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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

🌐 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

Psychologische Beratungsstelle Bühl

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

☎ [0722398142254](tel:0722398142254)

@ pb.buehl@landkreis-rastatt.de

Psychologische Beratungsstelle Gaggenau

📍 [Hauptstraße 36b, 76571 Gaggenau](#)

☎ [07225988992255](tel:07225988992255)

@ 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

 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

Social welfare organisation Rastatt


 [Kaiserstr. 70, 76437 Rastatt](#)

 [0722235021](tel:0722235021)

 @schwanger@diakonie-bad-ra.de

Diakonisches Werk Bühl

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

 [07223900067](tel:07223900067)

 @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

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

Youth counselling centre and drug counselling centre

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

 [0722199647830](tel:0722199647830)

 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


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

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

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

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

🌐 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

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)

@pflegestuetspunkt@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

Mr U. Richarz

 [Am Schlossplatz 5, 76437 Rastatt](#)

 [072223812194](tel:072223812194)

 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

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

E. Pantke-Ehlers | Gesundheitsamt

📍 [Am Schlossplatz 5, 76437 Rastatt](#)

@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

☎ [+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.





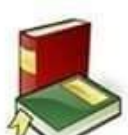


What leisure activities are good for you?

[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

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

 www.aidshilfe.de

 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

Freija - Specialist counselling centre against human trafficking

🌐 www.diakonie-ortenau.de

Violence against women helpline

🌐 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

 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


Alternatives?

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

 www.amalie-mannheim.de

 www.thejusticeproject.de

 www.pink-baden.de

 www.dw-karlsruhe.de

