
Counselling centres and assistance services

Care advice

Personal and unbureaucratic help with questions about care!

The care counselling centres in the district of Minden-Lübbecke inform those affected and their relatives free of charge and independently about the service offers in the care sector and support them in choosing a care provision.

Centre for Care Counselling Bad Oeynhausen

📍 Bahnhofstraße 13, 32545 Bad Oeynhausen

☎ [080714000](tel:080714000)

@ badoeynhausen@pflegeberatung-minden-luebbecke.de

Centre for Care Counselling Espelkamp

📍 Wilhelm-Kern-Platz 14 (im Bürgerhaus), 32339 Espelkamp

☎ [0571/80714100](tel:0571/80714100)

@ espelkamp@pflegeberatung-minden-luebbecke.de

Centre for Care Counselling Minden

📍 Hellingstraße 15 (am Johanniskirchhof), 32423 Minden

☎ [0571/80714200](tel:0571/80714200)

@ minden@pflegeberatung-minden-luebbecke.de

🕒 Open consultation hours at the centres:

Monday, Wednesday, Friday from 09.00 - 12.00 and from 15.00 - 18.00.

Please make an appointment by phone or e-mail.

Other appointments are also possible by arrangement - also as a home visit if required.

Pregnancy counselling centres

🌐 [Pregnancy counselling](#)

Mental health

Mental crises or mental illnesses can affect anyone and have an impact on many areas of life. If you yourself or someone close to you is in such a situation, you can find support and help at the counselling centres in the district of Minden-Lübbecke. The counselling sessions are anonymous and free of charge.

Bad Oeynhausen

Socio-Psychiatric Service (Sozialpsychiatrischer Dienst)

of the Minden-Lübbecke district

📍 Tannenbergstraße 23, 32547 Bad Oeynhausen

☎ [0571/80728610](tel:0571/80728610)

@sozialpsychiatrischer-dienst@minden-luebbecke.de

Counselling for mental health problems: Anxiety and panic, depression, suicidal thoughts, psychoses, crises.

Appointments by arrangement.

Lübbecke

Socio-Psychiatric Service (Sozialpsychiatrischer Dienst)

of the Minden-Lübbecke district

📍 Osnabrücker Straße 28, 32312 Lübbecke

☎ [0571/80715618](tel:0571/80715618)

@sozialpsychiatrischer-dienst@minden-luebbecke.de

Counselling for mental health problems: Anxiety and panic, depression, suicidal thoughts, psychoses, crises.

🕒 Opening hours:

Monday to Thursday from 08.30 - 12.30 and from 14.00 - 16.00

Friday from 08.30 - 12.30 hrs

and by appointment

Minden

Socio-Psychiatric Service (Sozialpsychiatrischer Dienst)

of the Minden-Lübbecke district

📍 Portastraße 13, 32423 Minden

☎ [0571/80728610](tel:0571/80728610)

@sozialpsychiatrischer-dienst@minden-luebbecke.de

Counselling for mental health problems: Anxiety and panic, depression, suicidal thoughts, psychoses, crises.

🕒 Opening hours:

Monday to Thursday from 08.30 - 12.30 and from 14.00 - 16.00

Friday from 08.30 - 12.30 hrs

and by appointment

Addiction counselling centres and drug counselling centres in the district of Minden-Lübbecke

Bad Oeynhausen

Addiction counselling

of the Social Psychiatric Service District of Minden-Lübbecke

📍 Tannenbergstr. 23, 32547 Bad Oeynhausen

☎ [05731/20744](tel:05731/20744)

@Sozialpsychiatrischer-dienst@minden-luebbecke.de

Counselling on alcohol addiction, gambling addiction and drug addiction.

Appointments under [0571/80728610](tel:0571/80728610)

Addiction counselling

of the Diakonisches Werk im Kirchenkreis Vlotho e.V.

📍 Hermann-Löns-Str. 79, 32547 Bad Oeynhausen

Counselling on alcohol dependence and drug dependence, referral to self-help groups.

Your contact persons:

Ms Gudrun Sommer

☎ [05731/252391](tel:05731/252391)

@g.sommer@diakonie-vlotho.de

Mr Michael Wasna

☎ [05731/252390](tel:05731/252390)

@wasna@diakonie-vlotho.de

Mrs Susanne Kratz

☎ [05731/252392](tel:05731/252392)

@kratz@diakonie-vlotho.de

🕒 Opening hours of the office:

Monday – Thursday: 09.00 - 16.30

Friday: 09.00 - 14.00

Blaues Kreuz e.V.

📍 Bergkirchener Str. 465, 32549 Bad Oeynhausen

☎ [01726411813](tel:01726411813)

@wulferdingsen@blaues-kreuz.net

Counselling on alcohol dependence and drug dependence for those affected and their relatives.

Contact person:

Ms Anja Kormacher

🕒 Dates:

- Every Thursday at 19.00
- Open meeting for affected persons and relatives
- In the Bergkirchen parish hall, Bergkirchener Str. 465, 32549 Bad Oeynhausen

Lübbecke

Addiction counselling

of the Social Psychiatric Service District of Minden-Lübbecke

📍 Osnabrücker Str. 28, 32312 Lübbecke

☎ [05741/345318](tel:05741/345318)

@sozialpsychiatrischer-dienst@minden-luebbecke.de

Counselling on alcohol addiction, gambling addiction and drug addiction.

🕒 Opening hours:

Monday – Thursday: 08.30 - 12.30 h and 14.00 - 16.00 h

Friday: 08.30 - 12.30

and by appointment

Drug counselling centre

of the Minden-Lübbecke district

📍 Osnabrücker Str. 28, 32312 Lübbecke

☎ [0571/80715616](tel:0571/80715616)

@drops-minden@minden-luebbecke.de

Counselling and support on issues related to illicit drugs and addiction.

🕒 Opening hours:

- mondays open office hours from 09.00 - 12.00 hrs
- Monday to Thursday Appointments by telephone or personal arrangement
- Closed on Friday

Addiction counselling

The Diakonie - Diakonisches Werk im Kirchenkreis Lübbecke e.V.

📍 Geistwall 32, 32312 Lübbecke

☎ [05741/2700895](tel:05741/2700895)

@FachstelleSucht@diediakonie.de

Counselling on alcohol dependence, nicotine dependence and drug dependence for those affected and their relatives.

Appointment: by telephone from Monday - Friday

Minden

Addiction counselling

of the Social Psychiatric Service District of Minden-Lübbecke

📍 Portastr. 13, 32423 Minden

☎ [0571/80728610](tel:0571/80728610)

@ sozialpsychiatrischer-dienst@minden-luebbecke.de

Counselling on alcohol addiction, gambling addiction and drug addiction.

🕒 Opening hours:

Monday – Thursday: 08.30 - 12.30 h and 14.00 - 16.00 h

Friday: 08.30 - 12.30

and by appointment

Drug counselling centre

of the Minden-Lübbecke district

📍 Rosentalstraße 5, 32423 Minden

☎ [0571/80715800](tel:0571/80715800)

@ drobs-minden@minden-luebbecke.de

Counselling and support on issues related to illicit drugs and addiction.

🕒 Opening hours:

- Monday to Thursday from 08.00 - 12.30 and from 13.30 - 16.30
- Friday from 08.00 - 12.30 hrs
- outside opening hours appointments by appointment only

🕒 Opening hours Café Kaf'ke:

Monday, Tuesday and Thursday from 10.00 a.m. - 12.30 p.m

Contact point for drug users:

- Syringe exchange
- shower and wash clothes
- Breakfast
- non-binding offer of a discussion by the employees

Counselling centre for addicts

Diakonie Stiftung Salem gGmbH

📍 Fischerallee 3, 32423 Minden

☎ [0571/888047130](tel:0571/888047130)

@suchtberatung@diakonie-stiftung-salem.de

Counselling on alcohol dependence, drug dependence and eating disorders for those affected and their relatives.

📞 Office hours by telephone:

tuesdays from 09:00 - 12:00 and Wednesdays from 14:00 - 17:00

Minden-Lübbecke district guardianship authority

The [guardianship authority of the district of Minden-Lübbecke](#) is the competent authority for matters of legal guardianship for the district of Minden Lübbecke with the exception of the city of Minden. [The city of Minden has its own guardianship authority.](#)

A guardianship authority supports the guardianship court both in clarifying the facts in guardianship proceedings and in selecting suitable guardians.

Office

Ms Sabrina Belitz

☎ [0571/80723721](tel:0571/80723721)

Ms Saskia Eulitz

☎ [0571/80723720](tel:0571/80723720)

Violence against women helpline

☎ [08000116016](tel:08000116016)

🌐 www.hilfetelefon.de

The violence against women helpline advises women affected throughout Germany. The helpline advisors provide advice on all forms of violence against women. If necessary, they will refer you to suitable local support facilities. Online advice is also available via the website. The conversations are confidential.

Would you like to remain anonymous? That's no problem. You don't have to give any personal details on the phone. This also applies on the website.

If you have hearing difficulties, you can book a free interpreting service via the website. The conversation with the advisors will be translated into German sign language. It can also be translated into written language. With the help of interpreters, advice is available in many

languages: Albanian, Arabic, Bulgarian, Chinese, English, French, Italian, Farsi/Dari, Kurdish (Kurmanji), Polish, Portuguese, Romanian, Russian, Spanish, Turkish, Ukrainian and Vietnamese.

The family guide

Aktion Mensch publishes a family guide. The family guide is aimed at people with disabilities. And their families. It provides information and addresses. There is also a website. There you will find important information about living with a disability. This information is available in simple and easy German: from school, to work, leisure, accessibility, rights, housing, advice, health and care insurance and much more.

 www.familienratgeber.de

Breastcare App

Breast cancer is the most common type of cancer worldwide. In Europe, one in eight women will develop breast cancer in the course of her life. In Germany alone, around 70,000 women are diagnosed with breast cancer every year. The earlier the disease is detected, the higher the chance of a cure. Around 25% of the disease can be prevented through a healthy lifestyle. The breastcare app is science-based. It explains everything important about breast cancer in an easy-to-understand way. It also deals with the topic of early detection. You learn how important a healthy lifestyle is. The app is currently available in seven languages: Arabic, German, English, Farsi, French, Spanish and Turkish.

The breastcare app

- reminds you to palpate your own breasts with a cycle calendar
- explains self-examination step by step with illustrated instructions
- provides information about risk factors and symptoms and gives specific
- tips for a healthy lifestyle
- answers questions about medical screening examinations in Germany
- links to numerous contact points such as breast centers, integration officers or support services that women can turn to with questions
- tells stories of women affected that are encouraging

You can download the app from the Apple and Google app stores. The app is free of charge. The app can be used without collecting personal data. It is free of advertising and designed for the long term. Further information in seven languages at: www.breastcare.app