


Sexual health

Being healthy doesn't just mean that your body is strong - it also includes things like love, closeness and your own body. Some topics are very personal and not easy to talk about. For example, how you treat your own body or how you feel when you like someone. But that's completely normal and it's important to be able to talk about such things - especially if you have questions or don't understand something. It's okay to be curious. And it's good to have the confidence to talk about it with someone you trust.

AIDS-Hilfe Kaiserslautern helps people who have questions about HIV/AIDS. HIV is a virus that can be contracted through unprotected sex. The organisation explains how you can protect yourself and offers help if someone is worried.

AIDS-Hilfe Kaiserslautern e.V.


 [Pariser Straße 23 / Entrance Bleichstraße, 67655 Kaiserslautern](#)

 [0 6311809 9](tel:063118099)

 <https://www.aidshilfe-rlp.de/kaiserslautern/>

pro familia Kaiserslautern

 [Maxstraße 7, 67659 Kaiserslautern](#)

 [+49 \(0\) 63163619](tel:+49063163619)

Pregnancy counselling

Pregnancy conflict counselling


Sexual counselling

Family planning counselling

Contraception counselling

The **Kaiserslautern Health Department** also offers counselling and support.

The counselling centre for sexually transmitted diseases (STD) and AIDS (HIV) has consultation hours. AIDS tests can be carried out. You can get help and information there.

 [0 6317105 538](tel:06317105538)

 <https://www.kaiserslautern-kreis.de/verwaltung/ge...>