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**Be vigilant!**

* Never give your passport and mobile phone to other people for safekeeping
* Take a picture of your passport and send it to your family
* Remember: Counselling and help about residency or social matters are free of charge in Germany
* Inform your families or friends where you are going or staying
* Be sceptical if you are offered work as soon as you arrive
* Leave your accommodation or home if you do not feel safe there
* Be sceptical if you are asked for money or pressured to do something you do not want to do

**In the event of acute danger or suspicion, contact the police and dial 110!**

If you have the feeling that someone wants to exploit your emergency situation, you can contact the following counselling centres free of charge in XX:

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For counselling centres in other regions of Germany consult:

<https://www.kok-gegen-menschenhandel.de/en/kok/specialised-counselling-centres>

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