

Table of Contents

Counselling and help	2
Migration counselling	2
Youth migration services	4
Asylum procedure counselling	5
International search for family members	6
Central return counselling	6
Integration projects	7
Online counselling	11

Counselling and help

Migration counselling

Have you only recently arrived in Germany? Do you need help finding your way around Germany?

Have you been here for a while but still feel unsure and unfamiliar?

Then migration counselling is the right place for you. This counselling service is aimed at all adult immigrants with a permanent or uncertain right of residence.

You will receive counselling on the following topics:

- Where can I learn German?
- How do I apply for a German course?
- How do I find a flat?
- Where can I apply for financial aid?
- Who can help me find a job?
- Can my degree be recognised in Germany?
- Which doctor can I go to?
- Who will help me during my pregnancy?
- If necessary, accompaniment to offices and authorities by volunteers
- Information on migration and integration measures

Counselling is available in German and many other languages. It is free of charge. And support is provided regardless of your origin, religion or nationality. You are free to choose which counselling centre and which provider you go to. You may also decide according to the available counselling languages.

💡 Are you between 12 and 27 years old? Then there is a separate counselling service for you: [Youth Migration Services](#)

💡 The [asylum counselling](#) service primarily supports you in the local shared accommodation centres.

Contact details for the migration service:

SKM Lingen e.V. - Migrationsberatung | Frau Johanning

📍 [Lindenstraße 13, 49808 Lingen](#)

✉ [@christina.johanning@skm-lingen.de](mailto:christina.johanning@skm-lingen.de)

☎ [+49 \(0\) 5919124664](tel:+495919124664)

SKM Meppen e.V. - Migrationsberatung | Frau Jager

📍 [Kolpingstraße 4, 49716 Meppen](#)

✉ [@n.jager@skm-meppen.de](mailto:n.jager@skm-meppen.de)

☎ [+49 \(0\) 5931931112](tel:+49(0)5931931112)

AWO Bezirksverband Weser-Ems e.V. - Migrationsberatung | Herr Migura

📍 [Schützenstraße 17, 49716 Meppen](#)

✉ [@raphael.migura@awo-ol.de](mailto:raphael.migura@awo-ol.de)

☎ [+49 \(0\) 59315988173](tel:+49(0)59315988173)

☎ [+49 \(0\) 15151308199](tel:+49(0)15151308199)

Caritasverband für den Landkreis Emsland - Migrationsberatung | Frau Galster

📍 [Am Markt 9, 49751 Sögel](#)

✉ [@mgalster@caritas-os.de](mailto:mgalster@caritas-os.de)

☎ [+49 \(0\) 595293700](tel:+49(0)595293700)

DRK- Kreisverband Emsland e.V. - Migrationsberatung Papenburg

📍 [Rathausstraße 11, 26871 Papenburg](#)

✉ [@migration@drk-emsland.de](mailto:migration@drk-emsland.de)

☎ [+49 \(0\) 496191232025](tel:+49(0)496191232025)

DRK- Kreisverband Emsland e.V. - Migrationsberatung Meppen

📍 [Dalumer Straße 17, 49716 Meppen](#)

✉ [@migration@drk-emsland.de](mailto:migration@drk-emsland.de)

☎ [+49 \(0\) 593180063019](tel:+49(0)593180063019)

DRK- Kreisverband Emsland e.V. - Migrationsberatung Lingen

📍 [Jahnstraße 2-4, 49808 Lingen \(Ems\)](#)

✉ @migration@drk-emsland.de

☎ [+49 \(0\) 591800331012](tel:+49(0)591800331012)

Kolping Bildungswerk DV Osnabrück e.V. - Sögel Migrationsberatung | Herr Jung

📍 [Am Pohlkamp 7, 49751 Sögel](#)

✉ @migrationsberatung@kolping-web.de

☎ [+49 \(0\) 1751852039](tel:+49(0)1751852039)

Kolping Bildungswerk DV Osnabrück e.V. - Salzbergen Migrationsberatung | Herr Jung

📍 [Franz-Schratz-Straße 8, 48499 Salzbergen](#)

✉ @migrationsberatung@kolping-web.de

☎ [+49 \(0\) 1751852039](tel:+49(0)1751852039)

Youth migration services

Are you **between 12 and 27 years** old? Do you have a **migrant background** and a **perspective for permanent residence**? Then this service is aimed at you.

Counselling is offered in all matters of everyday life as well as in problem situations. If necessary, you can also be accompanied to the authorities.

For example, if you have the following questions

- What happens with my right of residence/asylum procedure?
- Which type of school is right for me?
- How do I find an apprenticeship?
- What do I do if I have problems with the authorities (job centre, social welfare office)?
- Information about group and leisure activities

There are various providers in the district of Emsland. You are free to choose which provider you would like to visit.

Contact details

AWO Bezirksverband Weser-Ems e.V. - Jugendmigrationsdienst | Frau Hübscher

📍 [Schützenstraße 17, 49716 Meppen](#)

✉ [@lilia.huebscher@awo-ol.de](mailto:lilia.huebscher@awo-ol.de)

☎ [+49 \(0\) 593120834](tel:+49(0)593120834)

🌐 <https://www.awo-ol.de/Beratungsangebote/MBE/JMD-M...>

Kolping Bildungswerk DV Osnabrück e.V. - Jugendmigrationsdienst Emsland-Nord | Frau Kreuzhermes

📍 [Am Pohlkamp 7, 49751 Sögel](#)

✉ [@kreuzhermes@kolping-web.de](mailto:kreuzhermes@kolping-web.de)

☎ [+49 \(0\) 5952990627](tel:+49(0)5952990627)

🌐 <https://kolping-web.de/jugendsozialarbeit/jugendm...>

Kolping Bildungswerk DV Osnabrück e.V. - Jugendmigrationsdienst Emsland-Süd | Frau Lammering

📍 [Franz-Schratz-Straße 8, 48499 Salzbergen](#)

✉ [@jmd@kolping-web.de](mailto:jmd@kolping-web.de)

☎ [+49 \(0\) 5976947314](tel:+49(0)5976947314)

🌐 <https://kolping-web.de/jugendsozialarbeit/jugendm...>

Jmd4you Online counselling for your life in Germany

This is the name of a digital counselling service offered by the Youth Migration Services. First you have to register. Then you will receive professional and individual counselling. The counselling takes place in a protected virtual space. You can choose between email counselling and chat. You can remain anonymous during the counselling. The counselling is about school, professional and social integration in Germany. You can find more information [here](#).


Asylum procedure counselling

Do you feel well prepared for your asylum interview? Do you still have any uncertainties? Do you have questions about the asylum procedure? Would you like independent advice that explains the procedure step by step? Do you need support during the asylum procedure? Your application for asylum has been rejected and you want to lodge an appeal? In this free counselling session

you will receive individual support. The aim is to guide you through the asylum procedure in the best possible way.

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


DRK-Kreisverband Emsland e.V. - Asylverfahrensberatung | Frau Lott

 [Rathausstraße 11, 26871 Papenburg](#)

 @karina.lott@drk-emsland.de

 [+49 \(0\) 496191232036](tel:+49(0)496191232036)

DRK-Kreisverband Emsland e.V. - Asylverfahrensberatung | Frau Möhle

 [Dalumer Straße 17, 49716 Meppen](#)

 @katja.moehle@drk-emsland.de


 [+49 \(0\) 593180063039](tel:+49(0)593180063039)


International search for family members


Have you lost contact with a relative and don't know where they are? The German Red Cross searches worldwide for people who have been separated from their families or have gone missing and clarifies their fates.

German Red Cross

District Association Emsland e.V.

 Katharina Trouw

 [04961/91232024](tel:0496191232024)

 [@k_atharin a.trouw@drk-emsland.de](mailto:@k_atharin_a.trouw@drk-emsland.de)

Further information can be found [here](#).

Central return counselling

The Federal Office for Migration and Refugees (BAMF) has not yet decided on your asylum application? Do you still want to return to your home country? But you don't know how to get your passport back? Do you need financial help for your return journey? The Central Return Counselling Service (ZRB) will advise you on ways to voluntarily return to your home country. The counselling is open-ended. You decide for yourself after the counselling. You can leave voluntarily. Or you can stay on.

Caritasverband für den Landkreis Emsland - Rückkehrberatung | Frau Galster

📍 [Am Markt 9, 49751 Sögel](#)

✉ @mgalster@caritas-os.de

☎ [+49 \(0\) 15172213356](tel:+49(0)15172213356)

SKM Meppen e.V. - Rückkehrberatung | Frau Jäger

📍 [Kolpingstraße 4, 49716 Meppen](#)

✉ @n.jager@skm-meppen.de

☎ [+49 \(0\) 5931931112](tel:+49(0)5931931112)

Integration projects

JuMP Youth and Migration in Papenburg

JuMP is a youth project of the city of Papenburg and the DRK migration counselling centre. The aim is to empower young people, enable participation and create sustainable structures.

Current offers:

- Counselling on professional orientation
- Thematisation of the topic of "flight and migration"
- School information event
- "Kulturtalk" workshops for children and young people
- Creating leisure and meeting opportunities, such as holiday activities at the [DRK Haus Global](#)

Deutsches Rotes Kreuz

Kreisverband Emsland e.V.

📍 Rathausstr. 11, 26871 Papenburg

👤 Alina Rodríguez Sánchez

☎ [+49 \(0\) 496191232026](tel:+49(0)496191232026) und ☎ [+49 \(0\) 1725192315](tel:+49(0)1725192315)

✉ @alina.rodriquez-sanchez@drk-emsland.de

Further information can be found [here](#).

Start Guide

The Start Guide in northern Emsland or "Hand in Hand" in central and southern Emsland will advise you on the subject of work and training. You will have the opportunity to get to know local employers. You can find out about your career opportunities. Interested jobseekers and suitable employers are introduced to each other.

Hand in Hand (Mitte und Süd)

VHS Meppen gGmbH

📍 Freiherr-vom-Stein-Str. 1, 49716 Meppen

👤 Ziedonis Stutins

☎️ [+49 \(0\) 5931937350](tel:+4905931937350)

✉️ [@ziedonis.stutins@vhs-meppen.de](mailto:ziedonis.stutins@vhs-meppen.de)

🌐 [Hand in Hand](#)

Start Guide im nördlichen Emsland

Historisch-Ökologische Bildungsstätte (HÖB) Emsland in Papenburg e.V.

📍 Spillmannsweg 30, 26871 Papenburg

👤 Stefanie Book

☎️ [+49 \(0\) 4961978836](tel:+4904961978836)

✉️ [@stefanie.book@hoeb.de](mailto:stefanie.book@hoeb.de)

🌐 [Start Guide im nördlichen Emsland](#)

NetwinPlus

Are you finding it difficult to find work in Germany? Are you encountering various obstacles in accessing the German labour market? You can get help and support here:

Historisch-Ökologische Bildungsstätte (HÖB) Emsland in Papenburg e.V.

📍 Spillmannsweg 30, 26871 Papenburg

👤 Katharina Meyer

☎️ [04961/978833](tel:04961978833)

✉️ [@katharina.meyer@hoeb.de](mailto:katharina.meyer@hoeb.de)

🌐 <https://www.hoeb.de/projekte/netwin-plus/>

SKM Lingen e.V.

📍 Lindenstraße 13, 49808 Lingen

👤 Lena Waterkamp und Natalie Bartolomej

☎️ [0591/9124654](tel:05919124654) und ☎️ [0591/9124659](tel:05919124659)

✉️ [@lena.waterkamp@skm-lingen.de](mailto:lena.waterkamp@skm-lingen.de) und ✉️ [@natalie.bartolomej@skm-lingen.de](mailto:natalie.bartolomej@skm-lingen.de)

My Turn

Women find their way!

My Turn supports women in Emsland on their way to successful integration in the labour market.

Counselling and workshops are offered. The offer is from women for women. Individual counselling sessions as well as participation in workshops and discussion cafés are free of charge and voluntary. It is possible to join at any time.

MY TURN EMSLAND (Süd)


📍 Riedemannstr. 1, 49716 Meppen



[05931/937379](tel:05931937379)

@galnar.hanhoun@vhs-meppen.de

MY TURN EMSLAND (Nord)

 Hauptkanal rechts 72, 26871 Papenburg



[04961/922321](tel:04961922321)

@anne.sonntagdacruz@vhs-papenburg.de

Current dates, counselling times in the municipalities and more can be found [here](#).

JES - Young Emslanders start with the LernBar

The project is for young men between the ages of 18 and 35 who receive money from the job centre or employment agency. They receive free and uncomplicated support in their search for an apprenticeship or a job. Help is also provided in dealing with everyday problems or completing applications. There is currently a literacy workshop in Meppen and two computer workshops in Meppen and Haren. There are regular meetings to exchange ideas.

JES

VHS Meppen gGmbH

 An der Feuerwache 7, 49716 Meppen

 [+49 \(0\) 5931937371](tel:+49(0)5931937371)



jes@vhs-meppen.de

 www.junge-emslaender.de/

Family Live - Out into life

Family Live is a counselling service for single parents and low-income families. The counselling deals with topics relating to family and work. For example, you will be supported in preparing application documents or clarifying your financial situation. You will receive help in finding childcare options for your children. Family events and workshops are organised so that you can meet and exchange ideas. Counselling is free of charge.

Family Live Nord

VHS Papenburg gGmbH

Hauptkanal rechts 72, 26871 Papenburg

 [+49 \(0\) 4961922346](tel:+49(0)4961922346)

@FamilyLive@vhs-papenburg.de

Family Live Süd

VHS Meppen gGmbH

An der Feuerwache 7, 49716 Meppen

☎ [+49 \(0\) 5931937375](tel:+4905931937375)

@ FamilyLive@vhs-meppen.de

You can find a flyer about the project here: [Family Live](#)

Comeback4you - Your way into the job

Planning your return to work

Many women want to return to work after taking a break to look after their family. But sometimes it's not so easy to find your way back into a job after this phase. This project helps women to find the right way back to work. Each participant receives support from an expert who helps to plan the next steps.

There is an extensive network with local training organisations and companies. They also receive support on how to reconcile work and family life.

Comeback4you consists of a seminar and individual coaching:

The seminar deals with these topics:

- How to find out your own skills
- What jobs are available in the region
- How to apply for a job correctly
- How to balance work and family life
- How to work well in a team
- How to talk to each other properly and resolve conflicts
- How to work with a computer
- Which qualifications are needed in companies

The seminar always takes place on Tuesdays and Thursdays from 8.30 to 11.30 am.

The **one-to-one coaching** helps individuals to find the right way back to work step by step.

Costs:

If you are interested, please contact your case manager at the Aschendorf Job Centre.

Historisch-Ökologische Bildungsstätte (HÖB) e.V.

📍 [Spillmannsweg 30, 26871 Papenburg](#)

☎ [+49 \(0\) 496197880](tel:+490496197880)

🌐 <https://www.hoeb.de/>

Online counselling

mbeon - Multilingual counselling in the chat

There are many local counselling centres in Germany. If the counselling centre is closed or far away from where you live, digital chat counselling can help.

With mbeon, you can easily find information online. You can also get counselling via chat.

mbeon enables counselling via chat. All counsellors are qualified specialists from the Migration Counselling Service for Adult Immigrants (MBE). They are guaranteed to respond within 48 hours. They help with all questions and problems that come with living in a new environment. Counselling is anonymous, data-secure and free of charge.

The app also contains extensive information on topics such as work and career. You will also find information on the topics of health and learning German. Housing, family and residence are further topics. In addition, mbeon puts you in touch with migration advice centres and other important contact points.

The app is available in German, English, Russian and Arabic. You can receive counselling in more than 19 different languages.

The app has many advantages:

- The app is flexible. It can be used anywhere and at any time.
- Counselling is provided in your native language.
- The app is data secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.
- Counselling is anonymous.

The free app can be downloaded from the Google Play Store and the AppStore.

 [mbeon in the Google Play Store](#)

 [mbeon in the AppStore](#)

Further information is available on the [multilingual website](#) and the [Facebook page](#).

Further online counselling services can be found here:

Get online counselling from Caritas experts. Counselling is free, anonymous and secure.

Select a topic for counselling [here](#).