



WHAT SHOULD I DO WHEN I WAS DISCRIMINATED AGAINST?

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Speak to witnesses

If somebody witnessed the act of discrimination, speak to them and take a note of their name(s), address(es) and telephone number(s).



Health consequences

If the discrimination resulted in any physical or mental consequences, visit a doctor or therapist as soon as possible. In addition to receiving treatment, you should also ask for a medical certificate with an exact description of your symptoms.



Make a written account

Write down a record of the occurrence from memory as soon as possible. You should make a detailed account and do not forget details such as the place, date and time as well as the number of people involved. Keep all evidence such as emails and letters and record any damage to property linked with the discrimination.



When should I contact the police?

In clear cases of discrimination and insult, the police can be contacted. If you contact the police, you should state all damage resulting from the act of discrimination. If you press charges and file a criminal complaint, ask for a copy and the police incident reference number.



CONTACT THE COUNSELLING CENTRE

Get in contact with an anti-discrimination counselling centre as soon as possible – the earlier, the better. This is also necessary to ensure that deadlines for legal steps do not lapse. You can find an overview of the contact points, for example, at www.antidiskriminierungsstelle.de. You can then discuss all further steps with your advisor.

Telephone: +49 89 / 462 24 67-0
Mail: kontakt@before-muenchen.de
www.before-muenchen.de



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im Rahmen des kommunalen Netzwerks
gegen Rechtsextremismus, Rassismus
und Gruppenbezogene Menschenfeindlichkeit