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Counselling and help

Health

Health in general

General information on the subject of health

 [Health Department|City of Bochum](#)

 [Gesundheitskiosk Wattenscheid|WAT gesund](#)

Sexual health

 [pro familia Deutsche Gesellschaft für Sexualberatung und Familienplanung e. V.](#)

 [Walk In Ruhr \(WIR\) - Zentrum für sexuelle Gesundheit](#)

 [Aidshilfe Bochum e. V.](#)

Medical help for people without health insurance

 [Aufsuchende medizinische Hilfe für Wohnungslose Bochum e. V.](#)

Counselling on health insurance, help with premium debts

 [Clearingstelle Gesundheit|Soziales Zentrum Dortmund e. V.](#)

 [Clearingstelle Gesundheit|AWO-Duisburg e. V.](#)

Flight, torture and trauma

 [Medizinische Flüchtlingshilfe Bochum e. V. \(MFH\)](#)

Children and young people

Paediatrics and adolescent medicine

 [Paediatricians and adolescent doctors in Bochum](#)

 [Child and adolescent psychiatric service](#)

 [Catholic Hospital Bochum](#)

 [School psychology advice centre](#)


Support from birth to 3 years of age

 [Early help centre|City of Bochum](#)

Services for children and young people with disabilities

 [Procedural guides | Counselling and support for children and young people from 0 - 26 years of age](#)

 [For children from 0 - 6 years: Early intervention|City of Bochum](#)

 [For children and young people aged 6 - 18: Clearing and diagnostics centre|City of Bochum](#)

 [Menschenkinder e. V. - Parents' initiative for children with disabilities](#)



Further **services for people with disabilities** can be found [here](#).



Information and advice centres **on the subject of care** can be found [here](#).

Women's health

General information on women and health

 [Women and health|City of Bochum](#)

 [Gynaecologists \(female and male gynaecologists\)](#)

Sexual health

 [WIR "Walk In Ruhr"|Centre for Sexual Health and Medicine](#)

Breast cancer

 [Breast Centre Bochum](#)

 [Active against breast cancer e. V.](#)


People with care needs

Do you need advice on the subject of care?

Most **health insurance companies offer their own care counselling services**. Contact your health insurance company first if you have any questions.

You can find further advice centres on the subject of care here:

 [City of Bochum - Counselling for senior citizens](#)

 [Senior citizens' offices in Bochum](#)

 [Health kiosk Wattenscheid|WAT gesund](#)

 [Care counselling - Catholic Hospital Bochum](#)

 [Care counselling - BG Universitätsklinikum Bergmannsheil Bochum](#)

 [Care counselling - Caritasverband Ruhr-Mitte e. V.](#)

 [Care counselling - DRK Kreisverband Bochum e. V.](#)

 [Family and nursing care Bochum](#)



You can find further information on the subject of nursing care here:

 [Care](#)

Addiction and drug counselling

Here you will find information on addiction and drug counselling centres in Bochum:

 [Help for addicts|Caritas Ruhr-Mitte e. V.](#)

 [Addiction help|Diakonie Ruhr gemeinnützige GmbH](#)

 [Drug counselling centre|Krisenhilfe e. V. Bochum](#)

 [InEchtzeit|Krisenhilfe e. V. Bochum](#)

 [Addiction counselling|AWO UB Ruhr-Mitte e. V.](#)

 [Addiction self-help and services|Blaues Kreuz](#)

Orientation and counselling on integration

Youth Migration Service (JMD)

Are you between 12 and 27 years old and need support?

The Youth Migration Service offers support and guidance for **young people aged between 12 and 27**. The service offers counselling, guidance and practical help. Counselling is confidential.


Counselling topics can include


- the search for **language courses**
- personal **life situation**
- **School, training and work**
- **housing**
- **Leisure time and residence**

The services offered by the Youth Migration Services are **free of charge**.

Information and **contact details for the Youth Migration Service** can be found [here](#).

CentrumCultur der AWO Ruhr-Mitte

 August-Bebel-Platz 2 a, 44866 Bochum-Wattenscheid-Mitte

 02327 328825

 jmd@awo-ruhr-mitte.de

Regional refugee counselling

Regional refugee counselling

Do you need counselling and do not yet have a permanent residence status?

You can receive counselling and support at the regional refugee counselling service. You can also receive counselling if you are still in the [asylum process](#) or have a [tolerated stay permit](#).



Counselling is free of charge.

Counselling topics can include, for example


- Questions about family reunification
- Help with legal proceedings
- Questions and clarification regarding your residence status

You can find counselling centres in Bochum here:

Specialist counselling for migration and integration - Caritasverband für Bochum und Wattenscheid

-  Huestr. 15, 44787 Bochum
-  Regionale Flüchtlingsberatung der Caritasverband Ruhr-Mitte e. V.

Specialist Migration and Refugee Service of Diakonie Ruhr

-  Maximilian-Kolbe Str. 9, 44793 Bochum
- The entrance to the advice centre is on Schmidtstraße.

-  [Regional refugee counselling of the Diakonie Ruhr gemeinnützige GmbH](#)

Are you still a minor?

Then contact the Medical Refugee Aid Centre.

-  [Medical Refugee Aid Bochum e. V.](#)

Migration counselling for adult immigrants (MBE)


Have you been in Germany for less than three years and are over 27?

The migration counselling service for adult immigrants (MBE) is a **free service for immigrants aged 27 and over** and their children.

The migration counselling service provides support on various topics relating to life in Germany.

Who is the migration counselling service (MBE) for?

- For people aged 27 and over,
- with a residence permit,
- who have not lived in Germany for more than three years.

-  The [youth migration service](#) (JMD) can help people under the age of 27.

What issues does the migration counselling service (MBE) help with?

- Authorities
- Questions about residence in Germany
- Questions about housing and finding accommodation
- Work and education

- Health issues
- Learning the language

Where can I find a migration advice centre?

There are various migration advice centres in Bochum. Some counselling centres offer counselling in different languages.

You can find an overview with all contacts [here](#).

Municipal integration management

Do you need long-term support?

The Municipal Integration Management supports people with an international family history who live in Bochum.

Here you can get help with difficult questions - for example about residence or social benefits. Support is also available for other integration-related issues.

How does the municipal integration management help?

The Municipal Integration Management offers personal counselling. This is called **case management**.

This means that a permanent contact person accompanies you over a longer period of time. This person will help you in more difficult situations.

There are experts who are particularly well versed in certain issues. The municipal integration management will then help you to find the right advice centre.


You can find much more information [here](#).



The Municipal Integration Management does more than just counselling. For example, it takes care of the content in the Integreat app.

Do I need an appointment for counselling?

You need to make an appointment for counselling. You can find the contact details here:

 0234 910-4299 (Monday to Thursday from 10 a.m. to 4 p.m., Friday from 10 a.m. to 2 p.m.)

 [KIM@bochum.de](mailto:kim@bochum.de)

 [Municipal Integration Management \(KIM\)](#)

Kommunales
INTEGRATIONS | NRW
Management

Living and everyday life

Tenants' association and tenant protection

Support for tenants

The tenants' association is an **advice centre** for people who live in rented accommodation.

It helps with questions or problems relating to housing. For example, with **rent increases, utility bills** or if there is a **dispute with the landlord or landlady**.

Members receive **legal advice and support**.

Tenants know what rights they have and what they can do.

To get help from a tenants' association, you must be a **member**.

Here you will find an overview of tenants' associations in Bochum:

 [Mieterverein Bochum, Hattingen und Umgegend e. V.](#)

 [Tenants' Protection Association e. V.](#)

 [Mieterhilfe e. V.](#)

Further important information can be found here:

- [Tenancy agreement, rent and termination](#)
- [Homelessness](#)

Consumer protection

The consumer advice centre - help for consumers

The **Consumer** Advice Centre is an advice centre.

It helps people with **questions about and problems with contracts, purchases, telephone or electricity providers**.

The consumer advice centre informs you about your rights and obligations.

Counselling **often costs very little money**.


You can find the **contact details for the consumer advice centre in Bochum** [here](#).



Energy saving check

The Caritas-Ruhrverband offers **energy-saving advice** for low-income households. Further information can be found [here](#).

Further information can be found here:

-  [Contracts](#)
- [Energy](#)

Food in times of need

The Tafel

The **Tafel** supports people who have very little money with food. Here you can get food that is still good but is no longer for sale.

The distribution is for everyone who has an Tafelausweis. Please bring this card with you at the distribution times.

How do I get a Tafelausweis?

If you would like to register for the food distribution, please bring the following documents with you:

- your valid **identity card or another [residence document](#)**
a current **proof of your neediness, e.g.**
 - Job centre notice
 - notice of unemployment benefit
 - BAföG-notice
 - pension statement
 - payslip
 - AsylbLG-notice

Where is food distributed?

You can find an overview of the distribution points [here](#).



It is best to call the distribution centre in advance and ask whether there is still Tafelausweise and food available.

The soup kitchen - hot meals for people with little money

The Bochum soup kitchen offers hot lunches three times a week for people with very little money.

You pay €0.50 for the hot lunch.




No registration or proof of income is required for the distribution.

Bochumer Suppenküche e. V.



Am Stadion 7, 44791 Bochum

 [0234 / 640 5323](tel:0234_640_5323)

 bochumer.suppenkueche@t-online.de

Opening hours

Monday, Tuesday, Thursday and Friday from **10:30 - 13:30**.

Wednesday from **11:15 - 13:30**.

Fairteiler - Open food distribution

The [Fairteiler](#) in Bochum is a place to reduce food waste. People can bring food here or take it away free of charge.

You can find a **map** with **all Fairteilern** [here](#). Enter Bochum in the search field. **The offer is free of charge.**

Social department stores and second-hand shops

What are social department stores?

Social department stores sell **second-hand furniture, clothing and household goods**. The goods are in good condition. You can shop cheaply in a social department stores'. **Sometimes you need proof**, for example a notice from the job centre.


What is a second-hand shop?

You can buy **second-hand clothes, shoes or other items** in a second-hand shop. The goods have already been used once, but are still in good condition.

Second-hand is good for the environment and often **cheaper than new goods**.

Where can I find second-hand shops in Bochum?

Furniture

 Wattenscheider Tafel e. V. [Social department store](#)

 [M2 Möbel & mehr in Bochum Harpen/Rosenberg](#)

 Soka - [The Bochum social department stores' in Bochum Hamme](#)



It is often possible to have furniture delivered. It's best to ask!

Clothing

 [Wattenscheider Tafel e. V. | Sozialwarenhaus](#)

 [SKFM Wattenscheid e. V. | Sterntaler second-hand shop](#)

 [ViA Ruhr Verein für integrative Arbeit e. V. | Clothes shop \(several locations\)](#)

Social counselling

What are social counselling centres?

Social counselling centres help people who are in **difficult life situations**.

They provide support for **problems with money, housing, work or family**.

Counselling is free and confidential.

The staff listen, provide information and help with filling out applications or contacting the authorities.

Counselling centres

 [General social counselling Caritasverband Ruhr-Mitte e. V.](#)

 [Forum Together for Integration - GEMI e. V.](#)

 [General social counselling SKF e. V. Ortsverein Bochum](#)

 [Help with special social difficulties – AWO Unterbezirk Ruhr-Mitte](#)

Social counselling for students

 [Social counselling at the Ruhr-Universität Bochum](#)

 [Acute crisis counselling - TH Georg Agricola](#)

 [Social counselling at the Hochschule Bochum](#)

 [Social counselling at the EVH Bochum](#)

Debt counselling

What is debt counselling?

Debt counselling is help for people who have debts and no longer know how to repay them.

The debt counselling service will talk to you about your debts. It helps you to get an overview of your income and expenditure.

A plan is made together on how you can repay your debts.

The counsellors can also talk to the people you owe money to (e.g. banks or companies).

Where can I find debt counselling?

 [Debt counselling centres in Bochum](#)

 [Consumer advice centre Bochum](#)


 [Caritasverband Ruhr-Mitte e. V.](#)


 [Protestant Youth Welfare Centre Bochum](#)

 [SKFM Wattenscheid e. V.](#)

What do I need for an appointment with the debt counselling service?

 Do you receive **money from the job centre**? Then ask the job centre for a certificate for debt counselling.

 Do you have a **low income** or receive **benefits from the social welfare office**? Then you can **apply for** a [counselling certificate](#) from the local court.

 Take your **documents with you**, for example: reminders, payslips and your job centre notice.

 **Sort your documents!** This will help you more quickly.

You can find more information here: [Debts and P-account](#)

Homelessness

What does homelessness mean?

A person is homeless if they do not have their own home.

This means

- the person lives on the street
- they are sleeping with friends or relatives
- they live in emergency accommodation or hostels

Counselling centres for homeless people

 [Homeless assistance - Diakonie Ruhr e. V.](#)

 [Diakoniewerk Gelsenkirchen und Wattenscheid e. V.](#)

 [Bochum railway station mission](#)

 **For women:** [Women's counselling, women's room, shelter](#)

 **For men:** [men's counselling and day stay](#)

 **For men with social difficulties:** Christophorushaus - Caritasverband Ruhr-Mitte e. V.

 **For women and men:** Fliederhaus: [Overnight accommodation centre](#)

 **For young people (14 - 20 years):** [Emergency sleeping centre "SchlafamZug"](#)

Further information:

- [Homelessness](#)
- [Food in times of need](#)

Living with illness and disability

People with disabilities and people who need care due to illness have special housing needs. People in wheelchairs in particular need homes without obstacles. This is called "barrier-free".

Examples of barrier-free living:

- Doors must be wide enough
- There must be no steps
- the bathroom must be easily accessible and large enough

So you can move around your home **safely and independently**.

Advice centres in Bochum:

 [Wheelchair-accessible flats| City of Bochum](#)

 Diakonie Ruhr gemeinnützige GmbH

 [Care guide NRW](#)

 [Caritasverband Ruhr-Mitte e. V.](#)

Further information:

 [People with disabilities](#)

 [Care](#)

Education, training and studies

School counselling and help

Counselling services in the search for a school place:

Advice for lateral entrants from the Municipal Integration Centre

The Municipal Integration Centre will help you to find a school place if

- your child **has recently** moved to Bochum,
- **has** lived in Germany **for less than two years** and
- is of school age. This means that the child is not yet 18 years old.

 [Counselling for lateral entrants | City of Bochum](#)

 [Move to Bochum](#)

Educational counselling

Are you looking for a suitable school for yourself or your child?

The educational counselling service of the city of Bochum can provide you with information on

- Schools and vocational colleges in Bochum
- Types of schools in North Rhine-Westphalia
- School-leaving qualifications in North Rhine-Westphalia

 [Educational counselling | City of Bochum](#)

Help while attending school:


School social work

Do you or your child go to school and need help with school, family or leisure activities? Then you can turn to school social work with any questions you may have.

For example, school social work helps with applications for the [education and participation package \(BuT\)](#). For example, with the financing of school lunches or school trips. School social work also helps with problems in the family or difficulties in the classroom.

You can seek counselling as a pupil or parent. Counselling is confidential.


 [School social work | City of Bochum](#)

 Location: School social work offers counselling at the school. You can find the contact details of the responsible persons [here](#).

School psychological counselling centre

The school psychological counselling centre supports parents, pupils and teachers. It helps with **questions about school**. For example, if there are learning problems, your child does not want to go to school or there are difficulties with school.

 [School psychological counselling centre](#)

 The school psychological counselling centre is not located directly at a school. You can find the address [here](#).

Beratungshaus Inklusion Bochum

People with a disability are supported at Beratungshaus Inklusion. For example, they are helped with questions about school and the transition to the labour market as well as with various applications.

 [LWL | Beratungshaus Inklusion Bochum - Beratungshaus Bochum](#)

Counselling on training

Are you looking for an apprenticeship? Are you doing an apprenticeship?

Employment Agency

The careers counselling service at the Federal Employment Agency helps you to find an **apprenticeship or a place at university**. It also provides support during an apprenticeship. For example, it helps with **questions about financing, tutoring or problems during training**. The careers counselling service also provides support on topics such as work and further training.

 [Bochum Employment Agency | Federal Employment Agency](#)

 If you are under 27 years old, you can go to the [Youth Employment Agency](#).

You can find more information [here](#).

Berufskammern

Almost every profession belongs to Kammer. The Kammer helps with many things:

- It knows about professions and apprenticeships.
- It checks whether a training programme is going well.
- It organises examinations.
- It provides information on professions and companies.

Craft professions, for example, belong to Handwerkskammer. Technical and industrial professions of the Chamber of Industry and Commerce (IHK). Kammern **also helps with difficulties during training**. For example, if you have problems with your trainer, if you want to change training company or if you have difficulties at vocational school.

 [Handwerkskammer Dortmund](#)

 [IHK Mittleres Ruhrgebiet](#)



You can also search for training places on the websites of the chambers.

Other important advice centres

 [Youth Migration Service AWO Unterbezirk Ruhr-Mitte](#)

 [Forum Gemeinsam für Integration GEMI e. V.](#)

 [GISAA - Refugees in school, training, work | AWO Unterbezirk Ruhr-Mitte](#)

 [Mobile youth social work | City of Bochum](#)

Job applications

General information on job applications can be found [here](#).



Some of the employment advice centres offer help with job applications.



Do you receive benefits from the job centre or employment agency? Then ask the job centre for job application training.

Study counselling

General counselling before and during your studies

Every university and college in Bochum offers counselling services.

- **Central Student Counselling Service:** The Central Student Counselling Service helps with choosing a course of study and also during your studies. For example, it provides information about the degree programmes on offer in Bochum and the application procedures. They also help with many other questions before and during your studies. For example, when changing degree programmes or dealing with exam nerves.

- **International Office:** The International Office supports students from abroad who are studying or would like to study in Bochum. They help, for example, with questions about language courses, recognition of certificates, scholarships and other topics relating to living and studying in Bochum.
- **General Student Committee (ASTa):** This is a group of students who are committed to helping other students. They help with all questions about life at the university and offer counselling in various areas. For example, social counselling and legal advice.
- Help with [financing your studies](#) (BAföG and student loans) and [housing](#) can be found at the [Akademisches Förderwerk \(AKAFÖ\)](#).

Ruhr University Bochum

 [Central Student Counselling Service](#)

 [International Office](#)

 [AstA](#)

Hochschule Bochum

 [Central Student Counselling Service](#)

 [International Office](#)

 [AstA](#)

Georg Aricola University of Technology

 [Central Student Counselling Service](#)

 [International Office](#)

 [AstA](#)

Protestant University Bochum

 [Central Student Counselling Service](#)

 [International Office](#)

 [AstA](#)

Folkwang University of the Arts

 [Central Student Counselling Service](#)

 [International Office](#)



Learning support and tutoring

Does your child have problems learning and need support?

Children and young people with learning difficulties are supported with **learning support or tutoring**. Talk to your child's teachers. The teachers know your child well and can tell you about suitable learning programmes.



Many learning programmes can be paid for through the **education and participation package (BuT)**. You can find more information [here](#).



The school social workers can advise you on the subject of [education and participation](#).

Free learning programmes and tutoring for children and young people



[IFAK e. V. | Youth and learning support](#)



[Studenten bilden Schüler e. V. | studytutors](#)



[Ronahi e. V. | Homework support](#)



[Kinderschutzbund Bochum e. V.](#)

Recognition of certificates

Would you like to apply for a job, an apprenticeship or a place at university?

Certificates are very important in Germany. Certificates tell you what you have **learnt** and **worked on** at school, during training or at university. Your **performance** is assessed in a certificate. Certificates are submitted with your application.

Do you have certificates from abroad?

Then you should **have** your certificates **recognised in Germany**. This means that a **competent authority** will check whether your certificate matches a German qualification. With a recognised certificate, you will be in a better position to apply for a job.

 It often takes several months for certificates to be recognised. **Start early enough!**


Here you will find general information on the subject of recognition:

 [Certificate evaluation | Target check](#)

 [Recognition in Germany](#)

 [Federal Employment Agency](#)

 [anabin](#)

 Note on anabin: For correct results, enter your data completely and accurately.

Recognition of school-leaving qualifications

Have you obtained a school-leaving qualification abroad? Then you can have your qualification recognised in Germany. The recognition confirms which German school-leaving qualification you have.

Where will my school-leaving qualification be recognised?

Try to assess which German qualification matches your certificate.

You can find information about the school system in NRW [here](#).

- **Qualification: Technical school and vocational school**
Recognition: [Arnsberg district government](#)
- **Qualification: Secondary level I**
(school-leaving certificate, extended 1st school-leaving certificate, intermediate school-leaving certificate)
Recognition: [Cologne district government](#)
- **Qualification: Secondary level II**
(General higher education entrance qualification or entrance qualification for universities of applied sciences (FHR))
Recognition: [Düsseldorf district government](#)

Recognition of training programmes and professions

Have you completed training abroad? Or have you worked abroad?

Then you can **have** your **certificates recognised in Germany**. The certificate recognition confirms which German professional qualification you have. This is important if you want to work in Germany.

Craft trades and regulated professions

There are strict rules for some professions. This means that you need **certain qualifications or proof**, for example a diploma, state recognition or a licence. Without these certificates, you are not allowed to work in these professions. **These professions are called regulated professions.**

Examples:

- Doctors need a licence. This is called **a licence to practise**.
- Lawyers need a licence. This is called **authorisation**.
- Teachers at public schools need a **teaching qualification**.

Regulated professions are protected by law. Only qualified persons are allowed to work in these professions. These include many medical professions, for example. You are **not** allowed to work in these professions **without being recognised**.

Non-regulated professions

Anyone can work in **non-regulated professions**, even **without qualifications**.

 [Recognition in Germany](#)

 [Federal Employment Agency](#)

Recognition of studies

Have you completed a degree abroad?

Then you can have your degree recognised in Germany. The recognition confirms **which German degree is suitable**. Recognition is important if you **want to work** or **continue your studies** in Germany.

Where can I have my degree recognised?

- [Pre-Check | Certificate evaluation](#)
- [Central Office for the Recognition of Higher Education Qualifications \(ZAB\)](#)
This office is only responsible for the assessment of foreign degrees.

- **Contact the university directly**

Would you like to **study in Germany**? Then contact the **International Office** at the relevant university or university of applied sciences. Other [Study counselling](#) can also help you [Study counselling](#).

- **Competent [professional chambers](#) for regulated professions**

Regulated professions are protected by law. Only qualified persons are allowed to work in these professions. These include many medical professions, for example.

Notarisation of documents

You have a document. For example, your certificate. The **authorities need to know: Is the document genuine?** That's why you need to **have the document notarised** . Your documents can be notarised at the [Citizens' Office](#).



Your documents must be translated into German before they can be notarised .



Make sure that your document is **translated** by a **certified translation agency**. You can find more information [here](#).

Advice centres on the subject of recognition

You can get advice on the subject of recognition here:



[Recognition and qualification counselling](#)



[Welcome Office Bochum | City of Bochum](#)



MY WAY Dortmund - [Women with a migration background get off to a flying start](#)



You no longer have your certificates? Then you can have your professional experience and skills recognised through tests such as [MySkills](#) have your professional experience and skills recognised.




Do you have a foreign university entrance qualification (HZB) that is not recognised in Germany? Then you will need to take an [assessment test](#) before starting your studies.

Labour

Counselling centres for work

Advice on finding a job and problems with employment

 [Employment Agency Bochum](#)

 [Job Centre Bochum](#) (The Job Centre is responsible for people who receive benefits from the Job Centre)

 [Bochum Labour Advice Centre - bobeq gGmbH](#)

 [Fair Integration Bochum counselling centre](#)

 [Social and employment counselling - GEMI e. V.](#)


 [Wattenscheider-Bildungs-Zentrum gGmbH](#)

 [GISAA - Refugees in school, training, work - AWO Unterbezirk Ruhr-Mitte](#)

Additional services for young people up to the age of 27

 [Youth Employment Agency Bochum](#)

 [Youth Migration Service Bochum - AWO Unterbezirk Ruhr-Mitte](#)

 Many schools offer help on the topics of training, studying, work and job applications. Find out more at your school.

Additional offers for the compatibility of family and career


 [Bochum Employment Agency](#)

For skilled workers in Germany and abroad

 [Welcome Office Bochum](#)

Job applications

General information on job applications can be found [here](#).

 Some of the employment advice centres offer help with job applications.

 Do you receive **benefits from the job centre or employment agency?** Then ask the job centre for **job application training**.

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- **Qualification: Secondary level I**
(school-leaving certificate, extended 1st school-leaving certificate, intermediate school-leaving certificate)
Recognition: [Cologne district government](#)
- **Qualification: Secondary level II**
(General higher education entrance qualification or entrance qualification for universities of applied sciences (FHR))
Recognition: [Düsseldorf district government](#)

Recognition of training programmes and professions

Have you completed training abroad? Or have you worked abroad?

Then you can **have** your **certificates recognised in Germany**. The certificate recognition confirms which German professional qualification you have. This is important if you want to work in Germany.

Craft trades and regulated professions

There are strict rules for some professions. This means that you need **certain qualifications or proof**, for example a diploma, state recognition or a licence. Without these certificates, you are not allowed to work in these professions. **These professions are called regulated professions.**

Examples:

- Doctors need a licence. This is called a **licence to practise**.
- Lawyers need a licence. This is called **authorisation**.
- Teachers at public schools need a **teaching qualification**.

Regulated professions are protected by law. Only qualified persons are allowed to work in these professions. These include many medical professions, for example. You are **not** allowed to work in these professions **without being recognised**.

Non-regulated professions

Anyone can work in **non-regulated professions** , even **without qualifications**.

 [Recognition in Germany](#)

 [Federal Employment Agency](#)

Recognition of studies

Have you completed a degree abroad?

Then you can have your degree recognised in Germany. The recognition confirms **which German degree is suitable**. Recognition is important if you **want to work** or **continue your studies** in Germany.

Where can I have my degree recognised?

- [Pre-Check | Certificate evaluation](#)
- [Central Office for the Recognition of Higher Education Qualifications \(ZAB\)](#)
This office is only responsible for the assessment of foreign degrees.
- **Contact the university directly**
Would you like to **study in Germany**? Then contact the **International Office** at the relevant university or university of applied sciences. Other [Study counselling](#) can also help you [Study counselling](#).
- **Competent [professional chambers](#) for regulated professions**
Regulated professions are protected by law. Only qualified persons are allowed to work in these professions. These include many medical professions, for example.

Notarisation of documents

You have a document. For example, your certificate. The **authorities need to know: Is the document genuine?** That's why you need to **have** the **document notarised** . Your documents can be notarised at the [Citizens' Office](#).



Your documents must be translated into German before they can be notarised .



Make sure that your document is **translated** by a **certified translation agency**. You can find more information [here](#).

Advice centres on the subject of recognition

You can get advice on the subject of recognition here:



[Recognition and qualification counselling](#)



[Welcome Office Bochum | City of Bochum](#)



MY WAY Dortmund - [Women with a migration background get off to a flying start](#)



You no longer have your certificates? Then you can have your professional experience and skills recognised through tests such as [MySkills](#) have your professional

experience and skills recognised.



Do you have a foreign university entrance qualification (HZB) that is not recognised in Germany? Then you will need to take an [assessment test](#) before starting your studies.

Family

Advice on parental allowance

What is parental allowance?

You can find information [here](#) in the Integreat app.

Do you have questions about parental allowance?

There are various advice centres in Bochum.

 [The family office | City of Bochum](#)

 [Donum vitae Bochum e. V.](#)

 [pro familia Bochum](#)

Advice on child benefit and child supplement

What is Kindergeld or Kinderzuschlag (KiZ)?

You can find information [here](#) in the Integreat app.

Do you have questions about Kindergeld or Kinderzuschlag?

Familienkasse

The family benefits office can help with questions about **Kindergeld** and the **Kinderzuschlag (KiZ)**. The Familienkasse Nordrhein-Westfalen Nord is responsible for Bochum. You can submit your applications there. For advice, you can **go** directly to the Family Benefits Office or **call** them. If you have questions about **Kinderzuschlag** you can also arrange a **video appointment** . You can find more information [here](#).

 [The Family Benefits Office North Rhine-Westphalia North](#)

 You can check your **entitlement** to **Kinderzuschlag** can be **checked** with the [KiZ-Lotsen](#).

Familienbüro

The family office can help you apply for various family benefits. For example, they can answer questions about **Kindergeld** and the **Kinderzuschlag** advice.

 [The family office](#)

Search for a childcare place

Are you looking for a place in a kindergarten or daycare centre?

The family office

The Family Office provides support with **registration in the daycare centre portal** and with the **search for a kindergarten or daycare centre**.


 [The Family Office | City of Bochum](#)

Do you have a child who is not yet at school?

Kita-Sozialarbeit

Do you have questions about leisure activities, financial benefits or funding opportunities for your child? The Kita-Sozialarbeit supports families with children from birth until they start school. It can advise you on questions about life in the family and how to support your child.

 [Day-care centre social work | City of Bochum](#)

 The **counselling centres are divided into city districts**. There are contact persons for each district. Information on who is responsible for your district can be found [here](#).



Child and youth health service - care and counselling

The employees support families with **children who have a disability**. For example, they determine where your child needs support and help with applications for support options.

 [Counselling and support for families with disabled children | City of Bochum](#)


Help and counselling for women

Counselling and help in cases of violence against women and girls

 Are you in an emergency situation and urgently need help? Then contact the police:  110

 [Helpline | Violence against women](#)  116 016

 [Online counselling | Violence against women](#)

 [Domestic violence network in Bochum](#). You can find the flyer in various languages [here](#).

 [MIRA e. V. | International Education and Counselling Centre for Women and Girls e. V.](#)

 [NORA e. V. | Counselling centre for women and girls](#)

 [Wildwasser Bochum e. V.](#)

 [Neue Wege | Centre for children, adolescents and young adults](#)

 [Women's refuge of the Caritas Association for Bochum e. V.](#)

General counselling

Are you in a difficult life situation? For example, do you need support with difficulties with the authorities or your family?

 [Social Service of Catholic Women e. V.](#)

 [NORA e. V. | Counselling centre for women and girls](#)

 [Municipal Integration Management | City of Bochum](#)

Counselling for single parents

 [SKFM Wattenscheid e. V. | Counselling centre for single parents](#)

Pregnancy counselling

 [SKFM Wattenscheid e. V. | Pregnancy counselling centre](#)

 [pro familia | Pregnancy and birth counselling](#)

 [donumvitae Bochum e. V.](#)

 [Diakonie Ruhr gGmbH | Pregnancy counselling](#)

Help with homelessness

You don't have a flat or will lose your flat in the near future? Do you need help finding accommodation or are you in rent debt?

 [Diakonie Ruhr gGmbH | Counselling centre for women in need](#)

 [Homelessness](#)

 [Homelessness](#)

Counselling for sex workers

 [MADONNA e. V.](#)

Further helpful content

 [Fundamentals of women's rights](#)

 [Anonymous forensics](#)

[Information for women in Bochum](#)

Educational counselling

Do you have questions about parenting?

The **parenting advice centres** can help you **with all problems and questions relating to parenting and the family**. Parents, children or young people can get help with various problems there. For example, for anxiety, grief or domestic violence. The educational counselling centres also provide support in **difficult life situations**, such as parental separation or problems at school.



The educational counselling centres offer consultations for **individuals and families**.



You can find more information about the educational counselling centres in Bochum [here](#).

Counselling centres

 [Educational counselling Bochum-North | City of Bochum](#)

 [Educational counselling Bochum-East | City of Bochum](#)

 [Educational counselling Bochum-Southwest | City of Bochum](#)

 [Educational counselling Bochum-Wattenscheid | City of Bochum](#)

 [Diakonie Ruhr gGmbH | Educational counselling](#)

 [Caritasverband Ruhr-Mitte e. V. | Counselling centre for parenting and family issues](#)

Marriage, partnership and separation

What is marriage and separation counselling?

Marriage and separation counselling helps people when there are **problems in their relationship**. In counselling, **couples** can **talk about their feelings and concerns**. A counsellor listens and **supports them in finding solutions**.

Counselling centres

 [Caritasverband Ruhr-Mitte e. V. | Marriage, family and life counselling](#)

 [Diakonie Ruhr gGmbH | Protestant Counselling Centre](#)

Pregnancy counselling

What is pregnancy counselling?

Pregnancy counselling helps people who are having a child or are thinking about having one. They get help there if they have questions or feel unsure. The counselling is free of charge and the discussions are confidential.

Pregnancy counselling in Bochum

 [Early help | City of Bochum](#)

 [SkF e. V. local association Bochum | Pregnancy counselling](#)

 [pro familia | Pregnancy and birth counselling](#)

 [donumvitae Bochum e. V. | General pregnancy counselling](#)

 [Diakonie Ruhr gGmbH | Pregnancy counselling](#)

Pregnancy conflict counselling

Pregnancy conflict counselling helps when a woman is expecting a child and is unsure whether she wants to have it. Counsellors listen and explain what options are available - without any pressure. The counselling is confidential and can help in the decision-making process.

 [Early help | City of Bochum](#)

 [pro familia | Pregnancy conflict counselling](#)

 [donumvitae Bochum e. V. | Pregnancy conflict counselling](#)

 [Diakonie Ruhr gGmbH | Pregnancy conflict counselling](#)

Further information on pregnancy can be found here:

 [Pregnancy and birth](#)

 [Information on the topic of abortion](#)

Paternity and custody

General information on paternity and custody

Would you like to find out more about **recognising the paternity of** your child? Or would you like to know more about **custody**?

You can find **detailed information** here:



[Custody and acknowledgement of paternity](#)

Advice centres in Bochum

 [Guardianship | City of Bochum](#)

 [pro familia | free legal information](#)

Counselling for children and young people

There are many programmes for children and young people in Bochum. These services can also help with difficult life situations.

For example, there is help with

- Homelessness

- School, training and work
- bullying
- Financial difficulties
- Difficulties with family and friends
- addiction
- Sexuality and identity
- Abuse

Counselling centres and other services

 [Mobile youth social work | City of Bochum](#)

 [Child and youth protection](#)

 [School social work | City of Bochum](#)

 [Springboard | Contact and counselling centre](#)

 [Fan project Bochum](#)

 [JMD - Youth Migration Service](#)

 [Children's and youth leisure centres](#)

 [Café freiRAUM | youth centre for queers and friends up to the age of 27](#)

 [Emergency sleeping centre for young people up to 21 years | SchlafamZug](#)

 [Counselling services on the subject of addiction](#)

My rights

Naturalisation

Would you like advice on naturalisation?


The [Municipal Integration Management \(KIM\)](#) offers **naturalisation advice**.


Would you like to know whether you meet the requirements for naturalisation in Germany?

The naturalisation consultation always takes place **on Tuesdays from 09:00 to 11:00**. You must make an **appointment** in advance.

You can find the **contact details for the appointments** here:

@kim@bochum.de

 **0234 910- 4299** (Mondays to Thursdays from 10 am to 4 pm and Fridays from 10 am to 2 pm)

 **You will receive** further information such as **date, place and time** when you make the appointment.

Legal assistance

Are you looking for a lawyer?

General lawyer search

 [Official nationwide directory of lawyers](#)

 [German Lawyer Directory](#)

 [Bochum Lawyers & Notaries Association](#)

Free initial counselling on residence law

 [Refugee Law Clinic](#)

 Please make an appointment in advance. Expect to **wait several weeks**.

 **You have little income and cannot afford the costs for a lawyer?**

- Counselling **assistance**: You can receive counselling assistance if you have little money and need legal help. Counselling assistance is exclusively for legal advice on matters for which there are no legal proceedings yet.

You can apply for counselling assistance at **Bochum District Court** . You can find information on how to **apply here**. With the counselling aid certificate, you can get a free initial consultation with a lawyer.

- **Legal aid**: You can get legal aid if you have little money and need legal help with court proceedings. You can find information on how to **apply here**. **Important**: Please note that

you will have to pay back some or all of the legal aid if you have more money in the future.
The court will require proof of your income over several years.

Tenants' associations and tenant protection

 [Tenants' association Bochum, Hattingen and surrounding area e. V.](#)

 [Tenant Protection Association e. V.](#)

 [Mieterhilfe e. V.](#)

 [General information on tenants' associations](#)

The consumer advice centre - help for consumers

The consumer advice centre advises people on questions and problems with **contracts**, **purchases**, **telephone** or **electricity providers**.

 [The consumer advice centre](#)