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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?

## **Professional support**

Professional support is available from specialists in so-called "Suchtberatungsstellen" (addiction advice centres).

Here you can find the advice centres in the district.

On-board brochure with lots of information and addiction support services

## Self-help groups (Selbsthilfegruppen)

Those affected give strength to each other in self-help groups. The groups work partly anonymously and help all those concerned in difficult situations.

You can find an overview of all addiction aid services in the city and district of Karlsruhe here.

They are familiar with the problem and will certainly help you.

## Counselling centre for families with refugee experience and addiction problems

This offer is primarily aimed at families with a refugee background. Click here to find more information.

Flyer in German Flyer in Turkish Flyer in Arabic

## Important information

Visiting "Beratungsstellen" (advice centres) is 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.





#### **Breast cancer**

Information on early breast cancer detection can be found in the multilingual app: <a href="https://www.breastcare.app/">https://www.breastcare.app/</a>

## HIV/AIDS and sexually transmitted diseases

**HIV** is the abbreviation for a **virus** . If the virus makes you very ill, it is called **AIDS** . **Sexually transmitted diseases** are diseases that are **transmitted through sex** .

Do you have questions about these topics such as:

- · When can I become infected?
- What protects me from infection? Who can help me if I am infected?

Then the  $\underline{\text{Aidshilfe Potsdam}}$  can help you - even in your language. Further multilingual information in 13 languages can be found  $\underline{\text{here}}$ .

Here you can find help in Karlsruhe and the surrounding area: Kompass HIV

## Advice on HIV / AIDS and other sexually transmitted diseases at the Gesundheitsamt Karlsruhe

You can contact us,

If you:

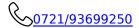
- · want to take an anonymous and free HIV antibody test
- · Have questions about HIV / AIDS and other sexually transmitted diseases
- · fear of having been infected
- · are HIV-infected or suffering from AIDS

We also offer additional examinations for a fee:

- Chlamydia and gonorrhea
- syphilis
- · hepatitis B and C

You can find more information on the Landratsamtes website .

## **Anonymous telephone registration**





Monday to Thursday: 08:00 to 11:30 am 1:30 p.m. to 4:00 p.m.





Friday:

8:00 a.m. to 12:00 p.m.

We are bound by confidentiality!

#### contact



Landratsamt Karlsruhe Gesundheitsamt Wolfartsweierer Str. 5b Room 5.031 76131 Karlsruhe

0721/93682070 (Ms. Vazin)



0721/93681920 (Mrs. Schmidt)

www.landratsamt-karlsruhe.de



# Counseling and testing for HIV and other sexually transmitted infections (STIs)

At **ZeSIA** you can get advice on sexual health. At our **checkpoint** you can also take tests for sexually transmitted infections (STIs). We test for:

- HIV (AIDS)
- · chlamydia
- gonococci (gonorrhea)
- syphilis
- · Hepatitis B & C

The tests are **anonymous**. You can find the costs on the ZeSIA website.

The tests are reduced for schoolchildren, students, trainees, asylum seekers and people with a Karlsruhe Pass.

## ©consultation hours

Monday and Tuesday: 1:00 p.m. - 4:00 p.m.

Wednesday: 10:00 a.m. - 1:00 p.m. Thursday: 3:00 pm - 6:00 pm

Checkpoint: Tuesday 6:30 p.m. - 8:00 p.m.

And by telephone appointment





No telephone advice during the checkpoint!

#### contact

## ZeSIA - Zentrum für sexuelle Gesundheit, Identität und Aufklärung Karlsruhe

Sophienstraße 102, 76135 Karlsruhe



0721/3548160



nttps://www.zesia-ka.de/de



(O) info@zesia-ka.de

STI - Sexually transmitted infections STD - sexually transmitted diseases

## Contraception, pregnancy, birth

Information and counselling on family planning, pregnancy, birth, contraception or sexual counselling can be found here in the Integreat App under the item "Children, Youth and Family".

## Pflegestützpunkt (Care support point)

## PFLEGESTÜTZPUNKT in the district of Karlsruhe



## What is the Pflegestützpunkt (Care support point)?

The Pflegestützpunkt (Care support point) is an advice centre 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 Karlsruhe district 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

· learn about benefits of the nursing care insurance and other financial aids





- · advise on care at home or in a nursing home
- · help with filling out applications
- organize offers of help
- · mediate to services on site
- · provide information on health care proxies and living wills
- · name relief offers for caring relatives
- inform about aids, home emergency call and "Essen auf Rädern" ("Meals on Wheels")
- advise on the topics of "dementia" and palliative care

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

#### **CARE SUPPORT POINTS ARE LOCATED IN:**

#### **BRETTEN**

<u>0721/936 71230</u>

#### **BRUCHSAL**

0721/935 70490

#### **ETTLINGEN**

0721/936 71240

#### **STUTENSEE**

0721/936 71680

#### **WAGHÄUSEL**

0721/936 71410

The addresses, telephone numbers and office hours can be found on our homepage.

## The Justice Project e.V.

The Justice Project e.V. is an organisation in Karlsruhe. It helps victims of human trafficking and people who are or have been involved in prostitution.

## What issues can we The Justice Project help with?

- Prostitution
- Human trafficking
- Exploitation, oppression and coercion
- · Experiences of sexual violence while fleeing, e.g. rape
- Forced marriage
- Female Genital Mutilation (FGM)
- Juju
- · Criminal offences





- · Safe accommodation, shelter
- Help escaping difficult situations, e.g. job and housing search, exit from prostitution, where desired
- Health care (for people in prostitution)
- · Help with the asylum application process

## Who can contact The Justice Project us?

- People, especially refugee women, who have become victims of human trafficking and are/were forced into prostitution, for example
- Refugee women or migrants who are affected by sexual, gender-specific violence
- especially refugee women from African countries of origin
- People, especially women, who are or have been involved in prostitution
- Advocates for the abovementioned people, e.g. social work professionals, volunteers, relatives

#### Contact

The Justice Project e.V.



Kaiserstraße 63 76131 Karlsruhe

Beratungsstelle OASE (counselling centre)



0721/82102730

**Beratungsstelle MARIPOSA** (counselling centre)



0721/66997733





## **Support Groups**

Do you feel burdened with **health**, **emotional** or **social problems** (e.g. due to an illness, separation from your partner)? Would you like to talk to people who feel the same way? This





possibility exists - we call them **support groups**. There are support groups for many **topics** and **life situations**.

Here you will find an overview of the support groups in the City and District of Karlsruhe.

### Social and health counselling for people in prostitution

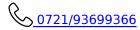
If you are already working in prostitution or want to work there, the Health Department (Gesundheitsamt) will advise you (§10 ProstSchG). For this work, the law requires you to seek advice. The law for your protection is called the Prostitute Protection Act (Prostituiertenschutzgesetz; ProstSchG). You can also always get counselling because you want it (voluntary).

Counselling is confidential and no data is shared.

You can find more information on the website of the District Office (Landratsamt).

You can find a video explaining health counselling <u>here</u>.

## Appointment hotline health counselling





Monday to Friday 09:00 to 12:00

Tuesday and Thursday 14:00 to 16:00

## **Further information**



## Additional counselling centres

The Justice Project can also advise you.

<u>Luise</u> - A counselling centre for prostitutes.

Key words: Sex work, sex service, Prostitute Protection Act, Prostituiertenschutzgesetz

## "Violence against Women" helpline

Women affected by violence can find support on the helpline. At the request of a caller, the counsellors will call in an interpreter in the required language within one minute.

Free, anonymous and confidential counselling is available in 18 foreign languages.





You can receive advice by phone, chat or e-mail.





"Violence against Women" helpline

## Mind-Spring - Strong Together in Everyday Life

Have you experienced flight or migration? Do you sometimes find everyday life difficult?

Mind-Spring is a **free course for adults** aged 18 and over who have come to Germany from another country or who have fled. The courses are offered in the participants' **native language** 

In the Mind Spring course you will learn:

- How to better deal with stress, grief and difficult situations.
- How body, feelings and behavior are connected.
- · How to find strength for everyday life again.
- You can exchange ideas with other people about life in Germany.

#### Would you like to take part in the course?

Send us an email and we will send you the exact dates.

The courses are led by people who themselves had to flee or come from another country. They help you to lead a self-determined life. Specialists accompany the courses and are there if you need help.

#### Would you like to become a trainer yourself?

Send us an email to learn more about the free training.

You can find more information on the <u>homepage</u>.

## contact

## coordination Mind-Spring



Gesundheitsamt Karlsruhe Wolfartsweierer Straße 5 b 76131 Karlsruhe

## **S**contact person in the health department

Sonja Greiner

@sonja.greiner@landratsamt-karlsruhe.de

**0721 936-81960** 





## Martin Siegl-Ostmann

 $@\underline{martin.siegl-ostmann@landratsamt-karlsruhe.de}\\$ 

## **Stelephone hours**

Monday to Thursday from 8:00 to 12:00 and 13:00 to 16:00 Friday from 8:00 to 12:00

