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Further advice centres and offers of assistance

Addictions

Addiction is a disease!


An addiction describes an uncontrollable dependency on **substances** (e.g. alcohol, drugs, nicotine, medication) or **behaviour** (e.g. gambling addiction, shopping addiction). Addiction can afflict anyone. Getting **help** has nothing to do with personal failure.

When you are addicted, you think almost exclusively about the addictive substance. You can no longer control consumption yourself. Often this leads to a deterioration in relationships and work performance.


What help is available?

Café Inkognito STEP gGmbH

Angela Freimann

 [0515124130](tel:0515124130)


 cafe.inkognito@step-niedersachsen.de

 [Thiewall 4, 31785 Hameln](#)


You can find more information here: [Café Inkognito](#)

Drobs Hameln, Specialist Centre for Addiction and Addiction Prevention, STEP gGmbH

Angela Freimann

 [05151940000](tel:05151940000)


 angela.freimann@step-niedersachsen.de

 [Kaiserstraße 55, 31785 Hameln](#)


You can find more information here: [Drobs Hameln](#)

Specialist Centre for Addiction and Addiction Prevention in the Haus der Diakonie

Wunnenberg

 [051517667](tel:051517667)

 suchtberatung.hameln@evlka.de

 [Münsterkirchhof 10, 31785 Hameln](#)

You can find more information here: [Diakonie](#)

Important information

The “Beratungsstellen” (advice centres) are free of charge. The counselling sessions are confidential and the contents discussed are not passed on to the police. If you wish, the consultation can remain anonymous.

HIV/AIDS and sexually transmitted infections

HIV is the abbreviation for a **virus**. If you get very sick from the virus, it means: **AIDS**. **Sexually transmitted infections** are diseases that are **transmitted during sex**.

Do you have questions on these topics such as:

- When can I catch it?
- What protects me from infection?
- Who can help me if I am infected?

If so, the [Potsdam AIDS Support Service](#) can help you - even in your own language. More multilingual info in 13 languages can be found [here](#).

Here you can find help in Hamelin and the surrounding area: [Kompass HIV](#)

Counselling on HIV / AIDS and other sexually transmitted diseases at the Hameln-Pyrmont Health Department (Gesundheitsamt)

You can contact us,

if you:

- would like to take an anonymous and free HIV antibody test
- have questions about HIV / AIDS and other STIs
- are worried you have been infected
- are infected with HIV or have AIDS

We also offer additional examinations for a contribution towards expenses:

- Chlamydia and gonorrhoea (the clap)
- Syphilis
- Hepatitis B and C

You can find more information on the [website of the District of Hameln-Pyrmont](#).

Contact



[District of Hameln-Pyrmont](#)

Health Department (Gesundheitsamt)

Hugenottenstraße 6

31785 Hamelin



[051519035112](tel:051519035112) (Ms Neumann)

Senioren- und Pflegestützpunkt (Senior Citizens and Care Centre) Lower Saxony

Senioren- und Pflegestützpunkt (Senior Citizens and Care Centre) Lower Saxony

What is the Pflegestützpunkt (Care support point)?

The Pflegestützpunkt (Care support point) is an advice center for people in need of care, sick, disabled or elderly people and their relatives or their friends/acquaintances.

Who gets help?

All persons with statutory health and long-term care insurance in the District of Hameln-Pyrmont can contact the Pflegestützpunkt (Care support point), regardless of age, illness or need for care.

Those affected are advised there neutrally, comprehensively, individually and free of charge on the complex subject of care.


The employees


- provide advice close to home, comprehensively, independently and free of charge
- have information about available childcare services
- know the legal basics
- know the responsible sponsors
- offer support with applications
- advise in emergencies
- integrates existing care and support services

Counseling is also possible in advance of care (preventive). Counseling can take place by phone, in person at the counseling center, or at home if needed.

Contact:

Team Altenhilfe

 [05151903333](tel:05151903333)

 [Süntelstr. 9, 31785 Hameln](#)

Further information can be found here: [Team Altenhilfe](#)