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## Advice & Help

### Migration counselling for adults (aged 27 and over)

Counselling is available to all migrants in Mannheim who are older than 27. The counselling is free of charge.

The counselling service offers help with these topics:

- German courses and integration courses
- Support with school and vocational qualifications
- Kindergarten, school, career, training
- Help with social emergencies
- Residence, naturalisation
- Work and unemployment
- Housing
- Leisure and socialising
- Opportunities to get involved as a volunteer

Here you will find a list of offers for people who are new to Mannheim: [Flyer MBE JMD Stand February 2025.pdf](#)

### Counselling for new immigrants from South Eastern Europe

**MOVE ON** is a cooperation project of the City of Mannheim with the Caritasverband Mannheim e.V., the Diakonisches Werk Mannheim and the Paritätischer Wohlfahrtsverband, represented by the Mannheim Neighbourhood Management.

**MOVE ON: MOTivation stiften, VERtrauen schaffen, Orientierung geben, Netzwerke aufbauen in Mannheim**

#### Caritas und Diakonie Jungbusch:

##### Frau Veit

Sprachen: Bulgarisch, Deutsch

Telefon: 0176 39269999

E-Mail: [ehap-jungbusch@caritas-mannheim.de](mailto:ehap-jungbusch@caritas-mannheim.de)

##### Frau Pomarac

Sprachen: Rumänisch, Deutsch

Telefon: 01747272661

Mail: [ioana.pomarac@diakonie.ekiba.de](mailto:ioana.pomarac@diakonie.ekiba.de)

Jungbuschstr. 19, 68159 Mannheim

#### Diakonie Mannheim

##### Frau Valchanova

Sprachen: Bulgarisch, Deutsch

Telefon: 0171 9736646

E-Mail: [vesselina.valchanova@diakonie.ekiba.de](mailto:vesselina.valchanova@diakonie.ekiba.de)

Zeppelinstr. 45, 68169 Mannheim

## **AWO Mannheim**

Frau Gerold

Sprachen: Türkisch, Deutsch

Telefon 0151 63386336

E-Mail: [k.gerold@awo-mannheim.de](mailto:k.gerold@awo-mannheim.de)

## **Frau Draganska**

Sprachen: Bulgarisch, Deutsch

Telefon: 0151 14364733

E-Mail: [M.Draganska@awo-mannheim.de](mailto:M.Draganska@awo-mannheim.de)

Murgstr. 3, 68167 Mannheim

## **Rheinau**

### **Frau Kerezova**

Sprachen: Bulgarisch, Deutsch

Telefon: 0172 2781133

E-Mail: [ani.kerezova@diakonie.ekiba.de](mailto:ani.kerezova@diakonie.ekiba.de)

Durlacher Str. 102/1, 68219 Mannheim

## **Innenstadt**

### **Herr Botez**

Sprachen: Rumänisch, Deutsch

Telefon: 0172 8921689

E-Mail: [ehap-rheinau@caritas-mannheim.de](mailto:ehap-rheinau@caritas-mannheim.de)

Willy-Brandt-Platz 17

Das Projekt „MOVE ON“ wird im Rahmen des Programms „EHAP+“ durch das Bundesministerium für Arbeit und Soziales und die Europäische Union über den Europäischen Sozialfonds Plus (ESF Plus) gefördert.

## **Counselling for young migrants (12 to 27 years) - JMD**

The **Youth Migration Service** supports young people with a migration background between the ages of 12 and 27. Immigrant young people and also young people born in Germany whose parents are immigrants are advised.

### **Offers:**

Counselling in everyday matters and problems, e.g.

- how to learn a foreign language?
- which type of school is right for me?
- how do i apply properly?

- what do I have to bear in mind when dealing with the authorities? If necessary, accompaniment to the authorities
- If necessary, support when attending government offices
- Group services (e.g. help with schoolwork, German lessons, computer courses, application training)
- Information about leisure time options

You can find a list of contact persons in Mannheim [here](#).

## Counselling for international professionals


The **Welcome Centre Rhine-Neckar** offers advice for companies in the region and international professionals who want to work and live in Mannheim, Heidelberg or the Rhine-Neckar district and have a professional qualification or a university degree. Counselling is free of charge.

### Offer:

- Entry and residence requirements
- Job search and application
- Companies on the regional labour market
- Recognition of professional qualifications
- German Courses
- Professional development opportunities
- Housing and childcare
- Leisure facilities

### Contact:

#### Welcome Center Rhine-Neckar

Bogdan Militaru  
Consultant at the Mannheim location  
 [06212934020](tel:06212934020)

 [@bogdan.militaru@mannheim.de](mailto:bogdan.militaru@mannheim.de)

 [@info@welcomecenter-rn.de](mailto:info@welcomecenter-rn.de)

 <https://www.welcomecenter-rn.de/>

For specific enquiries please use the contact form

 [www.welcomecenter-rn.de/kontakt/](https://www.welcomecenter-rn.de/kontakt/)

## Advice for refugees

## Integration Management

Integration management is a special service for people who have fled their home country. The integration managers advise and accompany refugees with a residence permit, toleration and residence permit through asylum procedures. Counselling is free of charge.

## **Offer**

- Identifying the needs of the refugees to be advised in personal interviews
- Social counselling and support through individual case assistance on all questions of everyday life and perspectives in Mannheim
- Information on local integration and special counselling services and referral and accompaniment to appropriate regular services
- Information and introduction of refugees to civic and civil society structures and associations

Important: Integration management does not offer legal advice like a lawyer!

## **Contacts:**

- Caritasverband Mannheim:

<https://www.caritas-mannheim.de/hilfe-und-beratun...>

- German Red Cross Mannheim:

<https://www.drk-mannheim.de/angebote/migration-un...>

- Diakonisches Werk Mannheim:

<https://diakonie-mannheim.de/hilfeportal/arbeit-b...>

- AWO Arbeiterwohlfahrt e.V.:

<https://www.awo-mannheim.de/integrationsmanagemen...>

- Freundeskreis Asyl:

<https://fka-ka.de/integrationsmanagement-mannheim/>

- City of Mannheim, Service Centre Refugees

<https://www.mannheim.de/de/service-bieten/soziale...>

## **Legal advice (asylum law) for refugees**

All counselling sessions are free of charge and confidential and take place in person or by telephone.

## **Asylum Café Mannheim**

The Asylcafé Mannheim is a counselling centre for refugees. They advise on

- Asylum procedure
- Stay
- Threat of deportation
- School
- Training
- Authorities
- personal problems

## **Contact:**

Asylcafé

📍 Middle road 24

68169 Mannheim-Neckarstadt

☎ 0621 1564157 (Monday to Thursday 3 to 6 p.m.)

<https://mannheim.asylcafe.de/>

## **Freundeskreis Asyl Karlsruhe e.V.**

In addition to social and procedural counselling, Freundeskreis Asyl Karlsruhe offers free legal counselling by lawyers specialised in asylum and aliens law.

🌐 <https://fka-ka.de/>

## **Freunde für Fremde e. V.**

Freunde für Fremde supports you with questions regarding immigration law and dealing with authorities.

🌐 <https://freunde-fuer-fremde.de/>

## **Pro Bono**

Pro Bono offers personal counselling sessions for hearings before the Federal Office for Migration and Refugees (BAMF). You can also contact Pro Bono with other concerns about asylum law.

🌐 <https://probono-heidelberg.de/asylrecht/>

## **Flüchtlingsrat Baden-Württemberg**

The Baden-Württemberg Refugee Council is an independent and supra-regional network of local initiatives that volunteer with refugees and for refugees. They support refugee work on the ground by providing comprehensive information on the social and legal situation in Baden-Württemberg, refugee policy and the situation in the countries of origin.





 <https://fluechtlingsrat-bw.de/>

## **Advice centres for jobseekers**

### **Employment agency & Job centre**



#### **Job Centre Mannheim**

The Jobcenter Mannheim is the contact for all questions regarding basic security for jobseekers according to SGB II (Bürgergeld). It supports sustainable integration into the labour market through a variety of counselling, support and placement services.

 [Ifflandstraße 2-6, 68161 Mannheim](#)  
 [0621 17238 333](tel:062117238333) or [0621 17238 555](tel:062117238555) (Hotline)  
 [@jobcenter-mannheim@jobcenter-ge.de](mailto:@jobcenter-mannheim@jobcenter-ge.de)  
 <https://jobcenter-mannheim.de/>



### **JobBörsen Mannheim - Employment agency in the city districts**

In the ten Mannheim JobBörsen (job exchanges), all citizens of Mannheim can find services close to the city district on the topic of work. Professionals mediate suitable jobs between employers and jobseekers. The JobBörsen are placement offices of the Mannheim Job Centre.


 <https://jobcenter-mannheim.de/jobboersen/>  
 [Site plan and contact persons](#)

### **Job Centre Young Mannheim**

Young Mannheimers under the age of 25 are looked after at the Jobcenter Junges Mannheim: Here they receive tailor-made qualification offers that focus on their individual competences and potentials. Again, the following also applies: We never lose a customer! The aim is to help young people become independent and find work.

 [Hebelstr. 1, 68161 Mannheim](#)  
 [0621 17238 555](tel:062117238555) (head office)

[@jobcenter-mannheim.team-junges-mannheim@jobcenter...](mailto:@jobcenter-mannheim.team-junges-mannheim@jobcenter...)

 Monday to Friday 08:00-12:00, appointments by arrangement

## Jobcenter Mannheim - Initial application office

Are you over 25 years old and coming to the Jobcenter Mannheim for the first time? Then you will be advised at the Mannheim Initial Application Centre (MEAS). The following offers are made:

- An immediate appointment with the employment agency
- Support and motivation for self-activity
- Counselling on your personal situation according to the principle "self-help takes precedence over public welfare"
- Examination of necessary financial aid
- Immediate assistance such as qualification, maintaining the ability to work through meaningful community service, start-up money, wage cost subsidies
- Specialised staff for immigration and maintenance law

 [Ifflandstraße 2-6; 68161 Mannheim](#)


 [0621 17238 333](tel:0621 17238 333)

 Monday - Friday 08:00-12:00

## Federal Employment Agency

The Federal Employment Agency provides advice and support in finding a suitable job or training position.

Mannheim Employment Agency

 [M3a, 68161 Mannheim](#)

 [0800 4 5555 00](tel:0800 4 5555 00) (free of charge)

 [@Mannheim@arbeitsagentur.de](mailto:@Mannheim@arbeitsagentur.de)

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

## Support for families with children

### Initial baby equipment

Initial baby equipment is **financial assistance for pregnant women**. With the initial baby equipment you can buy baby clothes, pram, cot and the like.

**Job centre** pays for initial equipment

Those who have no income or only a low income can apply for citizen's allowance or social assistance. The Job Centre or the Social Welfare Office (Sozialamt) will pay for the additional needs of expectant mothers after the twelfth week of pregnancy, as well as for the equipment to cover the needs of your pregnancy and baby. Important: First make the application, then



buy necessary pregnancy clothes or baby things and keep the receipts.

Some **foundations** pay for the initial equipment

If the state's social benefits are not sufficient, foundations can help. The Federal Foundation Mother and Child, for example, pays for supplementary assistance. Under certain conditions, it also covers the costs of initial baby equipment. The pregnancy counselling centres of Caritas and the Diakonisches Werk know the criteria of the foundation and check whether an application is worthwhile.

Contact:

## **Counselling centre for pregnant women**

Social Service of Catholic Women Mannheim e.V.

📍 [B 5, 20 68159 Mannheim](#)

☎ [0621 120800](tel:0621120800)

@ [info@skf-mannheim.de](mailto:info@skf-mannheim.de)

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

**Pregnancy and pregnancy conflict counselling** Diakonisches Werk Mannheim

📍 [M 1,1a 68161 Mannheim](#)

☎ [0621 28000 0](tel:0621280000)

@ [info@diakonie-mannheim.de](mailto:info@diakonie-mannheim.de)

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

## **Child benefits**

### **Child benefits (Kindergeld)**

You are entitled to child benefit if

- Your child is under 18 years of age (under certain conditions, you can also claim and receive child benefit for adult children),
- You regularly care for your child and he or she lives in your household (this also applies to stepchildren, grandchildren or foster children) and
- Your place of residence is in Germany, another EU country, Norway, Liechtenstein, Iceland or Switzerland. You can find out more on the page Child benefit for people in or from abroad.

## **Citizens from EU, EEA and Switzerland**

Child benefit can also be paid for citizens of a member state of the European Union (EU), the European Economic Area (EEA) or Switzerland.

### **For EU or EEA nationals who have moved to Germany since August 2019, the following requirements apply:**

In the first 3 months after your entry, you must earn domestic income.

From the fourth month after your entry, the requirements of the Freedom of Movement Act must be met. This applies as soon as

- You are self-employed or employed
- You are job-seeking or involuntarily unemployed
- the right of free movement can be derived from a family member
- Have sufficient means of subsistence and health insurance cover or have acquired a permanent right of residence

### **Nationals of other countries**

Citizens of other states must meet one of the following requirements:

- You have the nationality of one of the following states: Algeria, Bosnia-Herzegovina, Kosovo, Morocco, Montenegro, Serbia, Tunisia or Turkey
- You are employed in Germany and subject to social insurance contributions or receive unemployment or sickness benefits
- You have a valid settlement or residence permit that allows you to work in Germany
- You belong to the group of refugees and persons entitled to asylum who have been unappealably recognised

### **How do I receive child benefit?**

You must submit an application to the **family benefits office of the Federal Employment Agency**. Please also contact your benefits provider (job center or district office) for more information.

**Note for asylum applicants:** You cannot receive **child benefits** during the **asylum procedure**. This is only possible when you have a positive decision from the BAMF.

### **Contact Familienkasse Baden-Württemberg West**

📍 [Czernyring 22/11 69115 Heidelberg](#)

☎ [0800 4 5555 30](#) (questions on child benefit and child supplement)

@


[Familienkasse-Baden-Wuerttemberg-West@arbeitsagentur.de](mailto:Familienkasse-Baden-Wuerttemberg-West@arbeitsagentur.de)

 [Family Welfare Office Baden-Württemberg West](#)

## **Kinderzuschlag (child benefit supplement)**

### **Child supplement: Entitlement, amount, duration**

Families with low incomes are entitled to child supplement under certain conditions - in addition to child benefit.

 **Good to know:** The child supplement was increased to up to 250 euros per month per child as of 1 January 2023. The immediate supplement introduced in 2022 is already included in this. If you already receive or have applied for child supplement, you do not have to worry about anything. The amounts will be automatically adjusted and paid at the new level from January 2023.

If the income is not sufficient for the whole family, parents or guardians can receive the child supplement (colloquially: child benefit supplement) in addition to child benefit. However, the application for a child supplement must be submitted to the Family Benefits Office (Familienkasse) separately.

As a rule, you will receive the child supplement for 6 months. If the approval period has expired, you must apply for a new child supplement.

You are entitled to child supplement if you meet certain requirements. Whether you receive child supplement depends on how much income and substantial assets you, your partner and your child have.

If you receive child supplement, you must inform the family benefits office of any changes in your personal circumstances and those of your family.

### **Requirements for the child supplement**

Your child lives in your household, is under 25 years old and is not married or in a registered partnership.

You are receiving child benefit (or a comparable benefit) for your child.

The gross income of your family is at least 900 euros (couples) or 600 euros (single parents).


You would have enough money to support your family if, in addition to your income, you received the child supplement and possibly housing assistance.

You can get more information from the family benefits office or at

 <https://www.arbeitsagentur.de/familie-und-kinder/...>

Contact:

**Family Welfare Office Baden-Württemberg West**

 [Czernyring 22/11 69115 Heidelberg](#)

☎ [0800 4555530](tel:08004555530) (questions about child benefit and child supplement)  
✉ [@Familienkasse-Baden-Wuerttemberg-West@arbeitsagen...](mailto:@Familienkasse-Baden-Wuerttemberg-West@arbeitsagen...)

## Parental allowance (Elterngeld)

The **parental allowance** is intended as financial support for parents/guardians who take parental leave or give up work to care for their child. The amount of parental allowance is calculated from the income of the last year before the birth of the child and is paid for a maximum of 12 months if only one parent takes parental leave or for 14 months if both parents/guardians take parental leave. Single parents receive parental allowance for 14 months.

The prerequisite for receiving parental allowance is that the parents or the parent

- reside mainly in Germany
- live in a common household with the child
- look after the child
- have no or no full gainful employment, i.e. work a maximum of 30 hours a week

The **parental allowance** is offset against **social benefits** .

In order to receive parental allowance, you must submit an application to the Landesbank in Karlsruhe. The forms for this are available at all citizens' services or can be downloaded directly from the internet at L-Bank. Please return the completed applications directly to L-Bank. Alternatively, you can fill out the application directly online at:

🌐 <https://www.l-bank.de/produkte/familienfoerderung...>

Contact:

### Landesbank - Family support

L-Bank

📍 [Schlossplatz 10 76113 Karlsruhe](#)

Hotline of the Landesbank - Family Support

☎ [08006645471](tel:08006645471) from abroad: +497211502862

✉ [@familienfoerderung@l-bank.de](mailto:@familienfoerderung@l-bank.de)

## Education and Participation Package (BuT; Bildungs- und Teilhabepaket)

If you receive **Bürgergeld** or **Kinderzuschlag** , you are entitled to benefits for education and participation (also called "education package") for your children under certain conditions.

Benefits from the education package are usually cash benefits or benefits in kind (in the form of vouchers). You can get them from your **city** or **municipality**.

These could be, for example:

- the costs for tutoring lessons are covered
- the membership fee of the sports club is subsidised
- the costs for a sports equipment or musical instrument are partially covered

Prerequisites for a claim:

If your family receives Bürgergeld or Kinderzuschlag, you can apply for benefits for education and participation if your child ..

- is younger than 25 years
- attends a day care centre (Kita) or a general or vocational school and does not receive a training allowance

### Apply for benefits for education and participation

As a rule, you will have to provide appropriate evidence in order for your application to be approved.

For more information, contact your city or municipality. On the website of the Federal Ministry of Labour and Social Affairs, you can find out who your local contacts are regarding the education package.

Note: If you receive Citizen's Income, the benefits for education and participation are applied for together with the application for Citizen's Income. This also applies to those services that serve to promote your child's learning.

Prerequisite for the reimbursement of costs

Provide the receipts for your expenses (for example, invoices, receipts or tickets). Only costs that you can prove will be reimbursed to you. One exception is school supplies, for which you receive a fixed amount.

### Examples of the benefits from the education package

**Personal school supplies:** They receive an annual lump sum for personal school supplies per child. Part of this is paid out in February and part in August. You must present a school certificate for this.

**Learning support (tutoring):** The costs are covered. Requirement: The school confirms the need and has no corresponding offer itself.

**Community lunch:** The costs for lunch at school, after-school care, day care centre or childminder can be subsidised.

**Offers in clubs, culture and leisure:** Children and young people receive a monthly flat rate. Please ask your job centre for the amount. Requirement: For example, they prove their membership in a sports club.

**Ride to school:** As a rule, there is a subsidy for the monthly ticket. Requirement: Pupils cannot reach the nearest school on foot or by bicycle. Your Job Centre will tell you the exact distance from which the monthly travel pass is subsidised.

Contact:

📍 [D1, 4-8, 68159 Mannheim](#)

☎ [0621 2932600](#) or [0621 18166500](#) (Bürgergeld/SGB II)

@[BuT@mannheim.de](mailto:BuT@mannheim.de)

## Family Pass / State Family Pass

### Mannheim Family Pass 2023

For 2023, the City of Mannheim is offering the Family Pass to all Mannheim families regardless of their income. The family pass is intended to encourage parents and children to spend their free time together and to make it easier for them to access the existing offers. The Family Pass (voucher booklet with entitlement card) is available to all families with children under 18 years of age who have their main residence in Mannheim. In 2023, parents whose children are only in Mannheim for a certain period of time are still entitled to the family pass. In addition, up to three further adult accompanying persons, freely selectable and without proof, can be entered on the entitlement card. Again, there are also some vouchers that young people can redeem without being accompanied by an adult. The Family Pass can be ordered online free of charge.

### Family Pass plus

Since 2010, the Family Pass has been supplemented by the Family Pass Plus. In the same booklet of vouchers you will find further discounts and attractive offers for families and single parents who receive benefits according to SGB II or assistance for living expenses according to SGB XII or according to the Asylum Seekers' Benefits Act.

The Family Pass plus can also be ordered online. Please have the current notifications of benefits according to SGB II or assistance for living costs according to SGB XII or the Asylum Seekers' Benefits Act (Asylbewerberleistungsgesetz) ready, as these must be digitally enclosed with the application. However, only eligible benefit recipients with their children can redeem the Family Pass plus vouchers.

You can find more information on this and the link to the online application at:

<https://www.mannheim.de/de/service-bieten/kinder-...>

You can also order the Family Pass (plus) at Bürgerdienste.

For information on opening hours or to make an appointment, please contact:

## Help in cases of domestic violence

Violence against women and girls is a human rights violation and violates not only their physical and psychological integrity, but also their right to self-determination. Violence prevents equal and dignified participation in social life.


If you experience violence or are threatened by violence, you are not alone. There are many different counselling services. Do not hesitate to seek help! Talk about it and get advice!

If you observe violence or suspect it, you can get professional, anonymous and free support!

Here you can find contact points that offer you support and assistance when you experience violence. Your information will be treated confidentially there.

## Women's Information Centre of the Mannheim Women's Shelter e. V.

Counselling for women on the expulsion from housing and the Protection against Violence Act after domestic violence, support in difficult separation and divorce situations and in cases of stalking.

 [0621379790](tel:0621379790)

 [@fraueninformationszentrum@t-online.de](mailto:@fraueninformationszentrum@t-online.de)

 [www.frauenhaus-fiz.de](http://www.frauenhaus-fiz.de)

## Overview of support services in Mannheim

You can find an overview of important support services and counselling centres on the website of the Equal Opportunities Officer of the City of Mannheim:

 [www.mannheim.de/de/service-bieten/frauen-gleichst...](http://www.mannheim.de/de/service-bieten/frauen-gleichst...)

## Brochure with offers of help in several languages

Physical, psychological, sexualised, structural, institutional or even digital violence are part of the daily experience of many people in our society. The brochure "Gewalt hat viele Gesichter" (Violence has many faces) provides information about support services and contact points in Mannheim that support victims of violence and implement preventive services.

 <https://www.mannheim.de/de/service-bieten/integra...>

## Offers for LGBTIQ\*

The City of Mannheim is specifically committed to the protection and rights of persons with different sexual orientations or gender identities: **Lesbians, gays, bisexuals as well as trans, intersex and queer people**, in short **LGBTIQ\***, have the same rights as other people in Germany.

Many LGBTIQ\* people have fled to Germany because they were persecuted in their home country. If you are a refugee and lesbian, gay, bisexual, trans or diverse, you can find support, social contacts and information at many LGBTIQ\* organisations in Mannheim and the region.

The **contact point of the City of Mannheim** and further information can be found at: [LGBTI | Mannheim.de](#)

## Counselling for refugees:

**PLUS Mannheim Project Refugees Welcome** - Help and Participation for LGBTIQ refugees: Plus e.V. - Refugees Welcome (plus-rheinneckar.de)


 <https://www.plus-rheinneckar.de/>


The **Lesbian and Gay Association in Germany** (LSVD) networks, advises and supports you with the project "Queer Refugees Germany"

 [www.queer-refugees.de](http://www.queer-refugees.de)

## Counselling centres, networking, leisure activities & further information:

**PLUS Mannheim** - Psychological Lesbian and Gay Counselling Mannheim

 [Max-Joseph-Str. 1, 68167 Mannheim](#)

 [0621 3362110](tel:06213362110)


 [team@plus-rheinneckar.de](mailto:team@plus-rheinneckar.de)

 [www.plus-rheinneckar.de](http://www.plus-rheinneckar.de)

 Telephone hours are Tuesdays 4-6 p.m. and Thursdays 9-11 a.m

**Youth at PLUS** - Offers for youth and young adults from PLUS e.V.

 [jugend@plus-rheinneckar.de](mailto:jugend@plus-rheinneckar.de)

 [jugend.plus-mannheim.de](http://jugend.plus-mannheim.de)



**Queeres Zentrum Mannheim e.V.** - Exchange of interests and events in Mannheim

📍 [G7, 14, 68159 Mannheim](#)

✉ [info@qzm-rn.de](mailto:info@qzm-rn.de)

🌐 [www.qzm-rn.de](http://www.qzm-rn.de)

**that's good.** Mannheim's Queer Youth Club

📍 G7, 14, 68159 Mannheim

✉ [gutso@plus-rheinneckar.de](mailto:gutso@plus-rheinneckar.de)

📷 Instagram: @gutsoyouthmeeting

🌐 [www.plus-rheinneckar.de/seite/551778/jugend.html](http://www.plus-rheinneckar.de/seite/551778/jugend.html)

**Open Network LGBTTIQ Mannheim** - non-partisan platform of representatives of organisations, groups and self-employed people of the LGBTTIQ community in Mannheim and the surrounding area

🌐 [www.schlimm-online.de](http://www.schlimm-online.de)

**Frieda** - the network for lesbian, bi, trans, inter and queer women\* in the Rhine-Neckar region

🌐 [www.frieda.city](http://www.frieda.city)

**ILSE - Initiative of Lesbian and Gay Parents e.V.** Rhein-Neckar

🌐 [www.ilserheinneckar.wordpress.com](http://www.ilserheinneckar.wordpress.com)

**Trans\*-Treff Mannheim** - Exchange of experiences and mutual support

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

**mvd Sportverein - United in sporting diversity** - LGBTIQ sports club from volleyball, swimming, fitness, Asian Sports (yoga and self-defence), football to badminton

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

**CSD Rhein-Neckar e.V.** - Christopher Street Day in Mannheim for the Rhine-Neckar Metropolitan Region

🌐 [www.csdrn.de](http://www.csdrn.de)

**LGBTIQ-Netzwerk Baden-Württemberg** - a federation of groups, associations and initiatives in Baden-Württemberg to promote cooperation at the state level and intensify the exchange of experiences,

 [www.netzwerk-lsbttiq.net](http://www.netzwerk-lsbttiq.net)

**DGTI German Society for Transidentity and Intersexuality** - Counselling (General, Medical and Legal)

 <https://dgti.org/beratungsstellen/beratungsstelle...>

### Advice from the consumer advice centre

The consumer advice centre is a place where people can go if they have questions or problems in everyday life. It helps with many (legal) issues.

They will help you with questions about:


- **Telephone, mobile phone & internet:** If the phone bill is too high or there is trouble with online shopping.
- **Contracts:** If something broken needs to be returned or a contract needs to be cancelled.
- **Money & Bank:** If there are questions about an account, a credit card or a letter from a debt collection agency.
- **Electricity & energy:** If someone wants to change their electricity provider, has questions about their bill or doesn't know how to save electricity.
- **Insurance:** If someone wants to know which insurance is important or how to get help in the event of a claim.
- **Food & drink:** If someone wants to know how long food lasts or where it comes from.


Information is also provided in **different languages** and via different media.

<https://www.verbraucherzentrale-bawue.de/beratung...>

### Information and contact:

#### Advice centre Mannheim (appointments by arrangement)

 [N4 13-14, 68161 Mannheim](#)

 [0711669110](tel:0711669110)

Make an appointment online:

 <https://www.verbraucherzentrale-bawue.de/beratung...>