking, LGBTIQ* people) and are not provided with separate accommodation, contact a help organization or advice center.



- Children seeking asylum have the right to attend school until the end of compulsory education (9th grade in Switzerland). Likewise, they have the right to go into further education or to begin an apprenticeship.



- **If you have questions or any difficulties: Contact accommodation staff, a help organization/advice center (see page 52 onwards) or a lawyer.**

Social assistance

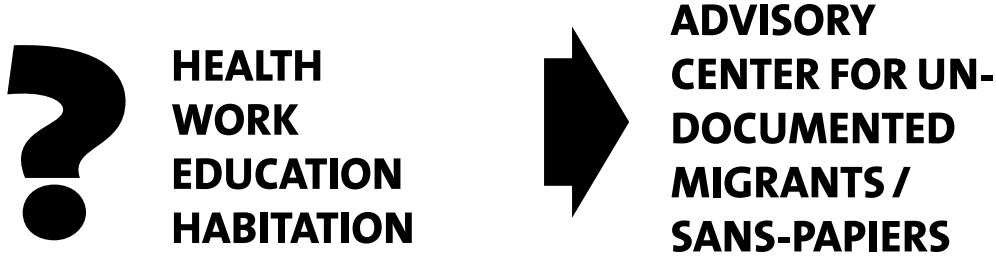
- If the money you receive as part of your social assistance is confiscated by the police, ask for a receipt from them to reclaim the money later.
- Never carry more than CHF 100 on you. The police can confiscate higher amounts.



- **If you have questions or any difficulties: Get in touch with a help organization or advice center (see « Foreigners », page 52 or « Human rights issues/repression », page 63).**

“Sans-Papiers”

- **If you live and work in Switzerland without a residence permit and if you have questions about health, work, education or housing: Contact a help organization or advice center (see « Foreigners », page 52).**



For further information visit www.augenauf.ch

HELP ORGANIZATIONS, ADVICE CENTERS AND OTHER POINTS OF CONTACT

FOREIGNERS

AsyLex (Legal Advisory)
Gotthardstrasse 52, 8002 Zürich
info@asylex.ch
www.asylex.org

Asylhilfe Bern (support for asylum seekers and refugees)
Postfach 4034, 3604 Thun
+41 76 700 49 40
info@asylhilfe.ch
www.asylhilfe.ch

Berner Beratungsstelle für Sans-Papiers (support for “Sans-papiers”)
Monbijoustrasse 31, 3011 Bern
+41 31 382 00 15
+41 79 794 62 26 (WhatsApp & Signal)
beratung@sanspapiersbern.ch
www.sanspapiersbern.ch

Berner Rechtsberatungsstelle für
Menschen in Not – Anlaufstelle Eigerplatz
(legal aid)
Eigerplatz 5, 3007 Bern
+41 31 385 18 20
info@rbsbern.ch
www.rechtsberatungsstelle.ch/anlaufstel-
le-eigerplatz

Berner Rechtsberatungsstelle für
Menschen in Not – Rechtsschutz BAZ Bern
(legal aid)
Morillonstrasse 75, 3007 Bern
+41 31 370 35 00
info.be@rbsbern.ch
www.rechtsberatungsstelle.ch/rechts-
schutz-baz

Berner Rechtsberatungsstelle für Menschen in Not –
Rechtsschutz S-Verfahren (legal aid, process for protection status S)
+41 31 370 15 81
+41 76 630 47 32 (WhatsApp, Viber, Telegram)
s-verfahren.be@rbsbern.ch
www.rechtsberatungsstelle.ch/ukraine

isa – Fachstelle Migration: Information, Sprache, Arbeit (support for migrants)
Speichergasse 29, 3011 Bern
+41 31 310 12 72
beratung@isabern.ch
www.isabern.ch

Katholische Kirche Region Bern
Sozialberatung (social counseling provided by the Catholic church)
Mittelstrasse 6a, 3012 Bern
+41 31 300 33 50
sozialberatung@kathbern.ch
www.kathbern.ch/menschundgesellschaft

Kirchliche Anlaufstelle
Zwangsmassnahmen Kanton Bern (support center for coercive removal measures)
Postfach, 3001 Bern
+41 31 332 00 50
thomaswenger@lawraine.ch
www.refbejuso.ch

Kirchliche Kontaktstelle für Flüchtlingsfragen KKF (center for refugee issues)
Effingerstr. 55, 3008 Bern
+41 31 385 18 11
info@kkf-oca.ch
www.kkf-oca.ch

Migrant-Solidarity-Network
c/o Community Center de_block
Waldmannstrasse 17, 3027 Bern
info@migrant-solidarity-network.ch
www.migrant-solidarity-network.ch/

Solidaritätsnetz Sans-Papier Bern
(solidarity network for Sans-Papiers)
Quartiergasse 12, 3013 Bern
+41 31 991 39 29
info@solidaritaetsnetzbern.ch
www.solidaritaetsnetzbern.ch/

Swiss Red Cross, center for family reunification
+41 58 400 42 00
fam@redcross.ch
https://www.redcross.ch/en/our-services/support-in-an-emergency/family-reunification

Treffpunkt Untermatt - juristische Beratung (legal aid)
Bümplizstrasse 21, 3027 Bern
treff.untermatt@bluewin.ch
www.treffuntermatt.ch

WOMEN

Brava NGO
Standstrasse 42, 3014 Bern
+41 31 311 38 79
info@brava-ngo.ch
www.brava-ngo.ch

Frauenberatungsstelle Infra Bern
(women's advice center)
Wylerhuus
Flurstrasse 26b, 3014 Bern
+41 31 311 17 95
info@infrabern.ch
www.infrabern.ch

CHILDREN AND TEENAGERS

Kinderanwaltschaft Schweiz
(legal support for children)
Heimatstrasse 25, 8008 Zürich
+41 43 344 61 71
info@kinderanwaltschaft.ch
www.kinderanwaltschaft.ch

Notschlafstelle Pluto für junge
Menschen in Bern
(emergency shelter for young people)
Studerstasse 44, 3004 Bern
+41 78 247 24 44 (SMS, WhatsApp, Signal
und Telegram)
info@pluto-bern.ch
www.pluto-bern.ch

LGBTIQ*

hab – homosexuelle Arbeitsgruppen Bern
(community support and advocacy for queer people)
Hab Queer Bern, 3000 Bern
+41 31 311 63 53
info@habqueerbern.ch
www.habqueerbern.ch

INAYA Bern
(support for women and queer refugees)
inaya-bern@immerda.ch
www.inaya-soli.ch

LGBTIQ helpline
Monbijoustrasse 73, 3001 Bern
0800 133 133
info@lgbtiq-helpline.ch
www.lgbtiq-helpline.ch

Pink Cross Schwulenorganisation Schweiz
(national umbrella organization of gay and bisexual men)
Monbijoustrasse 73, 3001 Bern
+41 31 372 33 00
office@pinkcross.ch
www.pinkcross.ch

Trans Safety Emergency Fund
www.transsafety.fund/
info@transsafety.fund
Instagram: @transsafetyemergencyfund

Transgender Network Switzerland
Monbijoustrasse 73, 3007 Bern
+41 31 372 33 44
info@tgns.ch
legal@tgns.ch
www.tgns.ch

Queeramnesty
Postfach CH, 3001 Bern
info@queeramnesty.ch
www.queeramnesty.ch

MEDICAL ISSUES

City Notfall Bern (health-related complaints, minor accidents, urgent care)
Schanzenstrasse 4A, 3008 Bern
+41 31 326 20 00
info@citynotfall.ch
www.citynotfall.ch

Crisis Intervention Station KIS
Murtenstrasse 21, 3008 Bern
+41 58 630 88 11
www.upd.ch

Inselspital Notfall (university hospital, emergency room)
Rosenbühlgasse 27, 3010 Bern
+41 31 632 24 02
www.notfallmedizin.insel.ch

Notfallzentrum für Kinder und Jugendliche
NZKJ (emergency room for children and teenagers)
Freiburgstrasse 13, 3010 Bern
+41 31 632 92 77
kindernotfall@insel.ch
www.kinderklinik.insel.ch

Schweizerisches Rotes Kreuz
Gesundheitsversorgung für Sans-Papiers im Ambulatorium für Folter- und Kriegsopfer
(support for Sans-Papiers and victims of war or torture)
Werkstrasse 16, 3084 Wabern
+41 58 400 47 77
gi-ambulatorium@redcross.ch
www.redcross.ch

Universitätsklinik für Frauenheilkunde
(gynecological hospital)
Friedbühlstrasse 19, 3010 Bern
+41 31 632 10 10
www.frauenheilkunde.insel.ch/de/

Zentrum für sexuelle Gesundheit
(center for sexual health)
Friedbühlstrasse 19, 3010 Bern
+41 31 632 12 60
sexuelle-gesundheit-bern@insel.ch
https://frauenheilkunde.insel.ch/de/

HUMAN RIGHTS ISSUES/REPRESSION

Amnesty International
Speichergasse 33, 3001 Bern
+41 31 307 22 22
www.amnesty.ch

Demokratische Juristinnen
und Juristen Bern (djb) (legal aid)
Postfach, 3001 Bern
+41 78 617 87 17
djb@djs-jds.ch
www.djs-jds.ch

humanrights.ch – Beratungsstelle Freiheitsentzug (support for detention issues)
Hallerstrasse 23, 3012 Bern
+41 31 302 01 61
info@humanrights.ch
www.humanrights.ch

Menschenrechtsverein augenauf Bern (human rights organization)
Quartiergasse 17, 3013 Bern
+41 76 814 12 98
bern@augenauf.ch
www.augenauf.ch

EMERGENCY SHELTERS AND STREET WORK

Frauen/FINTA-Notschlafstelle Bern (emergency shelter for women and intersex, non-binary, transgender and agender people)
Kursaalstrasse 6, 3013 Bern
+41 76 326 97 75
www.heilsarmee.ch/angebot/frauen-finta-notschlafstelle-bern/

Kirchliche Gassenarbeit Bern (street work organization)
Sennweg 6, 3012 Bern
+41 31 312 38 68
+41 79 608 23 48 (WhatsApp and Signal)
mail@gassenarbeitbern.ch
www.gassenarbeitbern.ch

Passantenheim Bern (emergency shelter)
Muristrasse 6, 3006 Bern
+41 31 351 80 27
https://heilsarmee.ch/angebot/passanten-heim-bern/

Sleeper - Notschlafstelle und Gassenküche (emergency shelter and soup kitchen)
Neubrückstrasse 19, 3012 Bern
+41 31 301 64 04
staff@sleeper.ch
www.sleeper.ch

Verein Medina - Gemeinschaftszentrum (community center)
Postfach 9055, 3001 Bern
medina@immerda.ch
www.vereinmedina.ch

VICTIM SUPPORT

Beratungsstelle Opferhilfe Bern (victim support)
Seftigenstrasse 41, 3007 Bern
+41 31 370 30 70
beratungsstelle@opferhilfe-bern.ch
www.opferhilfe-bern.ch
Frauenhaus Bern (women's refuge)
+41 31 332 55 33
+41 31 533 03 03 (AppElle hotline)
info@frauenhaus-bern.ch
www.frauenhaus-bern.ch

FrauenWG (shared accommodation for women)
+41 31 351 60 30
www.wohnenbern.ch/angebot#c64

Lantana – Fachstelle
Opferhilfe bei sexueller Gewalt (support for victims of sexual assault)
Aarbergergasse 36, 3011 Bern
+41 31 313 14 00
info@lantana-bern.ch
www.lantana-bern.ch

Vista: Fachstelle Opferhilfe bei sexualisierter und häuslicher Gewalt in Thun (support for victims of sexual assault and domestic violence)
Bälliz 49, 3600 Thun
+41 33 225 05 60
info@vista-thun.ch
www.stiftung-gegen-gewalt.ch/beratungsstelle-thun

PARTNERSHIP AND FAMILY ISSUES

frabina – Beratungsstelle
für Frauen & binationale Paare (support for women and binational couples)
Kapellenstrasse 24, 3011 Bern
+41 31 381 27 01
info@frabina.ch
www.frabina.ch

Paar- und Familienberatung Bern - Unabhängige Beratungsstelle für Beziehungsfragen des Kantons Bern (support for relationship issues)
Aarbergergasse 36, 3011 Bern
+41 31 312 10 66
info@paarundfamilienberatung-bern.ch
https://www.paarundfamilienberatung-bern.ch/

SEX WORK

ProCoRe Schweiz – Nationales Netzwerk für die Rechte von Sexarbeitenden (national network advocating for the rights and concerns of sex workers)
1200 Geneva
info@procore-info.ch
www.procore-info.ch

XENIA – Fachstelle Sexarbeit (support for sex workers)
Langmauerweg 1, 3011 Bern
+41 31 311 97 20
+41 79 511 97 20
info@xeniabern.ch
https://www.xeniabern.ch/en/

Many thanks to
Print layout: Manuel Kämpfer
Web layout: Simon Bärtschi, urukai.ch
Pictograms: Tom Hänsel

PUBLISHED BY
Menschenrechtsverein augenauf Bern
Quartiergasse 17
3013 Bern
+41 76 814 12 98
www.augenauf.ch
bern@augenauf.ch
IBAN: CH08 0900 0000 4618 6462 9