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Advice, help, where to go

Migration advice centres for adults (aged 27 and over)

The Caritas Centre Landau helps adult migrants. This help is for people aged 27 and over.

The counselling does not cost any money.

You can get help on various topics there:

- Arriving in Germany
- Residence
- Family reunification
- Language
- Training and career
- Social benefits
- Contact and isolation
- Discrimination

Caritas - Zentrum Landau | Beratung in verschiedenen Lebenslagen

 [Königstraße 39-41, 76829 Landau in der Pfalz](#)

@caritas-zentrum.landau@caritas-speyer.de

 [+49634193550](tel:+49634193550)

 <https://www.caritas-speyer.de/caritas-zentren/lan...>

There is a separate [counselling centre](#) for teenagers and young adults between the ages of 12 and 27.

Youth migration services

This service supports young immigrants. These people are aged between 12 and 27. It helps them to settle in quickly in Germany. It provides support on the following topics:


- Questions about general orientation
- School, training, career
- Personal questions
- Financial and legal matters

Contact:

[CJD Landau Youth Migration Service](#)

[Im Justus 1](#)

76829 Landau

 [+49 63419876633](tel:+4963419876633)

@michael.wahrheit@cjd.de

Appointments by appointment by telephone



Meeting people and getting help

Address:

Café Asyl e.V.

[Karl-Sauer-Straße 8](#)

cafeasyl.landau@gmail.com

<https://www.facebook.com/cafeasyllandau/>



The Café Asyl association has the aim of making life easier for refugees in a new and foreign country, and supporting them with integrating into society. The services offered by Café Asyl comprise three key pillars:

1. Individual language support and learning assistance

By appointment

Contact: sprachkurs@cafeasyl-landau.de

2. Office hours

every Monday 16:00 – 18:00

Karl-Sauer-Straße 8

3. Bicycle workshop

Bicycle repair

When: in summer every Friday from 10:00 – 12:00

4. Day-to-day support

Daily as required and by prior arrangement

ÖSZ

Stadtteilbüro Landau-Süd
Bismarckstraße 28 · 76829 Landau
Tel. 144610 / 930062

Ökumenisches
Sozialzentrum
Landau e.V.

Stadtteilbüro Landau-Süd

[Bismarckstr. 28](#)

Tel. [06341/93 00 62](tel:06341/930062)



The Stadtteilbüro Süd advises and helps residents of the Landau Sü district

- with educational issues and any problems at school
- in relationship crises and after a separation or divorce
- with debts and other financial issues
- for questions about child benefit, housing benefit, basic income support, Hartz IV, etc.

It also offers group and support services for children and young people, and opportunities to meet around the district.



**Mehr
Generationen
Haus**
Landau in der Pfalz

[Mehrgenerationenhaus Landau](#)

[Danziger Platz 18](#)

Tel: [06341/13-5180](tel:06341/13-5180)

The Mehrgenerationenhaus is a meeting point for all people regardless of their age, origin, gender, social or cultural background. The Mehrgenerationenhaus offers counselling and support for a range of problems in day-to-day life. It also offers a wide range of leisure activities.



HAUS DER FAMILIE
Ev. Familienbildungsstätte
LANDAU

[Haus der Familie](#)

[Kronstraße 40](#)

Tel: [06341/985818](tel:06341/985818)



The Haus der Familie provides courses and meet-up events on many topics that are relevant for children and families.

Domestic violence within a marriage or family/sexual abuse

Counselling for violence within families, stalking, sexual violence, sexual abuse and violence against children

[Interventionszentrum gegen Häusliche Gewalt Südpfalz](#)

[Nordring 15c](#)

76829 Landau

[06341 - 3819-22](tel:06341-3819-22)

info@haeusliche-gewalt-landau.de

Counselling is aimed at all adults who are affected by domestic violence and/or stalking. Most of those affected are women, but the help is also for men. Counselling is principally provided in German, but also in Turkish and Russian. Individual counselling sessions are available as well as longer-term support and accompaniment and aftercare. A moderated self-help group is held for women.

Counselling and shelter for women and their children, who are affected by violence (available 24 hours):

[Frauenhaus Landau \(women's shelter\)](#)

Tel: [06341 - 89626](tel:06341-89626)

Mobile: [0170 - 8341889](tel:0170-8341889)

Email: frauenhaus-landau@t-online.de

Counselling and women's shelter for women and girls, who are affected by violence

[Aradia Landau](#)

[Moltkestr. 7](#)

76829 Landau

Tel: [06341 - 83437](tel:06341-83437)

Here you will receive support if you have been affected by violence, or if you would like to support a woman who is threatened by violence.

Support options include:

- Being accompanied to appointments with doctors, the police or the courts
- Referral to lawyers, therapists and clinics

Here you will find women with whom you can speak and share your experience.

Nationwide emergency telephone number for cases of (sexual) violence against women and children [Helpline for women experiencing violence](#)

Tel: [0800 0116 016](tel:0800-0116-016)

The [multilingual information flyer](#) "Hilfe bei Gewalt gegen Frauen" ("Help in cases of violence against women") contains information in German, French, English, Turkish, Russian, Polish, Arabic and Farsi/Dari.



Counselling and support in cases of sexual abuse, violence, children in danger, separation, divorce, court proceedings and legal advice

[Deutscher Kinderschutzbund Landau - Südliche Weinstraße](#)

[Nordring 31](#)

76829 Landau

Tel: 06341 - 141414

Email: geschaefsstelle@blauer-elefant-landau.de

Emergency phone number for the police

Tel: [063412870](tel:063412870) or 110

If you require help in an acute emergency situation, notify the police. The police department is available around the clock. Once you have called the police, they will arrive immediately. They will do everything possible to help you out of your dangerous situation and protect you from violence. If you make an emergency call, please note the following: Try to stay calm and speak clearly, even if that may prove difficult in many different situations. Remember to provide **your name** and telephone number for any queries and explain **what you need help with**. Briefly describe **what has happened** so that the police on the other end of the line can roughly gauge how many police officers are needed, so that you really receive the help you need. Please note that you may only end the phone call or replace the receiver when the man or woman at the operations centre tells you to do so.

Support in emergencies and crisis situations

General social counselling

Advice and help for people in difficult living situations:

- In financial emergencies
- For legal issues related to social, financial and personal emergencies
- For personal problems with marriage, relationships, education and life issues, in crises and conflicts
- Mediation for financial assistance and benefits in kind

[Caritas-Zentrum Landau](#)

[Königstraße 39 - 41](#)

76829 Landau

Tel: [06341 - 9355-0](tel:06341-9355-0)

[Haus der Diakonie](#)

[Westring 3a](#)

76829 Landau

Tel: [06341 - 4826](tel:06341-4826)

Support for people with a mental impairment

[Lebenshilfe Landau SÜW e.V.](#)

[Albert-Schweitzer-Straße 13](#)



76877 Offenbach
Tel: [06348 - 9832-0](tel:06348-9832-0)
E-mail: info@lebenshilfe-ld-suew.de

Addiction counselling

Addiction Support Unit

Reiterstraße 19

76829 Landau

Tel: [06341 - 995267-0](tel:06341-995267-0)

Counselling centre for legal and illegal drugs as well as other addictions such as gambling addictions.

Aids-, Drogen- und Jugendhilfe e.V. Landau

Weißbürger Str. 2b

76829 Landau

Tel: [06341 - 88688](tel:06341-88688) or [06341 - 19411](tel:06341-19411)

Counselling centre for young people who have questions about AIDS, need support with drug problems and/or want to talk to someone in confidence .

Counselling for psychological issues

Beratungsstelle für seelische Gesundheit -- sozialpsychiatrischer Dienst

Arzheimer Straße 1

76829 Landau

Tel: [06341 - 940-606](tel:06341-940-606)

Counselling Centre for Securing Housing

The **Counselling Centre for Securing Housing** supports people who are threatened by homelessness or have lost their home. It can help you with the following topics:

- Personal questions
- Contacting landlords and benefit authorities
- Examination of recourse to short-term subsistence entitlements
- Clarification of further claims under social legislation
- Finding and securing new housing

Contact:

Caritas-Zentrum Landau

Königstraße 39/41

76829 Landau

Tel: [06341 / 9355135](tel:06341-9355135)

Email: steffen.mather@caritas-speyer.de

Appointments to be by phone



Counselling for people in debt

If you are in debt and do not know how to deal with your financial problems, you can find counselling and support here.

[Arbeiterwohlfahrt Landau](#)

[Karl-Sauer-Str. 8](#)

76829 Landau

Tel.: [06341 - 83613](tel:06341-83613)

Office hours:

Monday – Thursday, 9:00 AM – 12:00 PM and 2:00 PM – 4:00 PM

Friday, 9:00 AM – 2:00 PM

Consumer Advice Centre

The [Consumer Advice Centre](#) (in German: Verbraucherzentrale) is an independent organisation (NGO) that works on behalf of citizens, offering them support when they experience problems with businesses. The members of staff at the Consumer Advice Centre will advise you on any questions you have, lend their support and provide you with information. The Consumer Advice Centre provides help with questions relating to

- Contracts
- Insurance
- Apartments, electricity, heating
- Money, credit
- Health, nutrition

Contact:

Kreisverwaltung Südliche Weinstraße

[An der Kreuzmühle 2](#)

Room 022

Tel.: [06341 / 940470](tel:06341-940470)

Consultation hours: every Wednesday 10 am - 3 pm

Counselling against extremism

Help and counselling regarding extremism

[Salam Advisory Centre to combat Islamic radicalisation \(Beratungsstelle Salam gegen islamistische Radikalisierung\)](#)

Tel.: [0800 - 7252610](tel:0800-7252610)

Email: salam@lsjv.rlp.de

Counselling and support for:



- young people who are at risk of being radicalised for religious/Islamic reasons,
- young people who would like to distance or remove themselves from extremist tendencies,
- Relatives and friends of young people who are at risk of becoming (or have already) radicalised,
- Teachers, social workers and other professionals.

Counselling is offered in German, English and Arabic, as well as in other languages through translation. It can be anonymous upon request. It is confidential and free, and the counselling centre offers house calls anywhere in Rhineland-Palatinate to those who would like them.

Advisory Board for Migration and Integration

Rhineland-Palatinate has had advisory councils for migration and integration since 1994. These advisory boards are elected every five years - on a common election day throughout the state.

The Advisory Council for Migration and Integration in Landau represents the interests of people with a history of migration. People from different countries and cultures sit on the advisory board. There are eight members who are directly elected. There are also four members from the city council, who are appointed by the city council.

The advisory board helps to make politics in Landau good for all people - no matter what country they come from, what culture they have or what they believe in. It can advise politicians.

If you work on the advisory board, you can help shape politics in Landau. If you have any questions, please contact the chairman of the advisory board.

Office: Town Hall

Beirat für Migration und Integration | Interessenvertretung von Migranten

 [Marktstraße 50, 76829 Landau in der Pfalz](#)

 [@bmi@landau.de](mailto:bmi@landau.de)

 [+49 6341131131](tel:+496341131131)

 <https://www.landau.de/Verwaltung-Politik/Stadtpol...>

The [Advisory Board for Migration and Integration](#) is a citizens' advisory board elected by people from a wide range of countries of origin. The Advisory Board for Migration and Integration aims to foster equal coexistence between people of different nationalities, cultures and religions living in Landau. The Advisory Board for Migration and Integration organises the following events:



Volunteer support

In Germany, many people help out without getting paid for their work. This is called “volunteering”. Many Landau residents help newcomers from other countries who have not yet adjusted to life in Landau. These volunteers can help you to find your bearings in your new home environment, participate in leisure and sport activities, and learn your first German language skills. If you have questions about daily life, you can ask the volunteers. They can assist in many ways, such as helping you to understand a letter written in German, letting you know where there are cheap shopping options, or explaining how the bus system works. The volunteers can also help you with opening a bank account.

You can find more information on volunteering under [“Getting involved and volunteering”](#).