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## Counselling and assistance

### Counselling for people with a history of immigration

#### Refugee counselling

The refugee counselling service helps people who have applied for asylum or are in Germany without a permanent right of residence. Counselling is free of charge and confidential.

The counsellors will help you and support you with many problems. They will inform you and answer your questions on the following topics

- the asylum procedure
- family reunification
- the right of asylum and the right of residence
- securing your livelihood
- social benefits
- the Asylum Seekers Benefits Act
- the authorities
- the procedure for applications and decisions
- physical and mental health
- the educational programmes
- the language courses
- integration courses
- work and employment
- leisure activities
- Problems in everyday life
- local orientation
- Support for volunteers with technical questions

💡 Do you have a secure right of residence? Then the [migration counselling](#) service [for adult immigrants](#) can help you. It helps people who are over 27 years old. Families can also seek help there.

💡 Are you under the age of 27? Then the [Youth Migration Service](#) can help you.

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📍 [Nürnberger Str. 5, 46117 Oberhausen](#)

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## Migration advice centres for adult immigrants (aged 27 and over)

The migration counselling service helps people who have fled or migrated to Germany and are here with a permanent right of residence.

Counselling is free of charge and confidential. The counsellors will help and support you. They will provide you with information and answer your questions on the following topics

- the right of residence
- the EU right to freedom of movement
- family reunification
- the means of subsistence
- Social benefits and the citizen's allowance
- Dealing with the authorities
- the procedure for applications and notifications
- physical and mental health
- the educational programmes
- language courses
- integration courses
- work and employment
- leisure activities
- Problems in everyday life
- help from volunteers with technical questions

 Are you between 12 and 27 years old? Then you can get counselling from the [Youth Migration Service](#).

## Counselling centre

 [AWO Oberhausen & ZAQ Oberhausen e.V.](#)


 [Styrumer Str. 79, 46045 Oberhausen](#)

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 [+49 \(0\) 1622953986](tel:+49(0)1622953986) (Signal Messenger)

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[@mkoehler@awo-oberhausen.de](mailto:@mkoehler@awo-oberhausen.de)

The counselling sessions take place by appointment by telephone or e-mail. If required, an interpreter can be brought in for counselling free of charge. The AWO & ZAQ advice centre also offers video counselling. Talk to our counsellors about this!

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**Youth migration services**



Jugendmigrationsdienste (JMD) supports young immigrants. These people are aged between 12 and 27. They help them to settle in Germany as quickly as possible.

### **They will help you with the following topics:**

- with questions about general orientation
- about school, training and work
- about language support
- with personal questions
- financial and legal issues

 [Jugendmigrationsdienst Oberhausen](https://www.jmd.de)  [Diakonisches Werk](https://www.diakonie-muelheim.de)  [Marktstr. 163, 46045 Oberhausen](https://www.diakonie-muelheim.de)

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 [@abrodt@diakonie-muelheim.de](mailto:abrodt@diakonie-muelheim.de)

### **Erstintegration von Neuzugewanderten**

#### **Who is Department 2-6-10 responsible for?**

- For all non-German persons who have travelled to Germany from abroad in the last five years and have established their residence in Oberhausen.


#### **What services does Department 2-6-10 provide?**

- We carry out integration management.
- We help with counselling on everyday issues.
- We help with counselling and support on the subject of language and placement in language courses.
- We help with counselling and support on issues relating to school, training, studies and work.
- We help with counselling on health issues.
- We help with referrals to counselling and support services.
- We help with support and counselling in shared accommodation.
- We help with support and counselling when moving into private accommodation.




## How can you contact us?

 Open consultation hours on Mondays and Thursdays from 08:30 to 12:00.

 Hagelkreuzstr. 101, 46149 Oberhausen

 [@KI-Erstintegration@oberhausen.de](mailto:KI-Erstintegration@oberhausen.de)

Facebook: [Municipal Integration Centre Oberhausen](#)

 Hotline: 0208 825 4317 Mondays to Thursdays from 08:30 to 15:30 and Fridays from 08:30 to 12:00.

Appointments by arrangement with your contact person

[Employees](#)

## Counselling for lateral entrants

School attendance is compulsory for children and young people between the ages of 6 and 18. Children and young people who do not speak German must first go to Kommunales Integrationszentrum (KI) Oberhausen. This is where the children are registered for a school place. The KI ensures that a school place is allocated by the school inspectorate. Families receive important information about school. The KI also helps with the registration of children at school. The KI can help with the recognition of school certificates from the home country.

Registrations at KI take place without an appointment Monday to Thursday from 9am to 1pm.

You can also make an appointment:

 [@bildung-ki@oberhausen.de](mailto:bildung-ki@oberhausen.de)

 [+49 \(0\) 208254454](tel:+49208254454)

Further information can be found here:

 [Kommunales Integrationszentrum](#)

You can find us here:

 [Mülheimer Straße 200, 46045 Oberhausen](#)

## Municipal integration management (KIM-NRW)



## WHAT IS THE KIM?



With the "Municipal Integration Management (KIM)" programme, the state government wants to help cities with the problems of integration NRW. The programme aims to open up new opportunities for people with a history of immigration. The aim is to promote people's strengths. An urban structure is to be provided for their integration needs. The offices and authorities work together to achieve this. The integration processes are to be managed here.

## WHAT DOES THE KIM DO?

The KIM has 3 core elements:

1. the implementation of a strategic overhead to control the entire process.
2. the realisation of case management (CM). The case managers provide advice and support as part of the integration process.
3. support from the immigration and naturalisation authorities. Here, support is provided to stabilise the integration of people from other countries with special integration achievements.

## WHO ARE WE?

The Municipal Integration Centre is responsible for coordination. There are 3 positions in the "strategic overhead". There are 10 positions for the implementation of CM (module 2). The case managers work in a team. The case managers are from different organisations.

These organisations are at KIM-CM:

Die Stadt Oberhausen

Deutsches Rotes Kreuz Oberhausen e.V.

Pro wohnen international e.V.

Zentrum für Ausbildung und berufliche Qualifikationen Oberhausen e.V.

Diakoniewerk Oberhausen GmbH


Caritasverband Oberhausen e.V.

Die Mitarbeiter des KIM-CM finden Sie hier: [Mitarbeiter](#)

## WHO IS HELPED BY KIM?

The target group of KIM-CM is defined in the city's local concept. These are people with a history of immigration and a wide range of counselling needs in several areas.

 [Kommunales Integrationsmanagement](#)

 [Mülheimer Str. 200, 46045 Oberhausen](#)

 [KIM-NRW@oberhausen.de](mailto:KIM-NRW@oberhausen.de)

**New EU Citizens in Oberhausen (NEO)**





**Neue EU-Bürger in Oberhausen**

The project called "NEO" aims to create equal opportunities for all people and avoid discrimination. People who came to Germany less than 5 years ago and do not have a job receive support. Their children are also supported.

## **What is our goal?**

Our aim is to improve the situation of EU citizens without work. We help them to participate in society. There are various ways to help people.

## **Here are some examples:**

- We educate them about everyday life in Germany and support them in their daily lives.
- We improve their chances of finding work and education.
- We support them with financial problems.

Many offices and organisations in the city now use digital technologies to make their work easier and save time. This also simplifies many processes. New citizens in Germany need support to be able to use digital technologies properly. It is therefore important that they receive help and learn the relevant skills.

## **What do we offer?**

- We advise on and arrange language courses.
- We provide support with offers that enable improved access to the labour market.
- We help with the processing of applications and documents.
- We advise you on dealing with authorities and institutions.
- We support you in cases of discrimination.

We help new citizens in Oberhausen by connecting them with social services. We connect EU citizens in Germany who are looking for help with the services offered by social organisations in Oberhausen.

We help you to participate in the digital world. To do this, we improve your skills in the field of information technology and media. We avoid technical terms.

### We offer you the following options:

- The exchange on an internet platform for counselling.
- Support with digital contact (websites, emails) with authorities and organisations at Oberhausen. For example, help with booking appointments online.



- Online consultations in which we show you how to process documents via video.

 [die kurbel - Katholisches Jugendwerk Oberhausen](#)

[@info@neo-oberhausen.de](mailto:info@neo-oberhausen.de)

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Counsellor

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## Integration agency

**The integration agency helps people from different countries, cultures and religions to live well together. It gives tips for good integration. It also works together with other groups, organisations and people. The aim is for everyone to live together as equals.**

The integration agency has the following tasks:

### **We support civic engagement**

We motivate and support volunteers and people who can teach others something. You help us to ensure that integration works well. We help you to become better. We accompany you on this path.

### **We promote intercultural openness**



- We encourage organisations and services to design their services in such a way that they are also suitable for people from other countries.
- We support you in the opening processes.
- We develop many programmes for you to promote intercultural competence.

## **We work in a social space-orientated way**

We take a close look at what is going on in an area. Then we create programmes for the local people.

## **We carry out anti-discrimination work**

- We provide information on the topic of discrimination.
- We carry out educational work with various target groups.
- We carry out anti-discrimination work in the context of social space-orientated work.
- We co-operate with other networks.

The programmes are for services and institutions. However, the services are also aimed at clubs, associations and migrant organisations. Volunteers and topic-specific groups are also addressed.

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## **Refugees into Work (RiW)**

The labour market needs the help of refugees. Refugees need places for work and training. This is why the "Refugees into Work (RiW) - Niederrhein" project, together with its partner, promotes the integration of refugees into the labour market and employability in the city of Oberhausen and the district of Wesel.

RiW is aimed at:

- Refugees who are over 15 years old, have a residence permit, a temporary residence permit or a tolerated stay permit and are not subject to an absolute work ban
- Stakeholders in the labour market, such as employers, authorities, labour market-related associations, clubs and initiatives

These are our services for employees:

- We support and place you in school, in training, in studies and in work.
- We help you to prepare application documents, we analyse your strengths and accompany you through the application process.



- We accompany you when you start work.
- We support you in your correspondence with the local authorities and help you with the recognition procedure for the qualifications and certificates you have obtained abroad.

This is what we offer employers:

- We show the financial support available for recruitment
- We offer assistance and sensitisation to the intercultural and diversity challenges of participants.
- We offer training to promote anti-discriminatory and anti-racist behaviour
- We offer training courses on Diversity skills and handling official matters

We support you in the recruitment process:

- We help with the application and hiring process.
- We also help if you are already working.
- We help with the professional language.
- We support you with your questions about labour law.
- We help you fill out the applications you need to start a job.

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

 [AWO Oberhausen & ZAQ Oberhausen e.V.](#)


Advice centre

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 Mansour Shakib

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 [@mshakib@zaq-oberhausen.de](mailto:mshakib@zaq-oberhausen.de)

**FreeSpace**

**What we offer:**

- We offer parents with children up to the age of 6 time and space to socialise and receive information.
- There are talks by intercultural presenters in easy language and with reference to everyday life.



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#### Health and education:

- Every Wednesday, the topic of "parenting" is discussed.
- Every Thursday, the topic of "Health" is discussed.

#### Breakfast included:

At the healthy breakfast afterwards, there is an opportunity to socialise and exchange ideas.

#### Childcare:

- We offer parents activities to encourage their children.
- The children have the opportunity to get to know other children, play and eat together.

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### **When:**

Every Wednesday and every Thursday from 09:00 to 12:30.

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### **Where:**

[ZIB-BILDUNGSOFFENSIVE](#)

📍 [Styrumer Straße 41, 46045 Oberhausen](#)

### **Contact person:**

👤 Serap Tanış

Head of Education and Integration, Director ZIB-BILDUNGSOFFENSIVE

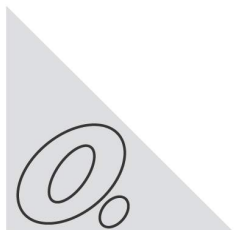
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---

#### Co-operation partner:



stadt  
oberhausen

**Social integration and participation in the labour market in Oberhausen (SITAO Plus)**



The SITAO Plus project supports you on the way to a new perspective for your life. Our team is at the side of families, children, single parents and parents with special challenges. The goal is successful integration and professional participation.

## **What is the project?**

The SITAO Plus project is an initiative of the Catholic youth welfare organisation “die kurbel”, Caritas and the Centre for Training and Vocational Qualification (ZAQ). We work together to meet your needs.

## **How do we help you?**

We offer counselling and support for families with children under the age of 18.

Important: You will receive money from the state. Either from SGB II or from SGB XII. Or you are entitled to get child allowance.

We also help single parents and parents with disabilities.


## **What are our services?**

- We advise and support you.
- We help you to obtain benefits. For example, for debt counselling, addiction counselling and child and youth welfare.
- We help you with applications for social benefits.
- We help you to make life better for your children.
- Here you can find out more about career guidance and trials.
- We help you find a job and make contact with employers.
- We will help you find work subject to social insurance contributions.

No referral is required.

Counselling is free of charge and confidential.


## **Contact our**

 [Dorstener Str. 211, 46145 Oberhausen](#)

 [+49 \(0\) 20899424919](tel:+49(0)20899424919)

 [@info@sitao-plus-oberhausen.de](mailto:info@sitao-plus-oberhausen.de)

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


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## **Advice centres**







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# ZAQ!

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## Central return counselling

The Federal Office for Migration and Refugees (BAMF) has not yet decided on your asylum application? You still want to return to your home country? But you don't know how to get your passport back? Do you need financial help for your return journey? The Central Return Counselling Service (ZRB) can advise you on how to voluntarily return to your home country. The counselling is open-ended. You decide for yourself after the counselling. You can leave voluntarily. Or you can stay on.

## German Red Cross (DRK)

 Grenzstr. 30, 46045 Oberhausen

[@mesude.tavukcu@drk-ob.de](mailto:mesude.tavukcu@drk-ob.de)

 [+49 \(0\) 15155166413](tel:+49(0)15155166413)

 [Deutsches Rotes Kreuz \(DRK\)](#)

## Online counselling

### mbeon - Multilingual counselling in the chat

There are many local counselling centres in Germany. If the counselling centre is closed or far away from your home, digital chat counselling can help.

You can easily find information online at mbeon . You can also get counselling via chat.



mbeon enables counselling via chat. All counsellors are qualified specialists in migration counselling for adult immigrants (MBE). They are guaranteed to respond within 48 hours. They help with all questions and problems associated with life in a new environment. Counselling is anonymous, data-secure and free of charge.

The app also contains extensive information on topics such as work and career. You will also find information on the topics of health and learning German. Housing, family and residence are further topics. In addition, mbeon puts you in touch with migration advice centres and other important contact points.

The app is available in German, English, Russian and Arabic. You can receive counselling in more than 19 different languages.

The app has many advantages:

- The app is flexible. It can be used anywhere and at any time.
- Counselling is provided in your native language.
- The app is data secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.
- Counselling is anonymous.

The free app can be downloaded from the Google Play Store and the AppStore.

 [mbeon im Google Play Store](#)

 [mbeon im AppStore](#)

Further information is available on the [multilingual website](#) and the [Facebook page](#).

## **Counselling for unaccompanied minors**


We offer counselling for children and young people under the age of 18 on the following topics

- asylum
- Right of residence
- Clarification of prospects and counselling

We offer counselling by appointment. The times are Mondays, Tuesdays and Thursdays from 12 noon to 5 pm.

For appointments at other times, please call us.

## **VIFA-Erziehungshilfen e.V.**

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 [@simon@vifa-erziehungshilfen.de](mailto:simon@vifa-erziehungshilfen.de)

 [www.vifa-erziehungshilfen.de](http://www.vifa-erziehungshilfen.de)

**Mima - Counselling centre for sport/creative/educational activities**



Mima is a counselling service for people from non-EU countries who live in Oberhausen . We help you to find sports, creative and educational programmes. We provide personalised advice and work with you to find suitable activities for you or your child. If you wish, we can accompany you to your first appointment and help you get in touch with the club or course organiser.

Everyone should be able to develop their strengths.

If you are looking for a particular sport, want to be creative or learn something new, then make an appointment with the "mima" advice centre.

Website:

[www.mima-oberhausen.de](http://www.mima-oberhausen.de)

Contact:

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📍 RUHRWERKSTATT Kultur-Arbeit im Revier e.V.

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Kofinanziert von der  
Europäischen Union



stadt  
oberhausen



## Counselling for people with mental illness

Caritas Oberhausen offers counselling for people with mental illness. There are individual counselling sessions and discussions in groups. They receive help with social integration and assistance in everyday life.

The Caritas also offers leisure meetings in groups. Anyone can come here. Relatives can also come. You can get to know people affected and talk about everything.

What do people do at the leisure meetings?



- Cooking
- Gardening
- Sports

👤 Contact and advice centre for people with mental illness (KOBs)

📍 [Mülheimer Straße 202, 46045 Oberhausen](#)

☎ [020894040650](tel:020894040650)

✉ [@kobs@caritas-oberhausen.de](mailto:kobs@caritas-oberhausen.de)

## Counselling for women

### Labour and wages

On average, women in Germany earn less than men. On the one hand, they work in areas that are paid less. This is the case in the social sector, for example. But women also often earn less than their male colleagues for the same job. Politicians have been discussing various proposals for years to achieve greater pay equality. So far, however, not much has changed.

Many women's jobs are not perceived as work. They do the housework. They bring up the children. Or they care for sick or elderly family members. These jobs are unpaid. But they are still work. It is often not recognised.

Would you like to find well-paid work in Germany? Then the first thing you should do is learn German. The BAMF offers courses especially for parents and women. Here you can also get information about childcare and the school system. Find out more at your local [migration advice centre](#), [immigration office](#), [employment agency](#), [job centre](#) or directly from the schools that offer integration courses.

### FGM - female genital mutilation

In Germany, female genital mutilation (Female Genital Mutilation/Cutting oder auch FGM\_C) is prohibited. Since September 2013, FGM has been punishable by imprisonment. Parents are also not allowed to have their daughters circumcised abroad. This is also prosecuted under German law. (Impending) circumcision is recognised as a reason for flight and can be relevant in asylum proceedings.

The FGM\_C is a dangerous bodily harm.

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

### The direct consequences can be


- agonising pain accompanied by extreme fear and a circulatory collapse
- severe haemorrhaging



- blood poisoning and severe infection (including hepatitis, tetanus, HIV). Many girls can die as a result.

### **These can be the long-term consequences:**

- Incontinence
- complications during sexual intercourse and childbirth
- Recurrent urinary tract infections and pelvic infections, which can lead to infertility
- Reduction or loss of the woman's ability to orgasm
- psychological trauma
- depression

If you are affected or threatened by genital mutilation, contact the help hotline on  [116016](tel:116016). The helpline staff are there for you day and night. Counselling is also available in other languages.

### **In Düsseldorf there is the counselling centre "Stop Mutilation" for those affected, relatives and professionals.**

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

### **Please contact this centre at Oberhausen:**

 [pro familia Oberhausen](tel:0208867771)

 [Bismarckstr. 3, 46047 Oberhausen](#)

 Dr. med. Christine Gathmann

 [0208867771](tel:0208867771)

 [@oberhausen@profamilia.de](mailto:oberhausen@profamilia.de)

### **Domestic violence**

Your family and friends should support and protect you. However, this is not always the case. Sometimes these people can also hurt you. They can inflict violence on you. This violence can take different forms. There is physical violence, such as hitting or kicking. But there are also psychological and sexualised forms of violence. If someone you know is violent towards you, this is called "domestic violence".

Domestic violence usually takes place in the home, but can also happen in other places. Many people think of domestic violence in terms of physical violence, i.e. sexual abuse or beatings. But domestic violence also takes other forms: If you are insulted, abused, threatened or controlled, this is also domestic violence. Stalking, i.e. when you are followed and watched, can also be a form of domestic violence.

Every form of violence is a criminal offence in Germany. This means that the [police](#) must get involved if they hear about it from you, witnesses or witnesses.



If you are experiencing domestic violence yourself, you are not alone. Studies show that one in four women in Germany experience domestic violence. For many victims of domestic violence, it is difficult to go to the police or a counselling centre with their experiences. They feel ashamed and hope that the situation will change and that the violent person will calm down and stop being violent. In most cases, however, the severity of the violence tends to increase and the intervals between the individual outbreaks of violence become shorter.

There are numerous contact centres in Germany for victims of domestic violence. Do not be afraid to seek help.

If you have any questions about domestic violence or if you are acutely affected, you can get help from the women's advice centre by telephone, in person or online. It is also possible to get counselling with an interpreter. You can also contact the help hotline [for](tel:08000116016) violence against women around the clock ☎ [08000116016](tel:08000116016) where you can also receive counselling in other languages.

 [Homepage of the women's advice centre](#)

 [Women's advice centre](#)


## Counselling for pregnant women


**During pregnancy and in the first years of your child's life, we offer you counselling, support and guidance.**

Get in touch with us if you

- have any questions about [pregnancy](#), birth and/or parenthood,
- need information about legal and financial entitlements, such as maternity allowance, parental leave and parental allowance, child benefit, child supplement, housing benefit, citizen's allowance (applications to the Federal Foundation for Mother and Child can only be made to Caritas and donum vitae),
- have questions about personal conflicts and crises in the partnership and family, are insecure or do not know what to do next, are thinking about a confidential birth,
- want counselling and support in connection with prenatal examinations,
- would like information about family planning, [contraception](#) or [sex education](#) (applications for the contraceptive fund can only be submitted to pro familia).

 [Caritasverband Oberhausen e.V.](#)


 Am Förderturm 8, 46049 Oberhausen


 Anja Keller

 Silvia Beckmann

 [0208940440](tel:0208940440)

 [donum vitae Mülheim an der Ruhr/Oberhausen e.V.](#)

 Steinbrinkstraße 215, 46145 Oberhausen

 Bettina Bubbat


 Christina Radmer

 Sarah Barth-Ülker


 [02089691515](tel:02089691515)




 [pro familia Oberhausen](https://www.profamilia-oberhausen.de)

 Bismarckstraße 3, 46047 Oberhausen

 Svenja Holz

 Katja Schwedersky

 [0208867771](tel:0208867771)

## Termination of pregnancy

If you have conflicting or negative feelings about a pregnancy, you alone have the right to decide whether to carry the pregnancy to term or terminate it.

In Germany, it is possible to [terminate](#) a pregnancy without penalty if you observe three things:

1. You must undergo counselling at a state-recognised pregnancy conflict counselling centre. The counselling is free of charge for you and you will receive a counselling certificate, which you will need for the abortion.
2. There must be three days between the counselling and the abortion.
3. The pregnancy may only be terminated up to the end of the 12th week and only by a doctor. After the 12th week of pregnancy, an abortion is only possible in medically justified cases.

During the counselling session you have the opportunity

1. to talk about your situation and weigh up the pros and cons of the pregnancy. There is room for your thoughts and feelings and you will be supported in your decision-making process with an open mind. You can ask questions and receive information about financial and social support.
2. receive information about the different methods of termination of pregnancy (surgical/medical) and weigh up the pros and cons of the individual methods for yourself.
3. to find out whether the costs of an abortion can be covered in your situation and how you can obtain this cover.
4. to obtain addresses of doctors who perform abortions in your area.

If you have become pregnant as a result of rape, you can obtain free counselling at one of the two counselling centres listed below.

Are you under 18 and want to terminate the pregnancy? Are you unable or unwilling to tell your parents about the pregnancy? Then also contact one of the two counselling centres. The staff there will help you.

You can come to the counselling centre alone or with your partner. You can also bring another person you trust with you.

[donum vitae Mülheim an der Ruhr/Oberhausen e.V.](https://www.donumvitae.de)

- Recognised conflict counselling centre for pregnant women and their partners
- Decision support in pregnancy conflicts
- Issue of the legally required counselling certificate in accordance with § 219 StGB



- Counselling after the termination of pregnancy
- Information on contraceptive methods

📍 Steinbrinkstr. 215, 46145 Oberhausen  
☎ [02089691515](tel:02089691515) oder [015758177127](tel:015758177127)

@

[muelheim@donumvitae.org](mailto:muelheim@donumvitae.org)

[pro familia Oberhausen](#)

is a recognised pregnancy conflict counselling centre and can

- provide help in making a decision in a pregnancy conflict
- issue the legally required counselling certificate in accordance with §219 StGB
- provide counselling after the termination of a pregnancy
- provide information on contraception, sterilisation or the "morning after pill"
- cover the costs of contraceptives

📍 Bismarckstraße 3, 46047 Oberhausen  
☎ [0208867771](tel:0208867771)  
@ [oberhausen@profamilia.de](mailto:oberhausen@profamilia.de)

You can find out more about the various options for terminating a pregnancy in many different languages at [zanzu.de](http://zanzu.de).

## Adoption and confidential birth

If you cannot or do not want to keep your child, you can give your child up for adoption after birth. The youth welfare office will then initially take over the care and look after your child. If you then finally decide that you do not want to bring up your child yourself, you can give it up for adoption. The youth welfare office will then look for a caring family to raise your child.

If nobody is allowed to find out about your pregnancy, there is still the option of bringing your child into the world. You are not alone in this. There is the option of a so-called "confidential birth". With a "confidential birth", you can give birth to your child safely in a hospital. With the exception of a counsellor, no one will know your name. The counsellor is not allowed to talk to anyone about you. This way you remain unrecognised. After the age of 16, your child may have the right to know your name. However, apart from your child, nobody else has this right. You do not have to pay the costs of the counselling and the birth yourself. If you would like a "confidential birth", you can contact the counselling centre around the clock on the telephone number ☎ [08004040020](tel:08004040020) or online at the counselling centre ["Beratung & Geburt vertraulich"](#). Counselling is free and anonymous. The counsellors there speak many languages. Alternatively, you can also contact the counselling centres mentioned above. The staff there know what to do.

## Midwife consultation

## Our services



- We offer midwife consultations for pregnant women and women with small children
- We do this in cooperation with the city's "Frühe Hilfen" network Oberhausen
- This supports mothers and expectant mothers with possible challenges during and after pregnancy
- The midwife is available to provide (expectant) mothers with information on early help services
- you can also come to the midwife with questions and problems that are not directly related to motherhood  
=> a solution to the problems is sought together with the mothers

## When:

- On the first and third Wednesday of the month
- Consultation hours in the time from 09:30 to 11:30 am

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
26	27	28	29	30	31	1
2	3	4 1. Mittwoch	5	6	7	8
9	10	11	12	13	14	15
16	17	18 3. Mittwoch	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

📍 [Styrumer Straße 41](#)  
46045 Oberhausen

## Contact:

🌐 [ZIB-Bildungsoffensive](#)

📍 [Styrumer Straße 41](#)

46045 Oberhausen

☎ [+49 \(0\) 2089942462](#)

🕒 Monday - Friday: 9.00 - 16.00 Uhr

In co-operation with:





## Violence against women helpline

## Violence against women helpline

 [08000116016](tel:08000116016)

 [Helpline](#)

The Hilfetelefon Gewalt gegen Frauen counsels women affected throughout Germany. The counsellors provide advice on all forms of violence against women. Do you need help where you live? Then the counsellors will refer you to suitable local facilities. Online counselling is also possible via the website. The counselling sessions 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 an interpreting service via the website. This costs you nothing. The conversation with the counsellor will be translated into German sign language. It can also be translated into written language. Counselling is possible in many languages via interpreters:

- Albanian
- Arabic
- Bulgarian
- Chinese
- Chinese
- French, Italian
- Italian
- Farsi/Dari
- Kurmanji
- Polish
- Portuguese
- Romanian
- Russian
- Spanish
- Turkish
- Ukrainian
- Vietnamese

## Strengthening group

## Strengthening group for refugee and immigrant women



- The empowerment group is a language-reduced programme for women with a history of immigration and flight
- in a protected environment, methods useful for life in Germany are taught in order to strengthen oneself
- The aim is to discover one's own resources in order to relieve oneself and thus prevent illnesses

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#### **A few topics from our concept:**

- what feelings are for and how to deal with feelings
- Effects of experiences on everyday life
- The connection between psyche and body
- Information on psychological, sexualised and domestic violence and rights under the Protection against Violence Act
- Living in two cultures
- Practical exercises to stabilise and strengthen yourself

Knowledge of German is not mandatory. The course is designed so that every woman can take part. Every woman is welcome!

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#### **When:**


Fridays, from 11:00 to 12:00


The group takes place once a week. (10 dates each)


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#### **Where:**

 [ZIB Bildungsoffensive](#)

 [Styrumer Str. 41](#), 46045 Oberhausen

 [+49 \(0\) 2089942477](tel:+4902089942477)


 [zib@die-kurbel-oberhausen.de](mailto:zib@die-kurbel-oberhausen.de)

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#### **Contact person:**


 Serap Tanış

Head of Education and Integration, Head of ZIB-BILDUNGSOFFENSIVE

 [+49 \(0\) 2089942461](tel:+4902089942461)

 [s.tanis@die-kurbel-oberhausen.de](mailto:s.tanis@die-kurbel-oberhausen.de)

 Louisa Ahkim-Uzun

 [+49 \(0\) 2089942449](tel:+4902089942449)

 [l.ahkim@die-kurbel-oberhausen.de](mailto:l.ahkim@die-kurbel-oberhausen.de)

#### **Health counselling**



## Specialist centre for sexual health promotion

### Aidshilfe Oberhausen e.V. - the specialist centre for sexual health promotion

We offer counselling on the topics of HIV, AIDS, hepatitis and other sexually transmitted infections (STI).

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

We provide counselling and support for people who are HIV-positive or have AIDS.

Family members and friends are also welcome to come to us for counselling.

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

Counselling is free of charge. Counselling is anonymous and confidential.

We offer counselling in German, English, Russian, Polish, French and Turkish.

[Aidshilfe Oberhausen e.V.](#)

Specialist centre for sexual health promotion

📍 Marktstr. 165, 46045 Oberhausen

☎ [0208806518](tel:0208806518)

✉ [Info@aidshilfe-oberhausen.de](mailto:Info@aidshilfe-oberhausen.de)

You can find more information on HIV and Aids here:

[Aidshilfe](#)

You can also find more information on health, the body and sexuality in other languages [here](#).

## Intego contact point and advice centre



Ihr Netzwerk für psychische Gesundheit

### Who are we?

intego and its non-profit organisation intego - PSFV have been active in community psychiatry in the city of Oberhausen since 1984. Today, around 130 employees are involved in the wide range of tasks carried out by intego GmbH. The organisation originated from an initiative of volunteer citizens.

### Who are we there for?



We help people

- who find themselves in exceptional mental states or in situations of excessive demands
- when their own resources, other offers of help and the support of their relatives and friends are not enough to restore their well-being
- who are mentally ill
- who are at risk of mental illness and mental disability.

We help you to utilise your own resources. We want you to lead a largely independent life, integrated into society.

## What do we do?

We offer various counselling and support services. Intego advises and connects people.

We offer sound psychosocial counselling. We initiate self-help and refer people to other institutions, social organisations or self-help groups. We support users in being active together and spending their leisure time together.

Just drop by!

## Contact point and advice centre:

 [Friedensplatz 8 \(Ecke Langemarkstraße\), 46045 Oberhausen](#)   
[02088108663](tel:02088108663)  
[@peer-beratung@intego-ruhr.de](mailto:@peer-beratung@intego-ruhr.de)

 Mondays to Fridays from 09:00 to 12:00

Breakfast: Mondays to Fridays from 10:00 to 11:00 a.m.

## SGB II Counselling

The Psychosocial Health Centre (PGZ) at Intego works together with the Social Psychiatric Centre (SPZ), the Caritas Association and the Diakonisches Werk at Oberhausen. They have been offering counselling together since 2006. This help is set out in a law, the §16a Nr. 3 und 4 SGB II, beschrieben.

The aim of this counselling is to help people who have been out of work for a long time. Some have problems that make it difficult to find a job. The counselling helps to reduce or solve these problems. There is special support and other offers for this.

People who receive money from Jobcenter (SGB II recipients) can first receive counselling at the Psychosocial Health Centre. In some cases, the centre can also ask the job centre for special support for these people. If necessary, translators can help.

## Psychosocial health centre





## **Psychosoziales Gesundheitszentrum im Diakoniewerk Oberhausen gGmbH: Anlaufstelle für Menschen, die seelisch krank sind.**

We help people who are not feeling well mentally.

Here you can meet people who are also not feeling well and talk to them or do something together.

We help people who are mentally ill and need help in everyday life and in their homes. We help people to participate in life in the community.

We provide counselling in German. You are welcome to bring an interpreter with you. The help is free of charge.

📍 Steinbrinkstraße 158, 46145 Oberhausen (behind the church)

☎ [0208635870](tel:0208635870)

@ [pgz@diakoniewerk-oberhausen.de](mailto:pgz@diakoniewerk-oberhausen.de)

🌐 [Diakoniewerk Oberhausen](https://www.diaconiewerk-oberhausen.de)

🕒 Monday to Thursday from 8.30 am to 4.30 pm

🕒 Friday from 8.30 am to 12.30 pm

### **Further consultations**

#### **Neighbourhood offices for senior citizens**

##### **Neighbourhood offices in Oberhausen**

Health and care risks increase with age. However, a targeted lifestyle and medical and social care can have a positive impact on the quality of life of older people.

In order to enable many older people to continue to lead a self-determined life, the neighbourhood offices are contact points. They offer advice and help. There are six neighbourhood offices spread throughout Oberhausen.

Here are the 6 neighbourhood offices in Oberhausen:

##### **Oberhausen - Centre/Styrum**

German Red Cross Oberhausen

👤 Vera Höger

☎ [+49 \(0\) 15155166434](tel:+49015155166434)

👤 Melek Cimen (counselling also in Turkish)

☎ [+49 \(0\) 15142129132](tel:+49015142129132)



📍 [Grenzstraße 31](#)

45046 Oberhausen

🕒 Wednesday 8 am to 4 pm

📍 [Helmholtzstraße 115](#)

46045 Oberhausen

🕒 Monday - Thursday 8 a.m. to 5 p.m. and Friday 8 a.m. to 1 p.m.

**Alstaden/Lirich**

Caritas Oberhausen

👤 Anna Gedik

☎ [+49 \(0\) 20865634228](tel:+49(0)20865634228)

☎ [+49 \(0\) 15201592040](tel:+49(0)15201592040)

📍 [Bebilestraße 23](#)

🕒 Monday and Wednesday: 10 am to 12 noon, Tuesday: 12 noon to 2 pm and by appointment

👤 Katja Overbeck

☎ [+49 \(0\) 20897069682](tel:+49(0)20897069682)

☎ [+49 \(0\) 1638808671](tel:+49(0)1638808671)

📍 [Kewerstraße 56](#)

🕒 Thursday: 10 am to 12 noon and by appointment

**Oberhausen-East**

Lebenshilfe Oberhausen

👤 Andrea Auner

☎ [+49 \(0\) 15115659516](tel:+49(0)15115659516)

📍 [Marienburgstraße 14](#)

🕒 Tuesday and Thursday: 2 pm to 6 pm and by appointment

**Osterfeld**

pro wohnen international

👤 Zahide Derin

☎ [+49 \(0\) 2089606945](tel:+49(0)2089606945)

📍 [Wasgenwaldstraße 49](#)

🕒 Monday to Friday: 9 am to 12 noon and by appointment

@

[zahide.derin@pro-wohnen-oberhausen.de](mailto:zahide.derin@pro-wohnen-oberhausen.de)

**Sterkrade-Centre**


Living good hope

👤 Beate van de Leest @ [b.vandeleest@gute-hoffnung.de](mailto:b.vandeleest@gute-hoffnung.de)




 [+49 \(0\) 20888253273](tel:+49(0)20888253273)

 Bettina Kraft [@b.kraft@gute-hoffnung.de](mailto:b.kraft@gute-hoffnung.de)

 [+49 \(0\) 20888253251](tel:+49(0)20888253251)

 [An der Guten Hoffnung 4](#) (Enter navigation:  Bahnhofstr. 66 )


 Monday: 9 a.m. to 1 p.m., Wednesday and Thursday: 9 a.m. to 5 p.m. and by appointment


### **Sterkrade-North**

Workers' Welfare Organisation Oberhausen e.V.

 Thomas Heipcke

 [Julius-Brecht-Anger 33](#)

 [+49 \(0\) 2088500081](tel:+49(0)2088500081)

 Thursday: 10 a.m. to 1 p.m. and by appointment

@

[quartier sbuero@awo-oberhausen.de](mailto:sbuero@awo-oberhausen.de)

### **Labour advice centre**

Labour advice centre

Location RUHRWERKSTATT

in co-operation with the Starthilfe e.V.

[Ruhrwerkstatt](#)

[Starthilfe Oberhausen](#)

Support with unemployment and against labour exploitation.

The state of North Rhine-Westphalia provides support, counselling and meeting opportunities for unemployed people or people affected by labour exploitation through its employment advice centres.

The Labour Advice Centre is funded by the European Social Fund (ESF) and the state. The advice centre supports people who are affected or threatened by unemployment. It also helps people who are suffering from labour exploitation.

Unemployed people and people threatened by unemployment can find advice on qualification and employment at the counselling centres. They also provide support with economic, psychosocial and legal issues. In future, low-threshold meeting opportunities will be offered at all counselling centres.

### **The new focus: labour exploitation.**

The labour advice centres have a new focus. This focus is in the area of labour exploitation. Employment relationships in which the prescribed - fair and appropriate - working conditions are circumvented, for example by circumventing the statutory minimum wage, violating the Working Hours Act or failing to continue to pay wages in the event of illness, are classified as labour exploitation. In counselling, emphasis is placed on cooperation with the language services to ensure communication in the native language.

An important part of the counselling work is supporting those seeking advice in their search for lawyers. Counselling takes place on site or in consultation hours by telephone or digitally.



Counselling and support services are provided by prior appointment or during opening hours.

Open counselling

Monday: 09.00 a.m. - 16.00 p.m.

Wednesday: 09.00 a.m. - 14.00 p.m.

By appointment only:

Tuesday: 09.00 a.m. - 4.00 p.m.

Thursday: 09.00 - 16.00

Friday: 09.00 a.m. - 13.00 p.m.

Open meeting place AKA 103 der RUHRWERKSTATT


 Monday to Friday 8:30 - 14:00

How to find us:

The bus from the main station

Take line 122 or line SB 92 as far as the Akazienstraße

 Jürgen Cotta

 [+49 \(0\) 2088575671](tel:+49(0)2088575671)

 Alev Cömert

 [+49 \(0\) 2088575682](tel:+49(0)2088575682)

[@beratungsstellearbeit@ruhrwerkstatt.de](mailto:beratungsstellearbeit@ruhrwerkstatt.de)

## Debt counselling and consumer insolvency counselling




Diakoniewerk Oberhausen gGmbH - Schuldner- und Verbraucherinsolvenzberatung


We help people who have problems with their money:

- When people have debts.
- When people can no longer pay their bills.
- When people no longer have electricity or gas.
- When their bank account is blocked.

We offer advice in German. You are welcome to bring an interpreter with you. The help costs nothing.

Contact us

 [\*\*Diakoniewerk Oberhausen gGmbH - Schuldner- und Verbraucherinsolvenzberatung\*\*](#)

 Langemarkstraße 19 bis 21, 46045 Oberhausen



 [0208807020](tel:0208807020)

[@schuldnerberatung@diakoniewerk-oberhausen.de](mailto:@schuldnerberatung@diakoniewerk-oberhausen.de)

### Assistance for the homeless




Diakoniewerk Oberhausen gGmbH - Wohnungslosenhilfe: Hilfe für Wohnungslose

We help people who


- lose their home.
- have no home.
- who can't cope with everyday life on their own.

We offer counselling in German. You are welcome to bring an interpreter with you. Help is free of charge.

If you are a woman and need help, come to our "Lore". Men are not allowed in here. 

[020830201425](tel:020830201425) [@lore@diakoniewerk-oberhausen.de](mailto:@lore@diakoniewerk-oberhausen.de)

### [Diakoniewerk Oberhausen gGmbH](#)

 Grenzstraße 73c, 46045 Oberhausen

 [02088500880](tel:02088500880)

[@wohnungslosenhilfe@diakoniewerk-oberhausen.de](mailto:@wohnungslosenhilfe@diakoniewerk-oberhausen.de)

### Counselling centre



Diakoniewerk Oberhausen gGmbH - Beratungsstelle

We support people who


- need help with bringing up their children.
- who need help because there are problems in their marriage or relationship.
- who need help because they are not happy.

We offer counselling in German. You are welcome to bring an interpreter with you. The help is free of charge.

Contact us



## **Diakoniewerk Oberhausen gGmbH - Beratungsstelle**

 Grenzstraße 73 c, 46045 Oberhausen

 [02088500870](tel:02088500870)


 [@evangelische-beratungsstelle@diakoniewerk-oberhausen.de](mailto:@evangelische-beratungsstelle@diakoniewerk-oberhausen.de)


### **General social counselling**


Often you don't know who to turn to with a question or a problem. We offer free advice on all kinds of questions and problems. Together we will look for answers and solutions. We will also give you tips on where you can get the right help.

You can find us here

 **Caritas Oberhausen Allgemeine Sozialberatung**

 Nürnberger Str. 5, 46117 Oberhausen

 [+49 \(0\) 208940420](tel:+49(0)208940420)

 [@hilfe@caritas-oberhausen.de](mailto:@hilfe@caritas-oberhausen.de)



**Caritasverband  
Oberhausen e.V.**

### **Debt counselling**

Debt counselling in Oberhausen is offered by both Caritas and Diakonie.

### **Caritas**

Do you have financial worries and are you at risk of falling into debt? We are here for you! Get in touch and ask.

We will look for solutions and offers of help in a personalised discussion.

For example, we can help with


- Dunning proceedings or enforcement
- court enforcement
- Account seizure
- Securing the flat
- Contact with creditors
- and much more



## Contact us

 [Caritas Oberhausen Schuldnerberatung](tel:+49(0)2089404234)

 [Nürnberger Straße 5, 46117 Oberhausen](#)

 [+49 \(0\) 2089404234](tel:+49(0)2089404234)

 [@schuldnerberatung@caritas-oberhausen.de](mailto:schuldnerberatung@caritas-oberhausen.de)

## Diakonie



Diakoniewerk Oberhausen gGmbH - Wohnungslosenhilfe Help for the homeless

We help people who

- lose their home.
- have no home.
- who can't cope with everyday life on their own.


We offer counselling in German. You are welcome to bring an interpreter with you. The help is free of charge.

If you are a woman and need help, come to our "Lore". Men are not allowed in here.

 [+49 \(0\) 20830201425](tel:+49(0)20830201425)

 [@lore@diakoniewerk-oberhausen.de](mailto:lore@diakoniewerk-oberhausen.de)

 [Diakoniewerk Oberhausen gGmbH](tel:+49(0)2088500880)

 Grenzstraße 73c, 46045 Oberhausen  [+49 \(0\) 2088500880](tel:+49(0)2088500880)

 [@wohnungslosenhilfe@diakoniewerk-oberhausen.de](mailto:wohnungslosenhilfe@diakoniewerk-oberhausen.de)

## Citizen's income advice


The SGB-II counselling service is a psychosocial counselling service. It is aimed at people who receive unemployment benefit II (ALG-II) and are in a difficult personal situation. We support you with problems and crises.


We accompany and advise you on questions relating to your job and your situation.



## You can find us here

 [Caritas Oberhausen SGB II Beratung](#)

 Mülheimer Straße 202, 46045 Oberhausen

 [+49 \(0\) 208940482](#)

 [@sgb2-beratung@caritas-oberhausen.de](mailto:sgb2-beratung@caritas-oberhausen.de)



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## Help for people with disabilities

People with intellectual disabilities often do not know what rights they have or what options are available in their city. We offer help. Those affected can ask us questions and receive counselling. The counselling is free of charge.


We want to help people with disabilities to lead their lives independently.

Our counselling is aimed at

- People with an intellectual disability
- Parents, relatives and friends
- carers
- educational professionals
- all interested parties

You can find us here

 [Caritas Oberhausen KoKoBe](#)

 Kantstraße 17, 46145 Oberhausen

 [+49 \(0\) 2089404970](#)

 [@petra.franken@caritas-oberhausen.de](mailto:petra.franken@caritas-oberhausen.de)



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## Marriage and family counselling



At some point, everyone can find themselves in a situation where they feel alone and overwhelmed. There is often no one to talk to about it. That's why we offer counselling to individuals and couples. We help with life crises or problems in marriage, for example.


Counselling is open to everyone - regardless of religious denomination, social status or nationality.

We advise you

- in difficult situations in your partnership, career, marriage or family
- separation and divorce
- for personal problems (grief, excessive demands, self-doubt)
- if you feel alone
- for problems that you can't tell anyone about but need to get off your chest
- sexual problems
- with questions of faith

You can reach us here

 [Caritas Oberhausen Ehe- und Familienberatung](#)

 Am Förderturm 8, 46049 Oberhausen

 [+49 \(0\) 2083000890](tel:+49(0)2083000890)

[@eheberatung@caritas-muelheim.de](mailto:@eheberatung@caritas-muelheim.de)

## help

### Stay in Germany

For help with visits to the authorities, you will find more information under this point:

[Beratung für Menschen mit Einwanderungsgeschichte.](#)

For advice on aliens law, please contact the aliens authority of the city of Oberhausen under this point:

 [Ausländer- und Staatsangehörigkeitsangelegenheiten](#)

The Foreigners' Registration Office deals with all matters relating to the rights of foreigners and residence of people from other countries in Oberhausen.

Residence law is a very broad area of law, so that no counselling can be given here. We ask for your understanding.

You can find more information directly at the BAMF:

 [Der Ablauf des Asylverfahrens](#)

 [Das Familienasyl und der Familiennachzug](#)



## Experiences with discrimination

Treating people unequally because of certain characteristics is prohibited in Germany. But it is still widespread. Whether when looking for accommodation, at work, in authorities, schools, doctors' surgeries, in leisure time or with the police. Discrimination can happen in all areas of life. Am I not allowed into the club because I have a disability? Did I not get the job because I wear a headscarf? Are my children treated less favourably at school because they speak little German? Do the police only check me on the long-distance bus because I have a different skin colour? Does the taxi driver refuse to give me a lift because I am transgender? Experiences like these lead to anger, powerlessness and a feeling of helplessness. But you don't have to simply accept discrimination. You have the right to defend yourself against it.

All people in Germany have this right. Regardless of their origin or residence status. It is enshrined in the German constitution as one of the human rights. You can take legal action against discrimination.

## Have I been discriminated against?

Sometimes you don't know exactly whether you have been discriminated against. You are unsure because other people don't see a problem with an action or don't think the discrimination is bad. This is where counselling can help. The staff at the counselling centre will take your experiences seriously. They can tell you whether your experience is also legally considered discrimination and what legal options you now have. But even if your experience is not legally considered discrimination, the counselling centre can help you. The staff can help you to come to terms with what you have experienced and develop strategies for the future.

The anti-discrimination advice centres support all people who have experienced discrimination and would like advice.

For example, you can seek advice directly from the Federal Anti-Discrimination Agency at [030185551855](tel:030185551855). The advice centre is available at ☎ on Mondays from 1 - 3 pm and ☎ on Wednesdays and Fridays from 9 am - 12 pm. The staff speak German. Counselling is free of charge and anonymous if you wish. You will have to pay the usual telephone charges for the call.

You can also ask the [German Anti-Discrimination Association](#) for help.

Alternatively, you can also contact a [migration counselling service for adults](#) or the [youth migration service](#). The staff often speak many languages and can help you with all problems relating to life in Germany.

## What do I do if I have been discriminated against by the police?

Police officers are not above the law. What they may and may not do is regulated in the Criminal Code, the Code of Criminal Procedure and police law. You can find out more [here](#).

Important: You have the right to ask for the police officer's identity card and to write down their details. This is important if you want to file a criminal complaint later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Please note: You must file a criminal complaint within three months of the incident. You can do this directly



with the public prosecutor's office. You do not have to go to the police.

## Lesbian, gay, bisexual, trans\* and inter\* (LGBTI)

Many different people live together in Germany. They have different religions. They are of different genders. They come from different countries. They have different political views. All these people live together peacefully. They all have the same rights.

The same applies to people of different sexual orientations or gender identities: these include lesbians, gays, bisexuals, transgender and intersex people. In short, they are called LSTBI. They have the same rights in Germany as other people.

There are three genders in Germany. These are "male", "female" and "diverse". Transgender people can change their gender in Germany. They can also have their name changed. Women are allowed to love and marry women in Germany. Men are allowed to love and marry men in Germany.

👥 Many people at LSBTI have fled to Germany because they were persecuted in their home country. Are you a refugee and lesbian, gay, bisexual, transgender or intersex? Then you can contact one of the many LSBTI organisations in Germany. There you will find support, social contacts and information about LSBTI. You can find their contact details at the LSVD project "Queer Refugees Deutschland". You will also find further information:

Lesben- und Schwulenverband in Deutschland (LSVD)  
Projekt "Queer Refugees Deutschland"

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

 [@queer-refugees@lsvd.de](mailto:@queer-refugees@lsvd.de)

## People with disabilities

In Germany, almost one in ten people has a severe disability. Many more people have health impairments. Or they are chronically ill. For example, there are people who cannot see. They are blind. There are people who cannot hear. They are deaf. Some people's bodies are smaller than others. Some things are not so easy for them. You can't walk by yourself. Or it is more difficult to do a certain job. But they should also be able to participate in society. There are inclusion measures for this. For example, they get help at work. Or children receive special support even before they start kindergarten. It's called early intervention.

## Early intervention

Early intervention is for young children who have a disability or could develop a disability. It also helps children who develop more slowly than other children in certain areas. Examples of early intervention are Speech support, vision school or movement therapy. Early intervention is available for children from birth to school age. Early intervention is important to avoid disabilities or to minimise the consequences of disabilities.

Your [paediatrician](#) can help you find early intervention. You can also contact the [health](#) department.



## Severely disabled people

People with a degree of disability of 50 or more can obtain a severely disabled person's pass. There are a number of advantages associated with this card. For example, tax reductions. And reduced or free use of buses and trains. The benefits a person receives depend on the type of disability and the degree of disability. You can apply for a disabled person's pass from the pension office.

The family guide provides valuable information [here](#). You can find out what the degree of disability is. You will learn who determines the degree of disability. And what you can do if you do not agree with your degree of disability.

## CONTACT

Stadt Essen  
 Amt für Soziales und Wohnen  
 Abteilung Versorgungsamt  
 📍 Klinkestraße 29-3, 45136 Essen  
 ☎️ [+49 \(0\) 201880](tel:+49201201880)

## Probleme bei der Inklusion

However, there are still many problems with the integration of people with disabilities. Because people are not disabled - they are disabled: The ATM that is too high prevents them from being able to collect money without any problems. The stairs are off-limits for wheelchairs. And the small font is a problem for visually impaired people. Do you see someone who might need help? Then ask if you can help.

## Lebenshilfe für Menschen mit geistiger Behinderung Oberhausen e.V.

🌐 [lebenshilfe-oberhausen.de](http://lebenshilfe-oberhausen.de)  
 📍 Friedensplatz 16, 46045 Oberhausen  
 ☎️ [+49 \(0\) 20827881](tel:+49208227881)

## Violence against women helpline

## Diakoniewerk Oberhausen gGmbH



Diakoniewerk Oberhausen gGmbH

We support people who

- lose their home.
- do not have a flat.



- have problems with their money.
- are mentally ill.
- are unable to make their own decisions because they are ill.
- need help bringing up their children.
- who need help because there are problems in their marriage or relationship.
- who need help because they are not happy.

We offer counselling in German. You are welcome to bring an interpreter with you. The help is free of charge.

### **Diakoniewerk Oberhausen gGmbH**

📍 Helmholtzstraße 145, 46045 Oberhausen

☎ [020881094910](tel:020881094910)

@[info@diakoniewerk-oberhausen.de](mailto:info@diakoniewerk-oberhausen.de)

### **Offer for perpetrators of domestic violence**

We offer counselling and training for men who are or have been violent towards their partners. The programme is therefore aimed at perpetrators of domestic violence.

Our training courses are open to men who

- want to take responsibility for their own actions
- want to end their violence
- are prepared to speak openly
- want to attend regularly
- can speak sufficient German

Participants should learn how they can change their behaviour in the future.

### **You can find us here**

📍 [Caritas Oberhausen Gewaltfrei Angebot für Täter](#)

📍 Dorstener Straße 200, 46145 Oberhausen

☎ [+49 \(0\) 1638808696](tel:+49%280%291638808696)

@[gewaltfrei@caritas-oberhausen.de](mailto:gewaltfrei@caritas-oberhausen.de)

### **Assisted living**

There are various shelters in Oberhausen that offer support.

### **Help for homeless people**



Various personal crises can throw a person off course. This can also involve the loss of their own flat or home. Our facility provides homeless people with a temporary home and helps them to find a new perspective.

As an inpatient help centre, Carl-Sonnenschein-Haus looks after homeless, single people aged 21 and over who are in need and cannot get out on their own. The admission of young adults aged 18 to 21 and foreign nationals requires prior agreement with the funding organisation.

There are 80 places in total. Residents also have the opportunity to attend courses and further their education.

The aim is to help people to lead an independent life. They should be able to take part in life and the community again. We help them to build social relationships, find a job and also to find their own home. You can find more information on our website.

### You can find us here

 [Caritas Oberhausen Carl Sonnenschein Haus](#)

 [Bebelstraße 205, 46049 Oberhausen](#)

 [+49 \(0\) +49 \(0\) 8940470](#)

 [@info-csh@caritas-oberhausen.de](#)



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### Wilhelm-Knappmann-Haus

We give people with mental illness a home.

The Wilhelm Knappmann-Haus facility is a form of accommodation for people with mental illness in Oberhausen. There is space for 26 residents.

The residents live together in small residential groups. They can organise their area according to their own wishes. This includes having their own room. Our staff support people in their everyday lives if they need help.

We offer the residents a structure for the day. For example, we do household chores together. We also go for walks, cook or do handicrafts together.

### You can find us here

 [Caritas Oberhausen Wilhelm-Knappmann-Haus](#)



📍 [Grillostraße 51, 46045 Oberhausen](#)

☎ [0208940460](tel:0208940460)

@ [info-wkh@caritas-oberhausen.de](mailto:info-wkh@caritas-oberhausen.de)



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## Franziskus-Haus

Our Franziskus-Haus is home to people with a mental disability. There are 40 places and rooms in the house. We are currently looking for new members.

The facility has a large garden. A total of five residential groups live together. The aim is for residents to learn to live independently. Specialist staff support and accompany them in this process.

The residents can also visit and work in a workshop for people with disabilities. These and many other activities are designed to give the residents a structure to their day.

There is another residential group at a second location with a total of 14 places.

## Here you will find us

📍 [Caritas Oberhausen Fanziskushaus](#)

📍 [Eulenstraße 1, 46145 Oberhausen](#)

☎ [+49 \(0\) 8940480](tel:+49(0)8940480)

@ [info-fh@caritas-oberhausen.de](mailto:info-fh@caritas-oberhausen.de)

## Rohlandshof for senior citizens

### Against loneliness in old age

Poverty and social isolation are common in old age. We want to do something about this with our residential community for senior citizens.

We want to help our residents to lead an independent life. Physical limitations and disabilities are not a problem: our flats are suitably equipped and also suitable for wheelchair users. They can be personalised.



The residential groups also have communal rooms and a large kitchen. There are also five separate flats. The apartments are spread over two floors. There is a lift.


Our residents receive counselling and support from our staff. The community in the home is also important to us and is encouraged by us.

With our facility, we want to help older people to live in their own four walls for as long as possible and not in a care home.

### You can find us here

 [Caritas Oberhausen Rohlandshof](https://www.caritas-oberhausen.de/rohlandshof)

 [Kewerstraße 56, 46049 Oberhausen](#)

 [+49 \(0\) 208940420](tel:+49208940420)

 [@rohlandshof@caritas-oberhausen.de](mailto:rohlandshof@caritas-oberhausen.de)



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Oberhausen e.V.

### Christophorus Junges Wohnen

Our facility provides a home for young adults with a mental impairment.

The residents have 16 single rooms in four residential groups and four apartments for one person each. They are between 18 and 26 years old.

Our social and educational programmes are geared towards the needs of young adults. Our team consists of qualified specialised staff.


The young women and men are often in difficult situations when they are admitted. They are often no longer able to lead a regular social life. They have various psychological, emotional and social limitations. They find it difficult to realise their own wishes and ideas.

We support these people and want to provide them with protection and care. The aim is to enable people to live independently. In doing so, we always focus on the individual and their wishes.

We assume that young adults can still develop a great deal. This is why our programmes are limited in time.


### You can find us here

 [Caritas Oberhausen Christophorus Junges Wohnen](https://www.caritas-oberhausen.de/christophorus-junges-wohnen)

 [Waghalsstraße 14, 46117 Oberhausen](#)



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 [+49 \(0\) 8940450](tel:+49(0)8940450)

[@christophorus@caritas-oberhausen.de](mailto:@christophorus@caritas-oberhausen.de)