



Help me: Help in case of sexual abuse

"Help me" is for all migrants who have been affected by sexual abuse in the Catholic Church. You can also get in touch if you know of someone who has been affected by sexual abuse.

At "Help me" your concerns will be received by *migratio*. *migratio* is a service of the Swiss Bishops' Conference and is responsible for the pastoral care of migrants. Your contact person is Isabel Vasquez. She is the national director of *migratio*.

At "Help me" you can contact us in your language. We listen to you; we take you seriously. If you wish, we can refer you to professional counselling services.

All your information will be treated in the strictest confidence.

How to contact us

You can contact *migratio* at any time **by email** at the following address:

help-me@migratio.ch

At *migratio* we speak the following languages: German, Spanish, Portuguese, Italian, French and English.

For all other languages, we will translate your message using a programme.

You can also contact us **by phone** at: +41 79 339 81 61.

The phone is always switched on on Wednesdays from 9:00 to 12:00.

Further information

Below you will find other organizations you can contact.

Church organizations:

<https://www.missbrauch-kath-info.ch/informationen-fuer-betroffene/>

Non-church organizations:

<https://www.opferhilfe-schweiz.ch/de/>

University of Zurich/History Department/Pilot Study

Persons who would like to report sexual abuse in the environment of the Catholic Church, please contact: forschung-missbrauch@hist.uzh.ch