

## Advice on equal rights issues

If you feel that you are not treated equally as a woman, you can obtain information from a state authority: The Bremen Central Office for the Realization of Equal Rights for Women (ZGF) offers many tips, materials and general information. Contact persons also advise you on questions and accept suggestions.

### Competent Department

- [Bremische Zentralstelle für die Verwirklichung der Gleichberechtigung der Frau \(ZGF\) / Büro Bremerhaven](#)
- [Bremische Zentralstelle für die Verwirklichung der Gleichberechtigung der Frau \(ZGF\)](#)

### Basic information

As a state authority, the ZGF has the legal mandate to monitor and work towards ensuring that the constitutional requirement of equal rights for women is fulfilled in the state of Bremen.

Contact the ZGF if

- you are interested in what services are available for women and girls,
- you feel discriminated against in your workplace as a woman,
- the advancement of women is written in small letters in your department,
- you want to speak out against discrimination against women,
- you have suggestions and ideas on how to assert women's interests.

## Procedure

To contact us, please get in touch with the contact person responsible for your place of residence.

To make an appointment in case of an acute need for advice, please contact the locally responsible secretariats

- Bremen: 0421 361-3133
- Bremerhaven: 0471 596-13823

### Legal bases

- [Landesgleichstellungsgesetz \(LGStG\)](#)

## **More information**

On the website, the ZGF offers permanently extensive thematic worlds that accompany the issue of women's equality in continuously edited thematic fields. These include:

- Antidiscrimination
- Work and economy
- Digital media
- Family
- Advancement of women in the public sector
- Gender mainstreaming
- Health
- Violence
- Girls
- Urban development
- Science

## **What are the costs?**

The one-time consultation is free of charge and confidential if desired.