



Note

The following survey deals with experiences of discrimination. Addressing this topic may be stressful.

Kindly take good care of yourself and be aware of your strength and your limits.

You can interrupt the survey at any time or end it without stating a reason.

Should you experience an acute crisis situation, please contact the telephone counselling service: <https://www.telefonseelsorge.de>. The service is staffed 24/7 and is available via all common communication channels.

You are invited to use the Discrimination Check from the Federal Anti-Discrimination Agency if you wish to obtain clarity about a potential case of discrimination or receive an initial legal assessment. You will also find possible support resources there: <https://www.antidiskriminierungsstelle.de/DE/wir-beraten-sie/diskriminierungs-check/diskriminierungs-check-node.html>

You can also contact the Counselling Team at the Federal Anti-Discrimination Agency (ADS - Antidiskriminierungsstelle) if you have legal questions or need initial legal advice regarding the Allgemeines Gleichbehandlungsgesetz (AGG, General Equal Treatment Act): <https://www.antidiskriminierungsstelle.de/EN/we-offer-advice-to-you/we-offer-advice-to-you-node.html>

Anti-discrimination counselling centres offer support and advice in your area. The service is free of charge and confidential. You will find a centre close to you here: <https://en.fachstelle.antidiskriminierung.org/beratungsstellen/>