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Counselling and help for adults in Dortmund

Counselling centre on sexually transmitted diseases, AIDS counselling, education

When is an HIV test useful?

A test should always be considered if you have been at risk of contracting HIV.

The test can be useful

- in the event of symptoms such as a fever lasting for weeks, chronic diarrhoea lasting for weeks, prolonged night sweats, skin tumours or the permanent swelling of the lymph nodes. In such cases, you should definitely consult a doctor!
- before a planned pregnancy. An infected mother can transmit the pathogen to her child. Therefore, counselling and, where necessary, a test for both partners is recommended before a planned pregnancy;
- if you want to enjoy unprotected sex. Couples who wish to have sex without a condom should get tested if a previous risk of infection cannot be ruled out;
- if you have previously (especially before October 1985) received blood transfusions or blood products that were not guaranteed to be HIV-safe. Today, infection by this route is practically impossible in Germany.

if you were at risk of contracting HIV

- and if you would like to take a test, you should definitely seek detailed, personal advice from a doctor, the "Gesundheitsamt" (Public Health Department) or an AIDS counselling centre;
- and if you do not want to take a test, you must behave in future as if you were infected: i.e. consistently have safer sex with all sexual partners!


Advice centres


- **Counselling centre on sexually transmitted diseases, run by the "Gesundheitsamt" (Public Health Department)**

 [Hoher Wall 9-11](#)


[Ground Floor, Waiting Area, Room E.15](#)


[44137 Dortmund](#)

 [0231/5023601](tel:0231/5023601)

 [0231/5023592](tel:0231/5023592)

 aidsberatung@stadtdo.de

 [Go to website](#)

 **Opening times:**

Wednesday, 9:00 am to 12:30 pm

Thursday, 1:00 pm to 5:30 pm

(No registration required).

Telephone consultation hour:

Wednesday, 12:00 pm to 1:00 pm


Thursday, 5:00 pm to 6:00 pm



- **Aidshilfe Dortmund e.V.**

 [Gnadenort 3-5](#)

44135 Dortmund

 [0231/1888770](tel:0231/1888770)

 www.aidshilfe-dortmund.de

- **Förderverein zur Bekämpfung von AIDS e.V.**

 [Hoher Wall 9-11](#)

44137 Dortmund

 [0231/9143476](tel:0231/9143476)

 [Go to website](#)

More information

<https://www.zanzu.de/en/infections/hiv-and-aids/>

“Betreuungsstelle” (care office)

- Supports legal care givers in their tasks according to care giver law pursuant to Section 1896 et seq. BGB (German Civil Code)
- Works towards creating sufficient offers for the introduction and further training of care givers in cooperation with Dortmund care giver associations
- The advisory service is aimed primarily at volunteer caregivers

Under the guiding principle of avoiding care, the care centre provides information about:

- lasting powers of attorney, care directives and living wills; and
- the possibilities of making use of the local psycho-social support system in the run-up to care

The “Betreuungsbehörde” (care giver authority) also offers the following services:

- Advising authorised persons (within the framework of a lasting power of attorney)
- Certification of lasting powers of attorney (necessary documents include: unsigned lasting power of attorney and federal identity card; fees: 10 euros)

Stadt Dortmund - Gesundheitsamt - Betreuungsstelle (City of Dortmund - Public Health Department - Care Office)



[Hoher Wall 9-11](#)

upper floor

44137 Dortmund

 [0231/5024081](tel:0231/5024081)

 [0231/5023589](tel:0231/5023589)

 53betreuung@stadtdo.de

 [Go to website](#)



Health counselling according to the “Prostituiertenschutzgesetz” (Prostitution Protection Act)

The “Prostituiertenschutzgesetz” (Prostitution Protection Act) came into force on 01/07/2017.

According to section 10 (3) of the Prostitution Protection Act, all persons who wish to work as a prostitute must undergo health counselling before registering their professional activity for the first time.

For personal enquiries, or to make an appointment, please use this e-mail address: gesundheitsberatung@stadtdo.de. Appointments can be made by telephone for Mondays and Tuesdays from 1:00 pm to 2:00 pm and for Wednesdays from 2:00 pm to 3:00 pm on the number [0231 50-26386](tel:02315026386).

General information on the law and its implementation in NRW can be found on the [Homepage of the Ministry of Home Affairs, Local Government, Building and Equality](#).

Further information is also available in other languages

- <https://www.lola-nrw.de/>
- <https://www.zanzu.de/de/wahl-der-sprache/>

Counselling for adults, help in emergency situations and special difficulties in a social environment

Here are all the points of contact that have to do with the generic term, because they offer many interdisciplinary counselling services (general life counselling, pregnancy conflict counselling, help in cases of violence and abuse)

General life counselling, pregnancy conflict counselling and help in crises

- **Cath. Marriage and family counselling; life guidance**
Katholisches Centrum (Catholic Centre)
📍 [Propsteihof 10](#)
44137 Dortmund
☎ [02311848225](tel:02311848225)
■ [02311848361](tel:02311848361)
✉ eheberatung-dortmund@erzbistum-paderborn.de
🌐 www.eheberatung@paderborn.de
- **Evangelical advice centre for education, marriage and life issues**
📍 [Klosterstr. 16](#)
44135 Dortmund
☎ [02318494480](tel:02318494480)
☎ [02318494489](tel:02318494489)
✉ familienberatung@ekkd.de
🌐 www.familienberatungekkd.de




- **AWO counselling centre for conflict during pregnancy, marriage and life problems, family planning**

 [Klosterstr. 8-10](#)

44135 Dortmund

 [02319934222](tel:02319934222)

 02319934630

 beratungsstelle@awo-dortmund.de

 www.awo-dortmund.de/beratung (online counselling)

- **Advice centre: Westhoffstraße,**
Soziales Zentrum Dortmund e.V.


Counselling on issues relating to family, marriage, life, conflict during pregnancy and family planning,


outpatient educational support



[Westhoffstr. 8-12](#)

44145 Dortmund

 02318403100

 0231-8403190

 westhoffstrasse@soziales-zentrum.org



www.westhoffstrasse.de (counselling is also offered online at this address)

What do we offer?


- Separation and divorce
- Couples' therapy
- Special educational diagnostics and support
- Specialist centre for sexual education
- Specialist centre for advice about sex
- Specialist centre for sexual violence against children and young people


- **Counselling on conflict during pregnancy - recognised counselling centre - general pregnancy counselling, counselling in the context of prenatal diagnostics, family midwife**

donum vitae e.V.

 [Friedhof 4](#)

44135 Dortmund

 [02311763874](tel:02311763874)

 02311763875

 dortmund@donumvitae.org

 www.donumvitae-dortmund.de



- **Catholic pregnancy counselling centre, general pregnancy counselling, counselling before and during prenatal diagnostics, counselling in the event of expected disabilities affecting the child and counselling after a stillbirth and miscarriage or if a child's life ends shortly after birth, "Fit for the baby" offer, family midwife**

Sozialdienst katholischer Frauen e.V. Hörde

📍 [Propsteihof 10](#)

44137 Dortmund

☎ [02311848220](tel:02311848220)

📠 02311848219

✉ schwangerschaftsberatung@kath-centrum.de

🌐 www.skfhoerde.de

- **Women's counselling centre "Frauen helfen Frauen e.V." Resource-oriented and stabilising counselling following psychological and physical traumatisation**

📍 [Kronprinzenstr. 26](#)

44135 Dortmund

☎ [0231521008](tel:0231521008)

(tel. consultation hours MON-THU 9.00 am to 12.00 pm)

🌐 www.frauenberatungsstelle-dortmund.de

- **Krisenzentrum Dortmund**

Klinikum Westfalen GmbH

📍 [Wellinghofer Str. 21](#)

44263 Dortmund

☎ [0231435077](tel:0231435077)

✉ kontakt@krisenzentrum-dortmund.de

🌐 www.krisenzentrumdortmund.de

- **Telephone Advisory Service Dortmund**

☎ [08001110111](tel:08001110111) and

☎ [08001110222](tel:08001110222) (No fee)

c/o Ev. Kirchenkreis Dortmund,

📍 [Jägerstr. 5](#)

44145 Dortmund

Secretary's office ☎ [02318494410](tel:02318494410)

📠 02318494409

✉ ts@ekkdo.de

🌐 www.telefonseelsorge-dortmund.de


- **Pastoral care for the deaf by the Evangelical Church in Dortmund, Lünen and Selm**

📍 [Zu den Höfen 1a](#)

45711 Datteln



 [02363728335](tel:02363728335)

 0231728336

 hendrik.korthaus@gebaerdenkreuz.de


 www.gebaerdenkreuz.de

Violence


- **Women's advice centre "Frauen helfen Frauen e.V." Specialist advice centre on the topics of domestic and sexualised violence**
Resource-oriented and stabilising counselling following psychological and physical traumatisation

 [Kronprinzenstr. 26](#)

44135 Dortmund

 [0231521008](tel:0231521008)


tel. consultation hours MON-THU 9.00 am to 12.00 pm


 www.frauenberatungsstelle-dortmund.de

- **Frauen helfen Frauen e.V. Frauenhaus Dortmund - Shelter for physically and mentally abused women**


Postfach 50 02 34

44202 Dortmund

 [0231800081](tel:0231800081)

 02317250571


 frauen@frauenhaus-dortmund.de

 www.frauenhaus-dortmund.de

- **Stadt Dortmund, Sozialamt - Fachdienst Wohnen (City of Dortmund, Social Security Office - Residential Services) - Assistance for women in crisis situations (50/4)**
Financial assistance (according to SGB II and SGB XII [German Social Code]) and social support for the residents of the women's shelter

 [Luisenstr. 11-13](#)

44137 Dortmund


 [02315023414](tel:02315023414) or 023150[26271](tel:02315026271)


- **Counselling centre for prostitutes and victims of human trafficking**

Dortmunder Mitternachtsmission e.V.

 [Dudenstr. 2-4](#)

44137 Dortmund

 [0231144491](tel:0231144491)

 0231145887

 mitternachtsmission@gmx.de

 www.standort-dortmund.de/mitternachtsmission

PSZ (Psychosocial Centre) offered by the AWO

General accessibility:

■ psz@awo-dortmund.de

☎ [023188088114](tel:023188088114) (Telephone registration consultation, Mondays 9:00 am to 12:00 pm)

English, French, Arabic

Dortmund information sheet for expectant parents

[Dortmund information sheet for expectant parents...](#)

City of Dortmund, Social Welfare Office

City of Dortmund, Social Welfare Office

Help for the sick, disabled and people in need of care

Social work assistance and counselling

Mr Kneuper

Tel: 0231 (50) 10867

Competence Team Care and Disability

Mrs Jachmig

Tel: 0231 (50) 23739

📍 Luisenstr. 11-13, 44137 Dortmund