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# Health

## General information

In Germany, there are doctors in every town who work in a practice and not in a clinic - these are called family doctors. Anyone with health concerns or questions first goes to a family doctor. So that you do not have to wait too long, an appointment is important.

Visit your [family doctor](#) if you are

- are acutely ill (for example flu or cold)
- are chronically ill (for example diabetes or rheumatism)
- are in pain
- would like to be [vaccinated](#)
- are [pregnant](#)

[Here](#) you will find 8 health films from the German Red Cross.

Topics of the films are:

- our healthcare system
- health care for newly arrived asylum seekers
- Pregnancy and birth
- protection against infections
- Mental health
- healthy children
- healthy teeth
- cancer screening
- Addiction help

## Statutory health insurance

In Germany, insurance is compulsory. You take out health insurance with a health insurance fund. There are many different health insurance providers in Germany. Every person has the right to choose their health insurer. [Here](#) you will find an overview of the health insurance funds in Germany.

You will receive your health insurance card from your health insurance provider. A health insurance card from a insurance provider permits you to receive medical treatment throughout Germany. Please always take your insurance card with you when you receive treatment from doctors, in hospitals or from recognised therapists.

## Further information

[Here](#) you will find all the important information on the subject of health insurance in 40 languages. It will have an explanation for different target groups in which it will explain who is covered by statutory and private health insurance, what needs to be considered and more.

## Note for asylum applicants

There are different rules for asylum seekers. More on this in the section "[Health care for asylum seekers](#)".

### Healthcare for asylum seekers

Refugees and asylum seekers who do not yet have health insurance need treatment vouchers to be able to go to the doctor.

With this certificate you are entitled to

- basic medical care for acute illnesses (such as flu) and pain
- medical care during pregnancy
- vaccinations
- preventive medical check-ups

You can obtain these licences here:

### Amt für Soziales, Teilhabe und Versorgung

 [Am Schlossplatz 5, 76437 Rastatt](#)

 [@amt21@landkreis-rastatt.de](mailto:amt21@landkreis-rastatt.de)

 [+49 \(0\) 72223812100](tel:+49(0)72223812100)


If you have a [residence permit](#), you must register with a [health insurance company](#).


### Healthcare for people without papers

If you are ill and have no papers and/or no health insurance, you can find help at the Human Rights Centre Karlsruhe. There is the medical advice centre Medinetz. They will refer you to doctors free of charge and anonymously.

If you need medical help, get in touch:


 [@mrz.medinetz@web.de](mailto:mrz.medinetz@web.de)

 [+49 \(0\) 72166487986](tel:+49(0)72166487986)

 The open consultation hour takes place every Wednesday from 14:00 - 16:00. You do not need an appointment, just drop by.

### Medinetz Karlsruhe

Human Rights Centre Karlsruhe

 [Alter Schlachthof 59, 76131 Karlsruhe](#)

 [www.medinetz-karlsruhe.de](http://www.medinetz-karlsruhe.de)

### Pharmacies and medicines

### Pharmacies

In Germany, you can only get drugs in chemist's shops. In other shops or in the doctor's office you will not get any medicine.

Every pharmacy is recognisable from the outside by the red **A**.

Chemist's shops are open from Monday to Saturday. The opening times vary according to each chemist. If you urgently need medication outside normal opening hours, you will find a sign at every chemist with the name and address of the chemist which is open for emergencies.

 [Search for pharmacies near you](#)

 [Search pharmacy emergency service](#)

## Medication

There are prescription and over-the-counter drugs.

You can only get **prescription medicines** if a doctor issues a prescription. Prescription drugs are, for example, drugs for high blood pressure or diabetes and all antibiotics for bacterial infections.

You can get **over-the-counter medicines** at the pharmacy without a prescription. So you don't have to see a doctor beforehand. Over-the-counter drugs are, for example, drugs for colds and many drugs for pain.

### Cost of medicines

[Statutory health insurance](#): Drugs (pink prescription) are partly paid by health insurance companies. You must pay a contribution of a minimum of €5 yourself. You do not have to pay this for children up to 18 years of age. Medicines that do not require a prescription (for example, cough syrup) must be paid for by yourself (green or blue prescription).

[Health care for asylum seekers](#): Even with a prescription, not all medicines are free. Therefore, check with your doctor.

## Information on diseases

Do you suspect that you have an infectious disease that could endanger other people? Then see a doctor immediately. Do you have a social worker? Then inform them. This is the only way to help you and the people who live with you.

[Here you will find](#) health information on topics such as treatment options and healthcare.

[Here you will find](#) further useful information in many languages on the subject of health, illnesses, prevention and much more.

## Help in an Emergency

### Life threatening emergency

Police:  [110](#)

**Fire brigade:** ☎ [112](tel:112)

**Ambulance, emergency doctor:** ☎ [112](tel:112)

**Important! Only for life-threatening emergencies and accidents**

💡 The emergency numbers of the mobile phones always work, even with a prepaid card without credit/money.

### **Important information for an emergency call:**

- Who is calling (your name)?
- Where did something happen (address)?
- What happened?
- How many people are injured or sick?
- What kind of diseases or injuries are present?
- Waiting for queries!

Stay calm. Speak slowly and clearly so that people understand you better. Do not end the conversation. The emergency call centre will end the call when it has all important information.

Also, always get other people around you involved if you need help. Never put yourself in harm's way. If you are able, always provide first aid, or call someone who can.

### **Life-threatening emergencies are, for example:**

- severe shortness of breath
- unconsciousness
- heavily bleeding wounds
- heart troubles
- suspected stroke
- symptoms of paralysis
- complications during pregnancy
- poisonings
- Severe pain

Important! Don't forget your **ID card** / proof of arrival when you go to the hospital! If you are registered with a health insurance company, also bring your **insurance card**.

As an asylum seeker, you are only allowed to go to hospital without a treatment certificate in case of an emergency. At the hospital, you have to show with your proof of arrival that you are an asylum seeker and the costs will be settled via the [social welfare office](#).


### **Non life-threatening emergency**

Established doctors (=doctors in a practice/community practice) treat complaints that are not life-threatening. They also check whether medical treatment in hospital is necessary.


In such cases, contact your [family doctor](#) or the specialist.

If you need a doctor in the evening, at night or at the weekend, but it is not an emergency, call the medical on-call service. If you cannot come to the emergency practice, a doctor will drive to your home.


General practitioner on call

 [116117](tel:116117)

On-call paediatrician

 [116117](tel:116117)

On-call ophthalmologist

 [116117](tel:116117)


## Emergency doctor

The doctors from the on-call service work in the emergency practice. The emergency practice is open in the evening and on weekends. You can get help there if your family doctor is not available. You can go to the emergency practice without an appointment.

### Emergency practice Baden-Baden

Klinikum Mittelbaden Baden-Baden Bellows

 [Balger Str. 50, 76532 Baden-Baden](#)


 Fridays 7pm - 10pm

Weekend + public holidays 8 a.m. - 10 p.m

### Emergency practice Baden-Baden (children)

Klinikum Mittelbaden Baden-Baden Bellows

 [Balger Str. 50, 76532 Baden-Baden](#)


 Monday to Thursday 7 to 10 pm


Friday 6 till 10 pm

Weekend + public holidays 8 a.m. - 10 p.m

### Emergency practice Rastatt

Klinikum Mittelbaden Rastatt

 [Engelstr. 39, 76437 Rastatt](#)

 Monday to Friday 7pm to midnight

Saturday, Sunday and public holidays 8 a.m. to midnight

## Emergency service pharmacy

 [www.aponet.de](http://www.aponet.de)

## Emergency dental services

 [www.kzvbw.de](http://www.kzvbw.de)

## Visiting a doctor


### General practitioners and specialists

If you are ill, go to your family doctor. You can choose this yourself. GPs set their own opening hours. You should therefore make an appointment if you need help from a GP.

GPs carry out important examinations and are your first point of contact in the event of illness. They also decide on necessary [medication](#) and whether a specialist examination is required.

If necessary, your GP will refer you to a specialist who can carry out specialised examinations.

If the practice is closed, the medical on-call service can help:

 [116117](tel:116117)

You can use the [KVBW doctor search](#) to [find](#) doctors in the district of Rastatt.

### Child health

Children are examined by paediatricians. These examinations and [immunisations](#) are very important to keep your child healthy.

### Examinations for children ("U examinations")

There are 10 examinations (U1-U9 and J1) to check your child's development. They are free of charge and always take place at specific times.

### When are the examinations?

- The first examination (U1) takes place immediately after birth.
- The second (U2) usually takes place in hospital.
- After that, you must make appointments with your paediatrician.
- Your child will be examined regularly until the age of 6.

### Important for daycare centres and schools

- Proof of these examinations may be requested when [enrolling in a daycare centre](#).
- Your child must be vaccinated against measles in order to attend a daycare centre or school.

### Women's Health

It is important that women are regularly examined by a gynaecologist (gynaecologist). This helps detect illnesses early enough to treat them. This is called screening. You can also discuss contraception there.

If you are [pregnant](#), you must also go to the gynaecologist.

If you are an asylum seeker and need to see a doctor, you will receive a [treatment voucher](#) from the Social Welfare Office. This means your visit to the doctor will be free of charge.

If an operation is necessary and it is not an emergency, the social welfare office must approve the hospital stay in advance. Your doctor will provide you with a medical certificate. Only medically necessary interventions can be assumed.

## Dental health

If you have a toothache, go and see a dentist. Regular check-ups at the dentist are important for your dental health.

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

You can [find](#) a dentist in your area using the [KVBW doctor search](#).

## Brushing teeth

- Parents brush their child's teeth once a day from the first milk tooth with a touch of fluoridated children's toothpaste.
- From the age of 2, parents brush their child's teeth twice a day with a pea-sized amount of fluoridated children's toothpaste. The child can help and learn.
- From the age of 6, children brush their teeth twice a day with a strip - approx. 1 cm long - of fluoridated adult toothpaste (parents brush in the evening).
- Only when the child can write fluently in cursive is he or she allowed to brush alone.

[Here](#) you [will](#) find instructions on how to brush teeth properly.

## Health promotion and prevention

Health is important for a good and long life. There are numerous offers to help you protect and promote your health.

[Here you will find](#) useful information, for example on the topics of addiction prevention, nutrition, exercise and stress.

## Vaccination

Many diseases are caused by bacteria or viruses. Vaccinations are a good measure to protect yourself. If many people are vaccinated against a certain disease, further spread is prevented.

In Germany, there are recommendations on when which vaccinations should be given. Several vaccinations are necessary against some diseases. The recommended vaccinations are paid for by the health insurance companies. If you have a vaccination document, you should show it when you visit your doctor. Then they can decide which vaccinations are required. If you do not have one, your doctor will issue you with a "vaccination card". Keep this document in a safe place. You should take it with you to every doctor's appointment.



Get your children vaccinated too. In this way you protect yourself and your family from diseases such as measles, rubella, polio, tetanus, whooping cough (pertussis) or flu.

Important! Your child must be vaccinated against measles when attending a day care centre or school.

[Here](#) you will find information on which vaccinations are recommended by the Standing Commission on Vaccination (STIKO; Ständigen Impfkommission).

## Heat protection

Heat and sun can be dangerous for people. That's why you should protect yourself from the heat and sun.

These tips will help you to stay comfortable in the heat:

- Drink plenty of water. Ideally 2-3 litres a day.
- Wear light, light-coloured clothing. Clothes should fit loosely.
- Protect your head and eyes from the sun when outside. Wear a sun hat and sunglasses.
- Apply sun cream to your face.
- Keep your home cool. Ventilate in the morning and evening. Close the windows during the day and keep the blinds down or draw the curtains.
- Avoid strenuous activities when it is hot. It is best to do strenuous activities in the morning or evening.
- Are you taking medication? Talk to your doctor to see if there are any other things you need to consider.

Pay attention to other people too. Especially people for whom heat and sun are particularly dangerous. These are, for example

- young children
- elderly people
- sick people
- pregnant women

You can find more information [here](#). For example, what symptoms can occur in the heat and what you can do if you or someone else feels unwell.

## Healthy nutrition

A healthy diet is important for good health.

The German Nutrition Society (DGE) is an expert on the subject of nutrition. The DGE provides citizens with information on this topic.

[Here](#) you will find 10 rules for healthy eating and drinking.

## Counselling centres and assistance services

### Psychological counselling, trauma and acute crises

If you have psychological problems, recurring or chronic stress disorders, you can seek help at the counselling centres. Clinical and outpatient treatment is also available in the psychiatric outpatient clinics and specialist hospitals.


### Social psychiatric service

The services are for adults with mental illness and their attachment figures. They are free of charge and the counsellors must keep them confidential.

The Socio-Psychiatric Services have a regional competence. Contact and registration can be done in person, by phone or email:

#### Sozialpsychiatrischer Dienst Rastatt

Caritasverband für den Landkreis Rastatt e. V.

 [Stadionstraße 3, 76437 Rastatt](#)

 [07222783710](tel:07222783710)

 [cv-info@caritas-rastatt.de](mailto:cv-info@caritas-rastatt.de)

 [www.caritas.de](http://www.caritas.de)

### Psychological counselling centres for parents, children and youth


Counselling is aimed at parents, children, adolescents and young adults up to and including the age of 26. The children's parents can help them in all questions of upbringing, child development or in stressful situations.

Counselling is free of charge and subject to confidentiality.

Children and adolescents have the right to make use of the counselling centres on their own.

#### Psychologische Beratungsstelle Rastatt

 [Am Schlossplatz 5, 76437 Rastatt](#)

 [072223812258](tel:072223812258)

 [pb.rastatt@landkreis-rastatt.de](mailto:pb.rastatt@landkreis-rastatt.de)

#### Psychologische Beratungsstelle Bühl

 [Robert-Koch-Straße 8, 77815 Bühl](#)

 [0722398142254](tel:0722398142254)

 [pb.buehl@landkreis-rastatt.de](mailto:pb.buehl@landkreis-rastatt.de)

#### Psychologische Beratungsstelle Gaggenau

 [Hauptstraße 36b, 76571 Gaggenau](#)

 [07225988992255](tel:07225988992255)

 [pb.gaggenau@landkreis-rastatt.de](mailto:pb.gaggenau@landkreis-rastatt.de)

You can find more information, info flyers and interesting links [here](#).


### Psychological counselling centres for marriage, family and life issues


For these problems and conflicts, you can come forward for counselling:

- in marriage and partnership
- in the family
- in separation situations
- at work / on the job
- in difficult phases of life
- with yourself and with others


### **Psychologische Beratungsstelle für Ehefragen, Familienfragen und Lebensfragen**

 [Marktplatz 10, 76530 Baden-Baden](#)

 [0722122000](tel:0722122000)

 [@EFL-baden-baden@web.de](mailto:@EFL-baden-baden@web.de)

 [www.efl-baden-baden.de](http://www.efl-baden-baden.de)

 Telephone hours: Monday, Thursday and Friday: 09:00 to 12:00; Tuesday: 2:00 PM to 5:00 PM

The counselling sessions are confidential and open to everyone, regardless of denomination or nationality.

The cost contribution is based on their financial circumstances.

### **Pregnancy counselling**

If you are pregnant and need help, there are various organisations that can support you. Here you can talk about your situation and clarify any questions you may have. The counsellors will help you if you are unsure about what to do and inform you about your options. You will also receive help with topics such as financial support or postnatal care.

### **Pregnancy counselling and pregnancy conflict counselling**


Rastatt District Office, Health Department

 [Am Schlossplatz 5, 76437 Rastatt](#)

 [072223812315](tel:072223812315)

 [@c.klein@landkreis-rastatt.de](mailto:@c.klein@landkreis-rastatt.de)

Social welfare organisation Rastatt

 [Kaiserstr. 70, 76437 Rastatt](#)

 [0722235021](tel:0722235021)

 [@schwanger@diakonie-bad-ra.de](mailto:@schwanger@diakonie-bad-ra.de)

Diakonisches Werk Bühl

 [Aloys-Schreiber-Str. 8, 77815 Bühl](#)

 [07223900067](tel:07223900067)

 [@schwanger-buehl@diakonie-bad-ra.de](mailto:@schwanger-buehl@diakonie-bad-ra.de)

### **Helpline for pregnant women in need:**

The helpline offers anonymous help around the clock for women in need. Counselling is free of charge and will help you if you don't know what to do.

Counselling and birth CONFIDENTIAL  
anonymous and safe

### **Helpline for pregnant women in distress**

 [08004040020](tel:08004040020)

 [www.hilfetelefon-schwangere.de](http://www.hilfetelefon-schwangere.de)

### **Counselling and help with addiction**


Addiction is an abnormal, compulsive dependency on a substance such as alcohol or drugs. Specific behaviours such as gambling addiction and computer addiction are considered non-substance-related addictions.

The transition from “normal” use of a substance to addiction is dangerous and not always easy to recognise. If you have questions about addiction or need help, you can find the counselling centres in the district of Rastatt here.

All addiction counselling centres have a duty of confidentiality and advise anonymously. Partners, relatives and friends can also get help and support. Consultations are free of charge.


#### **Rastatt Addiction Centre**


 [Kaiserstr. 20, 76437 Rastatt](#)

 [072224058790](tel:072224058790)

 [fs-rastatt@bw-lv.de](mailto:fs-rastatt@bw-lv.de)

#### **Youth counselling centre and drug counselling centre**

 [Sinzheimer Str. 38, 76532 Baden-Baden](#)

 [0722199647830](tel:0722199647830)

 [drops-baden-baden@bw-lv.de](mailto:drops-baden-baden@bw-lv.de)

[Here](#) you can find out more about the addiction support services and how to access the addiction support system.

Information on drugs and addiction can be found [here](#) .

You can find more useful information, interesting links and flyers [here](#).

### **Pastoral care**


Pastoral care means the personal spiritual accompaniment and support of a person in particular life crises.


Pastoral care means that someone is there for you when you are very unwell, sad or desperate. The people who work in pastoral care listen to you and try to help you. They can talk to you about anything that is bothering you - including about God or about faith, if you wish.

You can call them or even write to them in chat if you prefer.


#### **Telephone counselling** (also chat counselling):

 [08001110111](tel:08001110111)


 [08001110222](tel:08001110222)


 [116123](tel:116123)

### **Number against grief for young people:**

 [116111](tel:116111)

### **Telephone self-help counselling for families:**

 [022871002425](tel:022871002425) (in German, English, French and Arabic)

 Monday, Tuesday and Wednesday 10am to 12pm and 2pm to 3pm

### **Muslim counselling hotline**

 [030443509821](tel:030443509821)

 [info@mates.de](mailto:info@mates.de)


## **Support Groups**

### **What are support groups?**

Support groups are self-organised groups of people who have the same problem or illness and want to do something together to make them better.

### **What happens in a support group?**

- The participants exchange information and exchange ideas. Examples: How do other affected persons deal with the disease or problem in specific situations in everyday life? What information is available about specific diseases or problems?
- The participants support and help each other.


 Self-help groups are not a substitute for medicine or therapy. But they are a very good and important addition. Things said in support groups are kept confidential. Everything is voluntary, nobody is forced.

There is a contact point / information point for self-help at the health department in the district office of Rastatt, which is responsible for the district of Rastatt and the city district of Baden-Baden. More generally, the Contact Point is committed to health promotion in the form of self-help-friendly framework conditions. It provides information on whether there is a suitable self-help group locally for a particular clinical picture.

### **Contact point and information centre for self-help in the district of Rastatt and the city of Baden-Baden**

Rastatt District Office

 [Am Schlossplatz 5, 76437 Rastatt](https://www.landkreis-rastatt.de/Am_Schlossplatz_5_76437_Rastatt)

 [072223812375](tel:072223812375)

 [n.komm@landkreis-rastatt.de](mailto:n.komm@landkreis-rastatt.de)

### **Which groups are there?**

[Here](#) you can find out more about the self-help groups in the district of Rastatt.

### **How do you find the groups?**

- [Psychosocial groups](#)
- [Addiction groups](#)
- [Chronic diseases](#)
- [Family self-help](#)
- [Hospice / Bereavement groups](#)
- [Sports groups](#)

## Counselling in cases of violence against women

### Violence against women helpline


 [08000116016](tel:08000116016)


 [www.hilfetelefon.de](http://www.hilfetelefon.de)

The **violence against women** helpline provides advice to women affected throughout Germany. It provides information and, if necessary, refers them to suitable local support centres. The counsellors on the helpline provide advice on all forms of violence against women. Online counselling is also possible via the website. The counselling sessions are confidential and can be conducted anonymously. No personal data is requested or stored either on the phone or on the website. Counselling is available in many languages with the help of interpreters. Hearing-impaired or hard of hearing people can use an interpreting service free of charge via the website. The conversation with the staff at the helpline is translated into German sign language or written language.

**If you are a woman who has experienced violence, you can contact the following organisations:**

### Frauen helfen Frauen und Mädchen e.V. Rastatt

 [Engelstraße 37, 76437 Rastatt](#)

 [0722237722](tel:0722237722)



 [kontakt@fhf-rastatt.de](mailto:kontakt@fhf-rastatt.de)

### Sexual abuse helpline

 [08002255530](tel:08002255530)

Monday, Wednesday, Friday 9:00 - 14:00; Tuesday, Thursday 15:00 - 17:00

In the event of (sexual) violence, you can also contact all police stations. In emergencies, contact ☎ [110](tel:110).

## 💡 **Signal for help - help sign for domestic violence / emergency gesture**

The signal for help is a one-handed gesture with which a person shows others on visual contact - especially via an electronic video link - that they feel threatened and need help.

### **Execution:**



<https://www.youtube.com/watch?v=AFLZEQFI7k>

### **Women's and child protection centre**

The women's and children's refuge offers protection, refuge and support to women and their children who are affected by physical and/or psychological violence.

Here they can come to rest and recover from their stressful experiences. The staff at the shelter are available around the clock to support the women affected and their children. They not only offer a safe haven, but also emotional support and counselling in difficult life situations.

The women receive help in planning their next steps, whether it's legal support, finding a new home or dealing with the authorities. There are also special programmes for children, who

often suffer silently from violence in the family. In a protected environment, they can regain confidence, play and calm down.

The shelter ensures that those affected are not alone and shows them ways in which they can free themselves from the spiral of violence in the long term.

## Contact

### Baden-Baden and Rastatt District Women's and Child Protection Centre

☎ [07222774140](tel:07222774140)

@ [info@frauenhaus-baden-baden-rastatt.de](mailto:info@frauenhaus-baden-baden-rastatt.de)

🌐 [www.frauenhaus-baden-baden-rastatt.de](http://www.frauenhaus-baden-baden-rastatt.de)



## Counselling in cases of sexualised violence in childhood and adolescence

### Feuervogel Rastatt e.V.

Feuervogel e. V. is a specialised counselling centre against sexualised violence in childhood and adolescence.

Our counselling offers trustworthy and competent help for those affected as well as their relatives or confidants.

This help is available anonymously if desired and is free of charge.

You are welcome to contact us...

- if you are worried about a child and have a suspicion.
- or if you want to know how you can protect your child.
- If you yourself need help as a victim of sexualised violence.

Feuervogel Rastatt e.V.

📍 [Engelstraße 37, 76437 Rastatt](#)

☎ [07222788838](tel:07222788838)

@ [info@feuervogel-rastatt.de](mailto:info@feuervogel-rastatt.de)

Lena Ehinger ☎ [017660491182](tel:017660491182)

Ulrike Fritsch ☎ [01794102718](tel:01794102718)





## Care advice

A need for care exists if a person has been in need of help for at least 6 months. This includes support in everyday life. You can get help with care and housekeeping. In order to receive financial support from public health care, you must be a member of a health insurance company. All persons with statutory health insurance are automatically insured in the long-term care insurance.




For the assessment of the degree of care, the following areas are considered:

- mobility (for example, physical mobility, getting up and going to bed, getting dressed and undressed, walking, standing, climbing stairs, leaving and returning to the home)
- Cognitive and communicative skills (e.g. recognition of persons, orientation to place and time, understanding and speaking, controlling everyday actions)
- Behaviour and psychological problems (for example fears and aggression, restlessness at night)
- Self-sufficiency (for example, personal hygiene, washing, eating and drinking, independent use of the toilet)
- dealing with illness-related and therapy-related stresses (for example, the ability to take medication independently, measuring blood sugar, independent visits to the doctor)
- Organisation of everyday life and social contacts (for example, ability to organise one's own daily routine and to come into direct contact with other people)



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

The care support point in the district of Rastatt is the contact point for all questions in a care situation:



### **Pflegestützpunkt Rastatt**

 [Am Schlossplatz 5, 76437 Rastatt](#)  
 [072223812152](tel:072223812152)  
 [@pflegestuetzpunkt@landkreis-rastatt.de](mailto:pflegestuetzpunkt@landkreis-rastatt.de)

### **Teilpflegestützpunkt Gaggenau**

at the Gaggenau town hall, room 3  
 [Hauptstraße 71, 76571 Gaggenau](#)  
 [072223812850](tel:072223812850)

### **Teilpflegestützpunkt Bühl**

in the town hall Bühl, room 16  
 [Friedrichstraße 6, 77815 Bühl](#)  
 [07223935574](tel:07223935574)

Please make an appointment!

You can find more information, interesting links and flyers [here](#).


## Counselling for seniors

Older people and their relatives often wonder how they will live and reside in old age and what assistance they can call on.

If you would like advice, contact the **Rastatt district's specialist counselling and social planning service for the elderly**:

**Mrs A. Frischkorn**


 [Am Schlossplatz 5, 76437 Rastatt](#)

 [072223812195](tel:072223812195)

 [a.frischkorn@landkreis-rastatt.de](mailto:a.frischkorn@landkreis-rastatt.de)

**Mr U. Richarz**

 [Am Schlossplatz 5, 76437 Rastatt](#)

 [072223812194](tel:072223812194)

 [u.richarz@landkreis-rastatt.de](mailto:u.richarz@landkreis-rastatt.de)

Social planning provides you with a [signpost](#) for your questions.

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

## Counselling for sexually transmitted diseases

The counselling centres inform and advise you personally on the topics of HIV/Aids, hepatitis and other sexually transmitted diseases and infections, such as chlamydia, syphilis and gonorrhoea (= gonorrhoea). The consultation can take place via telephone or in person during office hours. Counselling is free of charge and is provided anonymously. They also offer initial psychosocial counselling for people with HIV and AIDS, their partners and relatives.

### Test offers:


- HIV (the risk contact should have taken place at least 6 weeks ago)
- Hepatitis B and C
- Lues (syphilis)
- Chlamydia
- Gonorrhoea (clap)


### Office hours:

**Rastatt District Office**

Health Department Room A 0.21

 [Am Schlossplatz 5, 76437 Rastatt](#)

 [072223812308](tel:072223812308) and [072223812314](tel:072223812314)


 Mondays 2pm to 6pm

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

## Compulsory counselling for prostitutes

The [Prostitute Protection Act](#) (ProstSchG) has been in force in Germany since 1 July 2017. This law is intended to better regulate the protection of prostitutes.

Among other things, this law stipulates that all prostitutes must register with the public order office before starting work. This requires certain information and documents. For example, you need proof of health counselling in accordance with § 10 ProstSchG. This takes place at the health department of the Rastatt district office.

 **Important:** If you are registering for the first time, you must first attend a mandatory health counselling session.

When you register for the first time, the health authority and the registration centre must be in the same town or district.

You will also be helped on site to find your way around.

## Health counselling

### Andrea Flackus | Gesundheitsamt

 [Am Schlossplatz 5, 76437 Rastatt](#)

[@a.flackus@landkreis-rastatt.de](mailto:a.flackus@landkreis-rastatt.de)

 [+49 \(0\) 72223812306](tel:+49(0)72223812306)

### E. Pantke-Ehlers | Gesundheitsamt

 [Am Schlossplatz 5, 76437 Rastatt](#)

[@e.pantke-ehlers@landkreis-rastatt.de](mailto:e.pantke-ehlers@landkreis-rastatt.de)

 [+49 \(0\) 72223812314](tel:+49(0)72223812314)

## Registration centre

### K. Burkart | Amt für Öffentliche Ordnung und Bevölkerungsschutz

 [Am Schlossplatz 5, 76437 Rastatt](#)

[@k.burkart@landkreis-rastatt.de](mailto:k.burkart@landkreis-rastatt.de)

 [+49 \(0\) 72223815204](tel:+49(0)72223815204)

## Further information

You can find further useful information [here](#).

## Information for people working in prostitution

## Information from the health department of the district of Rastatt

### Your health - your rights

Your **health authority** informs, advises and supports you:



### Prioritise self-care !

Take care of your mental and physical health!

You are important and valuable!

Everything you need to survive is in your head.

You can work miracles against stress, positive thoughts and feelings yourself (without a prescription).



Perhaps ask yourself:

- What are my sources of strength?
- What gives me a feeling of joy, happiness or security when I think about it?
- Can I imagine a place in my imagination where I feel completely safe and secure - a so-called **inner feel-good place**?

When you give yourself a smile, stretch your head upwards, walk or skip energetically - you automatically feel stronger and more self-confident. You produce positive feelings and radiate **strength** .

What **relaxes and calms** you? Here is a short breathing exercise that you can do anytime and anywhere:

Place your hand on your stomach to feel how deeply you can breathe.

1. Then breathe in deeply through your nose into your stomach and feel your hand lifting the abdominal wall.
2. Then breathe out relaxed through your mouth until your lungs are completely empty.
3. If you find it easy, you can take a short breathing pause of around 3 to 5 seconds between inhaling and exhaling and before inhaling again.








## What leisure activities are good for you?

[Here are](#) some suggestions in your area:

- Cinema / theatre
- Swimming pool / sauna / thermal baths
- Walking in the park or forest
- Gym
- choir
- Cycling
- library
- VHS
- Café
- Shopping...or whatever is good for you!

# FREIZEITAKTIVITÄTEN

daheim			draußen		
					
Computer spielen	Videospiele spielen / zocken	im Internet surfen	Fußball spielen	Tennis spielen	joggen
					
Brettspiele spielen	Karten spielen	würfeln	Federball spielen	ins Fitnessstudio gehen	reiten
					
stricken	malen	Musik machen	Freunde treffen	ins Kino gehen	Fahrrad fahren
					
Musik hören	fernsehen	Bücher lesen	sich sonnen	tanzen	wandern
					
heimwerken	basteln	kochen	bowlen gehen	schwimmen	klettern

## Your limits must be accepted!

You decide about yourself!

A NO is a NO!!!

You have the right to [physical integrity](#) and [sexual self-determination](#)!!!



Germany has the [Prostitute Protection Act](#) to support this. This law stipulates that clients **must use condoms** and § 3 **prohibits instructions**.



**You can find information in your language here:**

 [www.bmfsfj.de](http://www.bmfsfj.de)

The Universal [Declaration of Human Rights](#) naturally also applies to you!

You can find more tips on your health, your rights and your duties here:

 [www.bleibsafe.info](http://www.bleibsafe.info)

 [www.aidshilfe.de](http://www.aidshilfe.de)

 [www.zanzu.de](http://www.zanzu.de)



If you do not have health insurance, you can contact [MEDINETZ](#) directly or the [public health department](#).





If you have **an unwanted pregnancy**, you can contact [these counselling centres](#).



In **emergency situations** (violence, coercion, human trafficking) you can contact the following centres:

**Police ☎ 110**

The police in Germany cannot be bribed and protect all people who need protection and help.

**Fire and rescue service ☎ 112**

**Midnight Mission**

🌐 [www.diakonie-heilbronn.de](http://www.diakonie-heilbronn.de)

**Freija - Specialist counselling centre against human trafficking**

🌐 [www.diakonie-ortenau.de](http://www.diakonie-ortenau.de)

**Violence against women helpline**

🌐 [www.hilfetelefon.de](http://www.hilfetelefon.de)

**Telephone counselling service**

☎ [08001110111](tel:08001110111) or [08001110222](tel:08001110222)

💡 **Very important: The perpetrator is always to blame!**





If you [speak German](#) , this can give you a feeling of security and strength.

Free recommended language apps:

 [www.goethe.de](http://www.goethe.de)

 [www.ankommenapp.de](http://www.ankommenapp.de)



## Your duties

Since the introduction of the Prostitute Protection Act, you are obliged to [register](#) with the public order office of the city in which you mainly work.

Here you can find information about the procedure for registering a prostitution activity:

 [www.bmfsfj.de](http://www.bmfsfj.de)

## Alternatives?

If you want to get out, there are **alternatives to prostitution** - you can find information and support here:

 [www.amalie-mannheim.de](http://www.amalie-mannheim.de)

 [www.thejusticeproject.de](http://www.thejusticeproject.de)

 [www.pink-baden.de](http://www.pink-baden.de)

 [www.dw-karlsruhe.de](http://www.dw-karlsruhe.de)

