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Counselling centres and offers of help

Migration advice centres

Migration advice centres - help with integration and everyday life

When people come to Germany for the first time, many things are still unfamiliar. They often have questions about life in Germany, the authorities, language, school, training, work or residence.

Migration advice centres help with these questions.

Specialists work there to advise and support people with a history of migration.

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

The staff often speak several languages or use interpreters.

💡 There are various migration advice centres. Responsibility depends on the place of residence (postcode)

[Overview of the LIGA Saar](#)

Migration counselling for adult immigrants (MBE)

Migration counselling for adult immigrants (MBE) is aimed at:

- People over the age of 27,
- who are new to Germany or have been living here for some time,
- with a residence permit or permanent right of residence.

The MBE helps, for example, with

- Questions about residence, housing, work or school,
- registration for an integration course,
- letters from authorities,
- filling out forms,
- problems in everyday life.

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Youth Migration Service (JMD)

The Youth Migration Service (JMD) counsels **young people:**

- between the ages of 12 and 27,
- with a migration background or new to Germany,
- with or without a residence permit.

The JMD helps with:

- School, training and work,
- personal problems,
- questions about family and leisure time,
- job applications and internships,
- language and integration.

Group programmes, homework help and workshops are also included.

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Welcome guides (WiLo)

Welcome guides (WiLo) help refugees with good prospects of staying who are moving from the state reception centre to a municipality.

They accompany people during the transition from the reception centre to their new accommodation in the municipality.

This ensures that the move goes smoothly and is well prepared.

The welcome guides are a **link between the reception centre and the municipality**. For example, they take care of

- Special problems such as illness or family worries,
- contacts to important contact persons in the community,
- good preparation before the move.

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Integration Guides (ILO)

Integration guides (ILO) help people with a migration background to find their way in everyday life - especially in the initial period after moving to a municipality.

For example, they provide support with

- [finding accommodation](#),
- applications and forms,
- contact with [the authorities](#),

- familiarising yourself with your new surroundings.

The help is based on the principle of **"helping people to help themselves"**:

The guides show **people how they can help themselves**.

They promote personal initiative and involve other agencies - e.g. advice centres, social services or associations.

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Regional integration counselling (LIB)

The Landesintegrationsbegleitung (LIB) helps immigrants to find a **job or an apprenticeship**. This involves looking at: What am I good at? What suits me? What is needed on the labour market?

The counsellors provide support:

- with career guidance,
- in the search for qualifications or courses,
- with information on the labour market in Germany,
- with tips on applications and training programmes.

The counselling service helps you to prepare well for work in Germany - depending on your **skills and interests**.

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(Mobile) counselling, integration and placement of EU immigrants in Saarland

The (mobile) counselling for people from EU countries is free, confidential and independent.

The counsellors provide support on many topics, for example

- Placement on [language and integration courses](#)
- Help with [social benefits](#) such as child benefit, citizen's allowance or housing benefit
- Support with job searches or unemployment
- Information on [health](#) and [health insurance](#)
- Advice on [children](#), kindergarten, school and education
- Referral to other specialised services

- General information about life in Germany

The counsellors work throughout the Saarland and network with offices, authorities and other institutions in order to offer the best possible help.

ADDRESS AND CONTACT

BIV, (Mobile) Beratung, Integration und Vermittlung von EU-Zuwanderer im Saarland - AWO Saarland | Saarlandweit

📍 [Breite Str. 41, 66115 Saarbrücken](#)

🌐 <https://www.awo-saarland.de/migrationsberatung/>

Asylum and procedure counselling

This special counselling service is aimed at people in **ongoing asylum procedures**.

It helps them to understand:

- how the asylum procedure works in Germany,
- what rights and obligations asylum seekers have,
- which documents are important,
- how an interview at the BAMF works.

Counselling can take place before or during the asylum procedure - often directly in reception centres.

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BARIŞ - Living and Learning e.V.

BARIŞ - Leben und Lernen e.V. is an association.

The association is based in the Intercultural Competence Centre of the Chamber of Labour in Völklingen.

The association helps people with and without a history of migration to live well together. It also supports people who have fewer opportunities in life.

BARIŞ offers many programmes for children, young people, adults and older people. The services cover many areas of life - for example education, leisure and family.

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Intercultural Competence Centre of the Saarland Chamber of Labour

The Intercultural Competence Centre (IK for short) and the association BARIŞ - Living and Learning work closely together.

They are based in the same building in Völklingen and pursue common goals:

They want to improve the coexistence of people with and without a history of migration.

They are also committed to the education and support of disadvantaged people.

The tasks are divided between the IK and the association.

The Intercultural Competence Centre (IK) offers, for example

- Social counselling - for problems in everyday life or with the authorities
- Help with school - for example with homework or questions about school
- Support with the transition from school to work
- Counselling for institutions and professionals
- Public relations work - this means providing information for many people

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Interkulturelles Kompetenzzentrum der Arbeitskammer

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AIDS/HIV help

HIV and AIDS - Information and help

What is HIV?

HIV is a virus that attacks the immune system. If HIV is not treated, it can lead to AIDS.

What is AIDS?

AIDS is a disease that occurs when the immune system has become very weak due to HIV.

How can you protect yourself?

- Use condoms during sex.
- Get tested if you are unsure.
- Speak openly with your doctor.

What can you do if you have HIV?

HIV can be treated well with medication. Then you can lead a normal life and not infect other people.

Where can you get help?

AIDS Hilfe e.V.

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Education and work

Do you have questions about work, school or training?
Would you like to know how your certificates are recognised?
Or are you interested in studying or self-employment?

Then there are many **advice centres** for this.
You can also get advice on voluntary work and adult education centres.

You can find the relevant information on the respective pages here in the app.

- [Recognition of certificates](#),

- [Finding work](#),
- [training](#),
- [vocational school](#),
- [immigration of skilled labour](#),
- [compulsory education and the school system](#),
- [self-employment](#),
- [studies](#),
- [voluntary work](#)
- and the [adult education centre](#) can be found on the respective pages.

Discrimination, violence, extremism and democracy education

Discrimination, violence, extremism and democracy education

Some people are treated badly or attacked because they have a different skin colour, religion or origin.

This is called racism, anti-Semitism or discrimination.

If you experience or see something like this, you can get help.

There are various advice centres in the Saarbrücken region:

Antidiskriminierungsforum Saar (ADF)

The Antidiskriminierungsforum Saar (ADFS) (anti-discrimination forum) is committed to ensuring that nobody is discriminated against.

If you are treated unfairly because of your skin colour, origin, religion, disability, age, gender or sexual orientation, the ADF will support you.

The ADFS offers

- Free and confidential counselling on your side.
- Help so that you know and can utilise your rights.
- Commitment to equal opportunities and participation for all people.
- Commitment against discrimination in society, politics and everyday life.

The ADFS is an association that has been made up of many people and organisations since 2012.

The goal is a society in which everyone can live without fear and marginalisation - no matter what characteristics they have or how others see them.

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Antidiskriminierungsforum Saar e.V.

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Adolf-Bender-Zentrum - Counselling and democracy education

The Adolf-Bender-Zentrum is committed to human rights and democracy.

They help:

- if you are affected by racism, right-wing hatred or prejudice,
- if your school, club or group wants to do something against discrimination.

The centre offers

- personal counselling,
- workshops and training courses,
- support with projects.

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Adolf-Bender-Zentrum e.V.

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Bounce Back - Counselling for right-wing, racist or anti-Semitic violence

Have you experienced, observed or heard about right-wing, racist or anti-Semitic violence?
Bounce Back supports you confidentially and free of charge.

Counselling can help:

- if you are affected yourself,
- if relatives, friends or neighbours are affected,
- if you would like to report an incident.

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Bounce Back

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Yallah! - Counselling and support in cases of discrimination and radicalisation

Yallah! advises people

- who are disadvantaged or discriminated against because of their Muslim faith
- or are concerned about religiously motivated extremism.

Are you experiencing discrimination?

Are you being treated unfairly because you are Muslim or are perceived as such?

Yallah! informs you about your rights and helps you - **confidentially and free of charge.**

Are you worried about someone?

Has someone around you changed a lot?

Do you have questions about radicalisation or religious extremism?

Yallah! helps you to better understand situations and find solutions together.

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Yallah! | Beratung zu antimuslimischem Rassismus

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Women and girls

There are special counselling centres and protection services for women who need help.

For example

- if there is violence in the family or partnership
- when women are threatened or persecuted

- when women do not have a safe home
- when women are in a difficult life situation
- if women are alone with children and need support

Women can seek counselling there **confidentially and free of charge**.

They can also remain **anonymous** if they wish.

Many centres also offer help in **several languages**.

The specialists help with

- Questions about **housing, money or work**
- Contact with authorities or doctors
- Legal support (for example in cases of violence or custody)

Nobody has to be left alone with their problems.

Help is available - quickly, safely and without fear.

► Violence against women helpline

☎ [08000116016](tel:08000116016)

The helpline offers free counselling in various languages in the event of violence.

► "Pregnant women in need" helpline

☎ [08004040020](tel:08004040020)

The helpline offers free counselling in various languages to pregnant women who are in distress and have to conceal their pregnancy.

► Police

☎ 110

Call the police in an emergency! The police will protect you!

Women's shelters - protection for women in need

A women's refuge is a safe place for women and their children.

You can go there if you experience violence or are threatened at home.

You are protected in a women's refuge. Nobody will know where you are.

AWO Saarland e.V. | Frauenhaus Saarbrücken

@Frauenhaus-SB@lvsaarland.awo.org

☎ [+49 \(0\) 681991800](tel:+49(0)681991800)

🌐 <https://www.awo-saarland.de/frauenhaeuser/>

AWO Saarland e.V. | Frauenhaus Völklingen

@frauenhaus-vk@lvsaarland.awo.org

[+49 \(0\) 68985004407](tel:+49(0)68985004407)

<https://www.awo-saarland.de/frauenhaeuser/>

AWO Saarland e.V. | Frauenhaus Saarlouis

@frauenhaus-sls@lvsaarland.awo.org

[+49 \(0\) 68312200](tel:+49(0)68312200)

<https://www.awo-saarland.de/frauenhaeuser/>

AWO Saarland e.V. | Frauenhaus Neunkirchen

@Frauenhaus-NK@lvsaarland.awo.org

[+49 \(0\) 682192250](tel:+49(0)682192250)

<https://www.awo-saarland.de/frauenhaeuser/>

The **Elisabeth-Zillken-Haus** is a 24-hour facility in Saarbrücken that helps homeless, threatened or mentally distressed women and their children with protection, counselling and support to restart their own lives.

Elisabeth-Zillken-Haus | Stationäre Hilfe für Frauen und deren Kinder in Notsituationen

@kontakt-ezh@skf-saarland.de

<https://skf-saarland.de/taetigkeitsbereiche/einri...>

The **ELLEFriede** emergency shelter offers homeless women or women at risk of homelessness a safe place to stay overnight (with admission between 7 p.m. and 10 p.m.), basic supplies such as showers and laundry as well as first aid and counselling in a protected environment.

ELLEFriede, SkF | Notschlafstelle für Frauen

[Breite Strasse 63, 66115 Saarbrücken](#)

@ELLEFriede@skf-saarland.de

<https://skf-saarland.de/taetigkeitsbereiche/einri...>

The **Intercultural Counselling** Service supports people with a history of migration with questions about residence, work, housing, language or everyday problems - confidentially, free of charge and in several languages.

Beratung Interkulturell | Beratung von Frauen für Frauen

[Rosenstraße 31, 66111 Saarbrücken](#)

[@info@beratung-interkulturell.com](mailto:info@beratung-interkulturell.com)

[+49 \(0\) 681373535](tel:+49(0)681373535)

<https://www.beratung-interkulturell.com/de/>

ALDONA e.V. offers free and confidential counselling throughout Saarland for migrant women and women in sex work - including on topics such as domestic violence, forced marriage, human trafficking, exiting prostitution and support in dealing with the authorities.

ALDONA e.V. | Beratung für Migrantinnen und Prostituierte

[Großherzog-Friedrich-Straße 37, 66111 Saarbrücken](#)

[@info@aldona-ev.de](mailto:info@aldona-ev.de)

[+49 \(0\) 681373631](tel:+49(0)681373631)

<https://aldona-ev.de/>

The **NELE specialist counselling centre** helps girls and young women up to the age of 21 who have had bad experiences with sexual violence. It offers free and confidential counselling. This can be done in person, on the phone or online.

Parents, friends and helpers can also get support there. NELE also offers services to protect against sexual violence and informs others how they can help.

Nele - Fachberatungsstelle für sexuell missbrauchte Mädchen und junge Frauen

[Dudweilerstraße 80, 66111 Saarbrücken](#)

[@info@nele-saarland.de](mailto:info@nele-saarland.de)

[+4968132043](tel:+4968132043)

<https://nele-saarland.de/>

Counselling centre for women and work

The Women and Career Advice Centre helps women to find an apprenticeship or job. It advises on career issues, provides support with job applications and helps to better combine family and work.

Jannina Höppel-Gerlach | Beratungsstelle Frau & Beruf

[Schlossplatz 10, 66119 Saarbrücken](#)

[@jannina.hoeppel-gerlach@rvsbr.de](mailto:jannina.hoeppel-gerlach@rvsbr.de)

[+49 \(0\) 6815061903](tel:+49(0)6815061903)

<https://www.regionalverband-saarbruecken.de/jugen...>

Marina Henn | Beratungsstelle Frau & Beruf

📍 [Schlossplatz 10, 66119 Saarbrücken](#)

@ marina.henn@rvsbr.de

☎ [+49 \(0\) 6815061904](tel:+49(0)6815061904)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Women's representatives

Women's representatives advocate for women's rights in public authorities, companies and organisations. They help with problems, such as discrimination or violence, and support women in exercising their rights.

Mirjam Altmeier-Koletzki | Frauenbeauftragte des Regionalverband Saarbrücken

📍 [Schlossplatz 10, 66119 Saarbrücken](#)

@ Mirjam.Altmeier-Koletzki@rvsbr.de

☎ [+49 \(0\) 6815061900](tel:+49(0)6815061900)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Lisa Juliane Schneider | Frauenbeauftragte Landeshauptstadt Saarbrücken

📍 [Rathausplatz 1, 66111 Saarbrücken](#)

@ lisajuliane.schneider@saarbruecken.de

☎ [+49 \(0\) 6819051326](tel:+49(0)6819051326)

🌐 <https://www.saarbruecken.de/rathaus/stadtpolitik/...>

Mirka Preiser | Frauenbeauftragte Quierschied

📍 [Rathausplatz 1, 66287 Quierschied](#)

@ m.preiser@quierschied.de

☎ [+49 \(0\) 6897961137](tel:+49(0)6897961137)

🌐 <https://www.quierschied.de/gemeindeverwaltung>

Margret Schmidt | Frauenbeauftragte Püttlingen

📍 [Rathausplatz 1, 66346 Püttlingen](#)

@frauenbeauftragte@puettlingen.de

[+49 \(0\) 6898691121](tel:+49(0)6898691121)

<https://www.puettlingen.de/leben-wohnen/frauenbea...>

Nicole Appel | Frauenbeauftragte Völklingen

[Rathausplatz, 66333 Völklingen](#)

@frauenbeauftragte@voelklingen.de

[+49 \(0\) 6898132100](tel:+49(0)6898132100)

<https://www.voelklingen.de/rathaus-1/kommunale-fr...>

Further advice centres and support services

Beratungs- und Interventionsstelle für Opfer häuslicher Gewalt - SkF

[Richard-Wagner-Str. 17, 66111 Saarbrücken](#)

@interventionsstelle@skf-saarland.de

[+49 \(0\) 6813799610](tel:+49(0)6813799610)

<https://skf-saarland.de/taetigkeitsbereiche/berat...>

Onlineberatung SIBEL | Anonyme Online Beratung bei familiärer Gewalt, Zwangsheirat und Verschleppung

<https://papatya.org/onlineberatung-sibel/>

Frauennotruf Saarland | Saarlandweit

[Nauwieserstraße 19, 66111 Saarbrücken](#)

@info@frauennotruf-saarland.de

[+49 \(0\) 68136767](tel:+49(0)68136767)

[+49 \(0\) 8000116016](tel:+49(0)8000116016)

<https://www.frauennotruf-saarland.de/kontakt-hilf...>

Early help

What is early help?

Early help is a form of support for families with young children.

Having a baby changes a lot in life. The first time with the child is particularly important. Parents often have many questions, for example:

- How is my child developing well?
- How do I care for and feed my baby properly?
- What does my child need to feel comfortable?
- How do I feel as a mum or dad in this new situation?

Early help centres provide answers to these questions. They help families with children from 0 to 3 years - before and after the birth.

Who helps with Early Help?

In the Saarbrücken region, you can get support from

- freelance family midwives,
- Family, health and paediatric nurses,
- social medical assistants,
- paediatricians and
- paediatricians and social pedagogues

These people also come to your home.

[Further information.](#)

ADDRESS AND CONTACT

Eveline Zobel | Koordinierungsstelle Frühe Hilfen

@fruehehilfen@rvsbr.de

☎ [+49 \(0\) 6815065260](tel:+49(0)6815065260)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Dr. Gesine Thünenkötter | Koordinierungsstelle Frühe Hilfen

@fruehehilfen@rvsbr.de

☎ [+49 \(0\) 6815065409](tel:+49(0)6815065409)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Community work (GWA)

Community work (GWA) is a service offered in neighbourhoods where many people need support. It helps to **improve coexistence** and **make life in the neighbourhood easier**.

GWA not only helps with money or housing problems. It also wants people to **be better able to help themselves**. For example, the employees put people in touch with the authorities and advice centres. They help with many everyday questions and listen.

The GWA does not work alone. The **city, the regional association and other organisations** in the district are also involved. Together, they not only want to help individual people, but also **improve the entire neighbourhood**.

ADDRESS AND CONTACT

Gemeinwesenarbeit Alt-Saarbrücken

📍 [Gersweilerstr. 7, 66117 Saarbrücken](#)

✉️ [@info@paritaet-gwa.de](mailto:info@paritaet-gwa.de)

☎️ [+49 \(0\) 68159539900](tel:+49(0)68159539900)

🌐 <https://www.altsb.de/>

Gemeinwesenarbeit Brebach

📍 [Saarbrücker Straße 62, 66130 Saarbrücken](#)

✉️ [@bzb@dwsaar.de](mailto:bzb@dwsaar.de)

☎️ [+49 \(0\) 68187764](tel:+49(0)68187764)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/bu...>

Gemeinwesenarbeit Burbach

📍 [Bergstraße 6, 66115 Saarbrücken](#)

✉️ [@gemeinwesenarbeit-burbach@caritas-saarbruecken.de](mailto:gemeinwesenarbeit-burbach@caritas-saarbruecken.de)

☎️ [+49681761950](tel:+49681761950)

🌐 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Gemeinwesenarbeit Dudweiler Mitte

📍 [Am Markt 115, 66125 Saarbrücken](#)

✉️ [@gwa-dudweiler@dwsaar.de](mailto:gwa-dudweiler@dwsaar.de)

☎️ [+4968977780130](tel:+4968977780130)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/ge...>

Gemeinwesenarbeit Folsterhöhe Caritas

📍 [Vogelsborn 2, 66117 Saarbrücken](#)

@ gemeinwesenarbeit-folsterhoehe@caritas-saarbrueck...

☎ [+496813799590](tel:+496813799590)

🌐 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Stadtteilbüro Malstatt

📍 [Ludwigstraße 34, 66115 Saarbrücken](#)

@ sbm@dwsaar.de

☎ [+49681947350](tel:+49681947350)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/st...>

Zukunftsarbeit Molschd (ZAM)

📍 [Alte Lebacher Str. 14, 66113 Saarbrücken](#)

@ zam@paritaet-gwa.de

☎ [+49681761560](tel:+49681761560)

🌐 https://www.saarbruecken.de/leben_in_saarbruecken...

PÄDSAK e.V. Wackenberg

📍 [Rubensstr. 64, 66119 Saarbrücken](#)

@ info@paedsak.de

☎ [+496818590910](tel:+496818590910)

🌐 <https://www.paedsak.de/start.html>

Gemeinwesenarbeit Sulzbach

📍 [Sulzbachtalstraße 70, 66280 Sulzbach/Saar](#)

@ gemeinwesenarbeit-sulzbach@caritas-saarbruecken.de

 [+496897841066](tel:+496897841066)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Gemeinwesenarbeit Wehrden

 [Zilleichstraße 2, 66333 Völklingen](#)

 @gemeinwesenarbeit-wehrden@caritas-saarbruecken.de

 [+496898850960](tel:+496898850960)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Gemeinwesenarbeit Völklingen

 [Marktstraße 15, 66333 Völklingen](#)

 @gemeinwesenarbeit-voelklingen@caritas-saarbruecke...

 [+4968983090914](tel:+4968983090914)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Gemeinwesenarbeit Friedrichsthal | Gemeinwesenbüro Kolonieschacht

 [Elversberger Straße 74, 66299 Friedrichsthal](#)

 @gemeinwesenarbeit-friedrichsthal@caritas-saarbrue...

 [+49 \(0\) 689788044](tel:+49(0)689788044)

 <https://www.caritas-gwa-friedrichsthal.de/index.p...>

Gemeinwesenarbeit Friedrichsthal | Stadtteiltreff Friedrichsthal

 [Elversberger Straße 74, 66299 Friedrichsthal](#)

 @gemeinwesenarbeit-friedrichsthal@caritas-saarbrue...

 [+49 \(0\) 6897843090](tel:+49(0)6897843090)

 <https://www.caritas-gwa-friedrichsthal.de/index.p...>

Gemeinwesenarbeit Friedrichsthal | Kinder-, Jugend- und Familienarbeit

📍 [Elversberger Straße 74, 66299 Friedrichsthal](#)

✉️ @gemeinwesenarbeit-friedrichsthal@caritas-saarbrue...

☎️ [+49 \(0\) 6897840525](tel:+49(0)6897840525)

🌐 <https://www.caritas-gwa-friedrichsthal.de/index.p...>

An important part of GWA is also **helping families with young children**. In some neighbourhoods there are special offers for this, for example

- Baby clubs
- Early support and education for children up to the age of 3
- Counselling for parents

These services are part of the ["early help"](#) programme and are free of charge.

In Völklingen-Mitte, the children's centre works closely with the GWA. The children's centre supports children and families who have little money. There are programmes to help children

- do better at school,
- develop well,
- and find suitable help in the neighbourhood.

In this way, the GWA helps to ensure that all children have good opportunities - regardless of where they live or how much money their parents have.

ADDRESS AND CONTACT

Kinderhaus Malstatt

📍 [Neustraße 22, 66115 Saarbrücken](#)

✉️ @kinderhaus-malstatt@dwsaar.de

☎️ [+496819471342](tel:+496819471342)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/ki...>

Kinderhaus Völklingen

📍 [Marktstraße 15, 66333 Völklingen](#)

✉️ @kinderhaus-voelklingen@caritas-saarbruecken.de

 [+4968983090914](tel:+4968983090914)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Support groups

Contact to a community

In many places in the Saarbrücken region, there are people who help others. Some do this as part of their job, others do it on a voluntary basis. They don't get paid for it.

These helpers can help you:

- find your way around the neighbourhood better,
- take part in leisure or sports activities,
- if you do not understand a letter,
- if you have questions about everyday life in Germany.

Why is a community important?

If you are part of a community, many things are easier. You get to know new people and can exchange ideas. There are many groups and meeting places where you can join in.

[Religious communities](#) (e.g. churches or mosques) also often have volunteers who can help you:

- with shopping or finding good deals,
- travelling by bus,
- with questions about your bank account,
- or with learning German.

Many volunteer groups help with practising German. They can often be contacted by e-mail.

Even more help

[Migration advice centres](#) in the Saarbrücken region offer free advice and support. They help with many topics, e.g. housing, work or language.

House of Resources

This project is in contact with associations and migrant groups in Saarbrücken. The staff will help you to find the right organisation. The House of Resources also organises its own events and group meetings.

House of Resources Saar | Vernetzung und Beratung von Vereinen

 [Schillerplatz 14, 66111 Saarbrücken](#)

 [@hor-saar@lvsaarland.awo.org](mailto:hor-saar@lvsaarland.awo.org)

 [+49 \(0\) 681586050](tel:+49(0)681586050)

 <https://www.awo-saarland.de/house-of-resources-sa...>

Migrant self-organisations and associations in the Saarbrücken region

ADDRESSES AND CONTACT

Elfe e.V.

 [Schroten 1A, 66121 Saarbrücken](#)

 [+496819656245](tel:+496819656245)

 <http://content.elfe-ev.de/de/>

Haus Afrika e.V.

 [Großherzog-Friedrich-Str. 111, 66111 Saarbrücken](#)

 info@hausafrika.de

 [+4968195828550](tel:+4968195828550)

 <https://hausafrika.de/>

Projekt MiNET Saar | MentoringNetzwerk für Migrantinnen FrauenGenderBibliothek Saar

 [Großherzog-Friedrich-Straße 111, 66121 Saarbrücken](#)

 minet-saar@frauengenderbibliothek-saar.de

 [+49 \(0\) 06819388024](tel:+49(0)06819388024)

 <https://frauengenderbibliothek-saar.de/minet-saar...>

UkraineFreundeSaar e.V.

 [Nauwieser Platz 9, 66111 Saarbrücken](#)

 vorstand@ukrainefreundesaar.de

 <https://www.ukrainefreundesaar.de/>

Dar'IN e. V.

 [Meerwiesertalweg 3, 66123 Saarbrücken](#)

 info@dar-in.org

 [+4917624017547](tel:+4917624017547)

 <https://dar-in.org/de/>

Ramesch Forum für interkulturelle Begegnung e.V.

📍 [Johannisstraße 13, 66111 Saarbrücken](#)

@info@ramesch.org

☎ [+49 \(0\) 6813904921](tel:+49(0)6813904921)

🌐 <http://ramesch.de/>

BARIŞ - Leben und Lernen e.V.

📍 [Saarstraße 25, 66333 Völklingen](#)

@info@baris-web.de

☎ [+49 \(0\) 6898294014](tel:+49(0)6898294014)

🌐 <https://www.arbeitskammer.de/ueber-uns/einrichtun...>

Interkulturelles Kompetenzzentrum der Arbeitskammer

📍 [Saarstraße 25, 66333 Völklingen](#)

@interkulturell@arbeitskammer.de

☎ [+49 \(0\) 689822779](tel:+49(0)689822779)

🌐 <https://www.arbeitskammer.de/beratung/zu-migratio...>

Die jungen Denker e.V.

📍 [Metzer-Str. 9, 66117 Saarbrücken](#)

@info@die-jungen-denker.de

☎ [+4968168623088](tel:+4968168623088)

🌐 <https://die-jungen-denker.de/>

der jugendclub | Verein zur Förderung und Integration von Jugendlichen mit Migrationshintergrund und ihren Familien e.V.

📍 [Johannisstraße 13, 66111 Saarbrücken](#)

@hello@derjugendclub.de

☎ [+49 \(0\) 068133275](tel:+49(0)068133275)

🌐 <https://www.derjugendclub.de/>

Deutsch-Mexikanische Gesellschaft im Saarland zu Saarbrücken e.V.

📍 [Schulstraße 40, 66133 Saarbrücken](#)

✉ kontakt@dmexgsaar.de

☎ [+49 \(0\) 68217908406](tel:+49(0)68217908406)

🌐 <https://www.dmexgsaar.de/>

Kalinka - Kultur und Bildungszentrum

📍 [St. Johanner Str. 49, 66111 Saarbrücken](#)

✉ info@kalinka-saar.de

☎ [+496814163503](tel:+496814163503)

🌐 <http://www.kalinka-saar.de/>

Italienische Katholische Mission Saarbrücken (BGV Trier) | Missione Cattolica Italiana

📍 [Rheinstr. 30, 66113 Saarbrücken](#)

☎ [+49 \(0\) 6817534113](tel:+49(0)6817534113)

Saarpfalz Syrischer Verein zur Humanitären Hilfe e.V.

📍 [Gehlenbergstraße 24, 66125 Saarbrücken](#)

☎ [+49 \(0\) 15111016949](tel:+49(0)15111016949)

🌐 <https://humanitaere-hilfe-syrien.de/>

Connect e.V.

📍 [Saarburger Str. 2, 66115 Saarbrücken](#)

✉ connect.e.v.saar@gmail.com

🌐 <https://www.connect-junost.eu/start>

Deutsch-Griechische Gesellschaft Saar e.V.

📍 [Neugrabenweg 94, 66123 Saarbrücken](#)

✉ gra-gra@superkabel.de

☎ [+49 \(0\) 1772374248](tel:+49(0)1772374248)

☎ [+49 \(0\) 1772374248](tel:+49(0)1772374248)

🌐 <https://www.dgg-saar-ev.de/index.htm>

DCG Deutsch-Chinesische Gesellschaft e.V.

📍 [Lebacher Str. 114, 66113 Saarbrücken](#)

@info@dcgsaar.de

☎ [+49 \(0\) 6821530124](tel:+49(0)6821530124)

🌐 <https://dcgsaar.de/>

Saarheimat e. V.

📍 [Am Homburg 9, 66123 Saarbrücken](#)

@webmaster1@saar-heimat.com

☎ [+49 \(0\) 6814163919](tel:+49(0)6814163919)

🌐 <http://www.saar-heimat.com/>

Barfin e.V. Syrisch-kurdischer Kulturverein

📍 [Schroten 1, 66121 Saarbrücken](#)

@komelaberfin@gmail.com

Püttlinger Freundeskreis für Integration und Migration e. V.

@angelikafeld@aol.com

☎ [+49 \(0\) 689863149](tel:+49(0)689863149)

☎ [+49 \(0\) 1771480127](tel:+49(0)1771480127)

🌐 <https://www.puettlingen.de/freizeit-tourismus/ver...>

Children, young people and family

Children and young people can also have problems and need support. Many cities have special counselling centres for young people.

Children and young people can get help there if, for example

- there are difficulties at school,
- there are arguments with parents or friends,
- they are sad or anxious,
- they have questions about love, sexuality or their own body,
- they don't know what to do on their own.

Counselling is **free** and **confidential**.

This means that nobody finds out what is discussed - only with the consent of the child or young person.

Children and young people can also attend counselling **alone**.
Parental permission is not required.

Family counselling

Eltern-Kind-Zentrum Heidstock | Eltern-Kind-Zentrum Heidstock

@eltern-kind-heidstock@dwsaar.de

[+49 \(0\) 68986908910](tel:+49(0)68986908910)

<https://www.diakonie-saar.de/ich-brauche-hilfe/el...>

Eltern-Kind-Wohngruppe Riegelsberg | Eltern-Kind-Wohngruppe Riegelsberg

@eltern-kind-riegelsberg@dwsaar.de

[+49 \(0\) 68063517](tel:+49(0)68063517)

<https://www.diakonie-saar.de/ich-brauche-hilfe/el...>

Partnerschaftliche Erziehungshilfe e.V.

[Überhoferstr. 39a, 66292 Riegelsberg](https://www.partnerschaftliche-erziehungshilfe.de/)

@info@partnerschaftliche-erziehungshilfe.de

[+49 \(0\) 6806920006](tel:+49(0)6806920006)

<https://www.partnerschaftliche-erziehungshilfe.de/>

Arbeitsstelle für Integrationspädagogik - Diakonie Saar

[Gerhardstraße 182, 66333 Völklingen](https://www.diakonie-saar.de/ich-brauche-hilfe/ar...)

@afi-vk@dwsaar.de

[+49 \(0\) 6898984225](tel:+49(0)6898984225)

<https://www.diakonie-saar.de/ich-brauche-hilfe/ar...>

PERFEKT Völklingen - Präventives Netzwerk für Familien und gegen Kinderarmut - Diakonie Saar

[Kreppstraße 3, 66333 Völklingen](https://www.diakonie-saar.de/ich-brauche-hilfe/pe...)

@perfekt@dwsaar.de

[+49 \(0\) 1724580178](tel:+49(0)1724580178)

<https://www.diakonie-saar.de/ich-brauche-hilfe/pe...>

Jungenwohngruppe Völklingen

@juwg-vk@dwsaar.de

[+49 \(0\) 689825897](tel:+49(0)689825897)

<https://www.diakonie-saar.de/ich-brauche-hilfe/ju...>

Pflegekinderdienst - SkF

[Hofweg 23, 66125 Saarbrücken](#)

@pflegekinderdienst@skf-saarland.de

[+49 \(0\) 68979998894](tel:+49(0)68979998894)

<https://skf-saarland.de/taetigkeitsbereiche/pfleg...>

Children and young people

Polizei für dich | Internetseite für Kinder und Jugendliche

<https://www.polizeifuerdich.de/>

JUUUPORT Büro | JUUUPORT e.V. - Online Beratungsstelle gegen Cybermobbing

@info@juuuport.de

<https://www.juuuport.de/>

Jugendserver-Saar Büro | Internetplattform für engagierte Jugendliche und Jugendarbeit

<https://www.jugendserver-saar.de/>

Kurswechsel - Diakonie Saar

[Kreppstraße 1, 66333 Völklingen](#)

@kurswechsel@dwsaar.de

[+49 \(0\) 68989000599](tel:+49(0)68989000599)

<https://www.diakonie-saar.de/ich-brauche-hilfe/ku...>

Jugenddienst Völklingen - SOS Kinderdorf Saarbrücken - Philipp Brausch | Völklingen

[Bismarckstraße 20, 66333 Völklingen](#)

@philipp.brausch@sos-kinderdorf.de

 [+49 \(0\) 68193652284](tel:+49(0)68193652284)

 <https://www.sos-kinderdorf.de/kinderdorf-saarbrue...>

Lebensberatung Saarbrücken | Sekretariat

 [Ursulinenstraße 67, 66111 Saarbrücken](#)

 sekretariat.lb.saarbruecken@bistum-trier.de

 [+49 \(0\) 68166704](tel:+49(0)68166704)

 <https://www.saarbruecken.lebensberatung.info/star...>

Jugenddienst Saarbrücken (Malstatt) - SOS Kinderdorf | Saarbrücken Malstatt

 [Breite Straße 75, 66115 Saarbrücken](#)

 kd-saarbruecken@sos-kinderdorf.de

 [+49 \(0\) 68193652570](tel:+49(0)68193652570)

 <https://www.sos-kinderdorf.de/kinderdorf-saarbrue...>

Jugenddienst Saarbrücken (Innenstadt) - SOS Kinderdorf | Saarbrücken Innenstadt

 [Karcherstraße 18, 66111 Saarbrücken](#)

 kd-saarbruecken@sos-kinderdorf.de

 [+49 \(0\) 68193652555](tel:+49(0)68193652555)

 <https://www.sos-kinderdorf.de/kinderdorf-saarbrue...>

PHOENIX Beratungsstelle gegen sexuelle Ausbeutung von Jungen - AWO Landesverband Saarland e.V.

 [Schubertstraße 6, 66111 Saarbrücken](#)

 phoenix@lvsaarland.awo.org

 [+49 \(0\) 6817619685](tel:+49(0)6817619685)

 <https://www.awo-saarland.de/phoenix/>

Beratungszentrum Kinderschutz - SOS Kinderdorf

 [Brauerstraße 25, 66123 Saarbrücken](#)

 [+49 \(0\) 6819365275](tel:+49(0)6819365275)

 <https://www.sos-kinderdorf.de/kinderdorf-saarbrue...>

Deutscher Kinderschutzbund OV Saarbrücken e.V.

 [Am Schloßberg 3, 66119 Saarbrücken](#)

 info@kinderschutzbund-saarbruecken.de

 [+49 \(0\) 68132533](tel:+49(0)68132533)

 <https://kinderschutzbund-saarbruecken.de/aktuelle...>

Deutscher Kinderschutzbund e.V. OV Völklingen

 [Rathausstraße 14, 66333 Völklingen](#)

 kinderschutzbund-vk@t-online.de

 [+49 \(0\) 6898370000](tel:+49(0)6898370000)

 <http://www.kinderschutzbund-vk.de/index.php>

Jugendhilfe ambulant: SoFIT - SkF | Albert-Schweitzer Grundschule

 [Am Geisenberg 41, 66125 Saarbrücken](#)

 c.paulus-gloessner@skf-Saarbruecken.de

 [+49 \(0\) 17644409642](tel:+49(0)17644409642)

 <https://skf-saarland.de/taetigkeitsbereiche/jugen...>

Jugendhilfe stationär: Inobhutnahmestelle - SkF | Elisabeth-Zillken-Haus

 kontakt-ezh@skf-saarland.de

 [+49 \(0\) 681910270](tel:+49(0)681910270)

 <https://skf-saarland.de/taetigkeitsbereiche/jugen...>

Crime and violence

Weißer Ring e.V. is a non-profit organisation. The staff will help you if you have been a victim of crime and violence:

 Via the victim hotline [116006](tel:116006), [online counselling](#) or [in person](#) on site.

WEISSER RING e.V. Saarbrücken

 saarbruecken@mail.weisser-ring.de

 [+49 \(0\) 15154503965](tel:+49(0)15154503965)

 <https://saarbruecken-saarland.weisser-ring.de/>

LGBTIQ and queer life

Queer life and counselling for LGBTIQ people

In Germany, all people have the same rights, including queer and LGBTIQ people. You can find information about this [on this page](#). Do you need help? Do you have questions about queer life in Germany? Then you will find the right contact points here.

ADDRESS AND CONTACT

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

 [Mainzer Strasse 44, 66121 Saarbrücken](#)

 @queer-refugees@lsvd.de

 [+49 \(0\) 15730961018](tel:+49(0)15730961018)

 <https://queer-refugees.de/>

LSVD - Checkpoint Saarbrücken

 [Mainzer Strasse 44, 66121 Saarbrücken](#)

 @info@lsvdsaar.de

 [+49681398833](tel:+49681398833)

 <https://saar.lsvd.de/>

 [Strangers are Friends - LSVD Saarland - International Group](#)

Discrimination and harassment

Are you affected by discrimination and harassment? Then you will find support [here](#).

People with disabilities

There are various **advice centres for people with a disability** in the Saarbrücken region.

There you can get help with many topics, for example

- What benefits and rights you have,
- How to apply for a disabled person's pass,
- Questions about housing, work, care and mobility,
- support in everyday life,

- Inclusion and participation - in other words, how you can take part everywhere: in your leisure time, at events or in the community.

Counselling is **free** and **confidential**.

ADDRESS AND CONTACT

Gesundheitsamt des Regionalverbandes | Beratungsstelle für Seniorinnen und Senioren und Menschen mit Behinderungen

📍 [Stengelstraße 10-12, 66117 Saarbrücken](#)

@ gesundheitsberatung@rvsbr.de

☎ [+49 \(0\) 6815065445](tel:+49(0)6815065445)

🌐 <https://www.regionalverband-saarbruecken.de/gesun...>

Kathrin Kühn | Behindertenbeauftragte der Landeshauptstadt Saarbrücken

📍 [Kohlwaagstraße 4, 66111 Saarbrücken](#)

@ katrin.kuehn@saarbruecken.de

☎ [+49 \(0\) 6819053203](tel:+49(0)6819053203)

🌐 https://www.saarbruecken.de/leben_in_saarbruecken...

Miteinander Leben Lernen (MLL) gGmbH

📍 [Eschberger Weg 40, 66121 Saarbrücken](#)

@ info@mll-saar.de

☎ [+49681687970](tel:+49681687970)

🌐 <https://www.mll-saar.de/de/>

EUTB - Ergänzende unabhängige Teilhabeberatung

📍 [Futterstraße 27, 66111 Saarbrücken](#)

@ info@teilhabeberatung-saarland.de

☎ [+49 \(0\) 6819104770](tel:+49(0)6819104770)

☎ [+49 \(0\) 17640434790](tel:+49(0)17640434790)

🌐 <https://www.teilhabeberatung.de/artikel/ergaenzen...>

Elisabeth-Zillken-Haus | Eingliederungshilfe: Ambulanter Fachbereich - für Frauen mit besonderen sozialen Schwierigkeiten sowie Hilfe zum selbstbestimmten Leben und Wohnen für Frauen mit einer seelischen Behinderung

@kontakt-ezh@skf-saarland.de

☎[+49 \(0\) 681910270](tel:+49(0)681910270)

🌐<https://skf-saarland.de/taetigkeitsbereiche/eingl...>

Elisabeth-Zillken-Haus | Eingliederungshilfe: Besondere Wohnform - für Frauen mit einer seelischen Behinderung

@kontakt-ezh@skf-saarland.de

☎[+49 \(0\) 681910270](tel:+49(0)681910270)

🌐<https://skf-saarland.de/taetigkeitsbereiche/eingl...>

Juliane Kästner | Behindertenberatung - Prokuristin, Bereichsleitung IDA

📍[Waldstraße 20, 66333 Völklingen](#)

@j.kaestner@lebenshilfe-voelklingen.de

☎[+49 \(0\) 689891473229](tel:+49(0)689891473229)

🌐<https://www.lebenshilfe-voelklingen.de/de/dienstl...>

Rudolf Leidisch | Behindertenbeauftragter

📍[Schlossplatz 12, 66119 Saarbrücken](#)

@rudolf.leidisch@rvsbr.de

☎[+49 \(0\) 6815061204](tel:+49(0)6815061204)

🌐<https://www.regionalverband-saarbruecken.de/sozia...>

Erika Carganico | Behindertenbeauftragte Bezirk Mitte

📍[Kohlwaagstraße 4, 66111 Saarbrücken](#)

@carganico-wobedo@web.de

☎[+49 \(0\) 1629417739](tel:+49(0)1629417739)

🌐<https://www.saarbruecken.de/rathaus/stadtpolitik/...>

Olaf Quirin | Behinderten- und Seniorenbeauftragter

📍 [Saarbrücker Straße 35, 66265 Heusweiler](#)

@ o.quirin@heusweiler.de

☎ [+49 \(0\) 6806911580](tel:+49(0)6806911580)

🌐 <https://www.regionalverband-saarbruecken.de/gesund...>

Waltraud Spaniol | Integrationsbeauftragte und Beauftragte für die Belange von Menschen mit Behinderung

📍 [Rathausplatz 1, 66287 Quierschied](#)

@ w.spaniol@quierschied.de

☎ [+49 \(0\) 6897961133](tel:+49(0)6897961133)

☎ [+49 \(0\) 15170282791](tel:+49(0)15170282791)

🌐 <https://www.quierschied.de/gemeindeverwaltung>

Gerd Werny | Behindertenbeauftragter Friedrichsthal

📍 [Spieser Straße 10a, 66299 Friedrichsthal](#)

☎ [+49 \(0\) 6897840598](tel:+49(0)6897840598)

🌐 <https://www.friedrichsthal.de/rathaus-service/bea...>

Renate Schiel-Kallenbrunnen | Behinderten- und Seniorenbeauftragte

📍 [Sulzbachtalstraße 81, 66280 Sulzbach/Saar](#)

@ behindertenbeauftragte@stadt-sulzbach.de

☎ [+49 \(0\) 0689751535](tel:+49(0)0689751535)

☎ [+49 \(0\) 06897508140](tel:+49(0)06897508140)

🌐 <https://www.stadt-sulzbach.de/Wissenswertes/Beauf...>

Michaela Zieder | Beauftragte für die Belange von Menschen mit Behinderungen

📍 [Pasteurstraße 7, 66333 Völklingen](#)

@ michaela-chirita@t-online.de

☎ [+49 \(0\) 15140785533](tel:+49(0)15140785533)

🌐 <https://www.voelklingen.de/rathaus/ortsvorsteher-...>

Aktion Mensch offers a family guide.

The guide is for people with disabilities and their families.

There you will find

- important information about living with a disability,
- many addresses of advice centres and facilities,
- Help on topics such as: school, work, leisure, housing, accessibility, rights, insurance and more.

[Family guide](#)

Further important information for people with disabilities can be found [here](#).

Online migration 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 where you live, digital chat counselling can help.

With mbeon, you can easily find information online. You can also get counselling via chat.

mbeon enables counselling via chat. All counsellors are qualified specialists from the Migration Counselling Service for Adult Immigrants (MBE). They are guaranteed to respond within 48 hours. They help with all questions and problems that come with living 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 in the Google Play Store](#)

 [mbeon in the AppStore](#)

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

Care counselling

Who will advise me?

That depends on how you are insured:

- **Do you have statutory insurance?**

Then the **care support centre** is responsible for you.

Important: You must have paid into long-term care insurance for at least 2 years in the last 10 years.

- **Privately insured?**

Then the **COMPASS care counselling** service can help you.

This is the counselling service for all privately insured persons.

- **Not entitled to long-term care insurance?**

For example, if you have not been insured long enough or are not insured:

Then the [social welfare office](#) or the [senior citizens' advice centre](#) in the regional association can help.

Here you can get advice on "help with care".

The care support centres

The care support centres help with questions such as

- What care services are available in the neighbourhood?
- What help is available at home (outpatient) or in a care home (inpatient)?
- What aids are available for everyday life?
- Who pays for the care?
- What benefits do I get from my health or care insurance?
- The employees also help with planning and organising care.
- This is called case management.

The counselling is

- free of charge,
- neutral (independent of care providers),
- personal and individual,
- possible in the office or at your home.

ADDRESS AND CONTACT

Regionalverband Saarbrücken-Mitte | Saarbrücken

📍 [Stengelstr. 12, 66117 Saarbrücken](#)

✉️ @sb-mitte@psp-saar.net

☎️ [+49 \(0\) 6815065322](tel:+49(0)6815065322)

<https://www.saarland.de/masfg/DE/portale/soziales...>

Pflegestützpunkt im Regionalverband Saarbrücken-Ost | Quierschied, Friedrichsthal, Sulzbach, Saarbrücken, Kleinblittersdorf

[Gutenbergstr. 1, 66280 Sulzbach/Saar](#)

@sulzbach@psp-saar.net

[+49 \(0\) 68979246798](tel:+49(0)68979246798)

<https://www.saarland.de/masfg/DE/portale/soziales...>

Pflegestützpunkt im Regionalverband Saarbrücken-West | Heusweiler, Riegelsberg, Püttlingen, Völklingen, Saarbrücken, Großrosseln

[Rathausstraße 4-6, 66333 Völklingen](#)

@voelklingen@psp-saar.net

[+49 \(0\) 6898135555](tel:+49(0)6898135555)

<https://www.saarland.de/masfg/DE/portale/soziales...>

The compass care counselling service

The compass care counselling service helps people with private health insurance with all questions relating to care - free of charge, independently and confidentially.

ADDRESS AND CONTACT

compass private pflegeberatung GmbH | Pflegeberatung für Privatversicherte

[Gustav-Heinemann-Ufer 74c, 50968 Köln](#)

@info@compass-pflegeberatung.de

[+49 \(0\) 8001018800](tel:+49(0)8001018800)

[+49 \(0\) 221933320](tel:+49(0)221933320)

<https://www.compass-pflegeberatung.de/>

Psychosocial services

What does psychosocial help mean?

Sometimes people don't feel well - not just physically, but also **mentally**.
For example, after an escape, stress, fear, loneliness or when bad things have happened.

Psychosocial help means

You talk to a specialist about your worries and problems. The conversation can help you to feel better.

What is a trauma?

Trauma is a severe emotional injury.

Trauma can occur when someone has experienced violence, war, flight or loss.

Trauma counselling helps people who have had such terrible experiences.

It is **free** and **confidential**.

ADDRESS AND CONTACT

Gesundheitsamt des Regionalverbandes | Sozialpsychiatrischer Dienst

📍 [Stengelstraße 10-12, 66117 Saarbrücken](#)

✉️ [@sozialpsychiatrischerdienst@rvsbr.de](mailto:sozialpsychiatrischerdienst@rvsbr.de)

☎️ [+49 \(0\) 6815065332](tel:+49(0)6815065332)

🌐 <https://www.regionalverband-saarbruecken.de/gesun...>

DRK Landesverband Saarland e.V. | Psychosoziales Zentrum (PSZ)

📍 [Hochstr. 110, 66115 Saarbrücken](#)

✉️ [@psz@lv-saarland.drk.de](mailto:psz@lv-saarland.drk.de)

☎️ [+49 \(0\) 6819764254](tel:+49(0)6819764254)

🌐 <https://www.lv-saarland.drk.de/angebote/migration...>

Kontakt- und Informationsstelle für Selbsthilfe im Saarland (KISS)

📍 [Futterstraße 27, 66111 Saarbrücken](#)

✉️ [@kontakt@selbsthilfe-saar.de](mailto:kontakt@selbsthilfe-saar.de)

☎️ [+49 \(0\) 6819602130](tel:+49(0)6819602130)

☎️ [+49 \(0\) 15901711163](tel:+49(0)15901711163)

🌐 <https://www.selbsthilfe-saar.de/>

Tageszentrum STaPE - Barmherzigen Brüder Rilchingen

📍 [Heinestraße 2 - 4, 66121 Saarbrücken](#)

@stape@bbtgruppe.de

[+49 \(0\) 6816853562](tel:+49(0)6816853562)

<https://www.bb-rilchingen.de/bbril/unsere-leistun...>

Tageszentrum Teekessel - AWO Landesverband Saarland e.V.

[Hofstattstraße 85, 66333 Völklingen](#)

@Leitung_teekessel_teilhabe@lvsaarland.awo.org

[+49 \(0\) 689824825](tel:+49(0)689824825)

<https://www.awo-saarland.de/tageszentrum-teekesse...>

Debt counselling and insolvency advice

Debtor and insolvency counselling - help with debts and money worries

Sometimes there's not enough money. Bills are left unpaid, reminders arrive and you don't know what to do.

Then **debtor and insolvency coun** selling can help.

What does debtor and insolvency counselling do?

The counselling service helps you

- if you have debts,
- if you receive reminders,
- if you don't know how to pay your bills,
- if you need to talk to creditors (e.g. banks, landlords or debt collection agencies),
- if you want to or have to file for personal insolvency (consumer insolvency).

The counsellors will look together with you:

- How much money do you have available?
- What do you spend each month?
- How can you repay your debts?
- Are there any options for state support?
- They will also help you write letters and liaise with creditors.
- If insolvency is necessary, they will guide you through the entire process.

These centres are officially recognised for this.

Who can go to counselling?

Anyone can seek counselling - regardless of whether they work, are unemployed or receive social benefits.

Counselling is **free** and **confidential**.

ADDRESS AND CONTACT

Schuldnerberatung des Regionalverband Saarbrücken | Dudweiler, Friedrichsthal, Quierschied

📍 [Europaallee 11, 66113 Saarbrücken](#)

@schuldnerberatung@rvsbr.de

☎ [+49 \(0\) 6815065062](tel:+49(0)6815065062)

🌐 <https://www.regionalverband-saarbruecken.de/sozia...>

Schuldnerberatung des Regionalverband Saarbrücken | Heusweiler

📍 [Europaallee 11, 66113 Saarbrücken](#)

@schuldnerberatung@rvsbr.de

☎ [+49 \(0\) 6815065067](tel:+49(0)6815065067)

🌐 <https://www.regionalverband-saarbruecken.de/sozia...>

Schuldnerberatung des Regionalverband Saarbrücken | Kleinblittersdorf, Riegelsberg, Sulzbach

📍 [Europaallee 11, 66113 Saarbrücken](#)

@schuldnerberatung@rvsbr.de

☎ [+49 \(0\) 6815065064](tel:+49(0)6815065064)

🌐 <https://www.regionalverband-saarbruecken.de/sozia...>

Insolvenzberatung des Regionalverband Saarbrücken | Dudweiler, Friedrichsthal, Heusweiler, Kleinblittersdorf, Quierschied, Riegelsberg und Sulzbach

📍 [Europaallee 11, 66113 Saarbrücken](#)

@schuldnerberatung@rvsbr.de

☎ [+49 \(0\) 6815065066](tel:+49(0)6815065066)

☎ [+49 \(0\) 6815065063](tel:+49(0)6815065063)

🌐 <https://www.regionalverband-saarbruecken.de/sozia...>

Schuldner- und Insolvenzberatung Völklingen - Diakonie Saar | Völklingen, Püttlingen, Großrosseln

📍 [Gatterstraße 13, 66333 Völklingen](#)

✉ @schuldbera-vk@dwsaar.de

☎ [+49 \(0\) 68989147628](tel:+49(0)68989147628)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/sc...>

Verbraucherzentrale Saarland | Schuldnerberatung und Insolvenzberatung

📍 [Trierer Straße 40, 66111 Saarbrücken](#)

☎ [+49 \(0\) 68154019](tel:+49(0)68154019)

🌐 <https://www.verbraucherzentrale-saarland.de/berat...>

Martin Langenbahn | Schuldnerberatung und Insolvenzberatung Caritas

📍 [Johannisstr. 2, 66111 Saarbrücken](#)

✉ @langenbahn-m@caritas-saarbruecken.de

☎ [+49 \(0\) 6813090612](tel:+49(0)6813090612)

🌐 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Petra Melchior | Schuldnerberatung und Insolvenzberatung Caritas

📍 [Johannisstr. 2, 66111 Saarbrücken](#)

✉ @melchior-p@caritas-saarbruecken.de

☎ [+49 \(0\) 6813090622](tel:+49(0)6813090622)

🌐 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Annika Johänttgen | Schuldnerberatung und Insolvenzberatung

📍 [Johannisstr. 2, 66111 Saarbrücken](#)

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☎ [+49 \(0\) 6813090640](tel:+49(0)6813090640)

🌐 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Sonja Schäfer | Schuldnerberatung und Insolvenzberatung

📍 [Bergstraße 6, 66115 Saarbrücken](#)

✉ @gemeinwesenarbeit-burbach@caritas-saarbruecken.de

 [+49 \(0\) 681761950](tel:+49(0)681761950)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

[Further financial support options](#)

Pregnancy and birth

What should I do if I am pregnant?

If you are pregnant, you should see a doctor early on. They will give you a **maternity pass**. This passport contains all the important information about your pregnancy.

The doctor will carry out regular examinations. This will check whether you and the baby are doing well.

Who can help me?

You can also get help from a **midwife** during your pregnancy. The midwife will support you during your pregnancy, during the birth and afterwards. This help is free of charge. You should look for a midwife early on.

Where can I have the baby?

Your child can be born in a **hospital**, in a **birthing centre** or **at home**. Most women go to hospital to give birth.

You can take a **birth preparation course** before the birth. There you will learn what happens during the birth and how you can prepare yourself.

You can find the addresses of [maternity clinics and midwives](#) in Saarland here.

What support is available?

If you have little money, you can apply for **financial support**. For example:

- [Initial equipment for the baby](#) (clothes, furniture, pram)
- [Maternity benefit](#) (money during pregnancy and after the birth)
- [Parental allowance](#) and [child benefit](#) after the birth

Advice centres can help you with this.

Who can advise me?

There are various **advice centres for pregnant women** in the Saarbrücken region. You can get help there - even if you don't speak German well.

Counselling is **free** and **confidential**.

If you are not sure whether you want to have the child, you can find more information [here](#).

ADDRESS AND CONTACT

Pro Familia Saarbrücken

📍 [Heinestraße 2-4, 66121 Saarbrücken](#)

✉ @saarbruecken@profamilia.de

☎ [+49 \(0\) 68196817676](tel:+49(0)68196817676)

🌐 <https://www.profamilia.de/angebote-vor-ort/saarla...>

Beratungsstelle Donum Vitae Saarbrücken | Schwangerschaft und Geburt

📍 [Bahnhofstraße 70, 66111 Saarbrücken](#)

✉ @saarbruecken@donumvitae.org

☎ [+49 \(0\) 6819386734](tel:+49(0)6819386734)

🌐 <https://donum-vitae-saarland.de/beratung-hilfe>

Evangelische Beratungsstelle für Schwangerschaftskonflikte, Familienplanung und Sexualpädagogik

📍 [Johannisstraße 6, 66111 Saarbrücken](#)

✉ @schwangerenberatung@dwsaar.de

☎ [+49 \(0\) 68165743](tel:+49(0)68165743)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/sc...>

Sozialdienst katholischer Frauen Saarland e.V. | Beratungsstelle für Schwangerschaftsfragen, Beratung und Hilfe für Frauen und Familien

📍 [Richard-Wagner-Straße 23, 66111 Saarbrücken](#)

✉ @schwangerenberatung-sb@skf-saarland.de

☎ [+49 \(0\) 68131122](tel:+49(0)68131122)

🌐 <https://skf-saarland.de/taetigkeitsbereiche/schwa...>

Esther Breitenstein, Nathalie Fuchs | Schwangerschaftskonfliktberatung Dudweiler

📍 [Stengelstraße 10-12, 66117 Saarbrücken](#)

✉ @schwangerschaftskonfliktberatung@rvsbr.de

 [+49 \(0\) 6815065451](tel:+49(0)6815065451)

 [+49 \(0\) 6815065365](tel:+49(0)6815065365)

 <https://www.regionalverband-saarbruecken.de/gesund...>

Rebecca Decker-Klein, Elisa Drohomirecka | Schwangerschaftskonfliktberatung Saarbrücken

 [Stengelstraße 10-12, 66117 Saarbrücken](#)

 Schwangerschaftskonfliktberatung@rvsbr.de

 [+49 \(0\) 6815065359](tel:+49(0)6815065359)

 [+49 \(0\) 6815065469](tel:+49(0)6815065469)

 <https://www.regionalverband-saarbruecken.de/gesund...>

Petra Gugnion-Fischer, Margit Kallenborn | Schwangerschaftskonfliktberatung Völklingen

 [Stengelstraße 10-12, 66117 Saarbrücken](#)

 Schwangerschaftskonfliktberatung@rvsbr.de

 [+49 \(0\) 6815065446](tel:+49(0)6815065446)

 [+49 \(0\) 6815065353](tel:+49(0)6815065353)

 <https://www.regionalverband-saarbruecken.de/gesund...>

Senior citizens

Sometimes older people need help. Living can become difficult in old age. Many advice centres can help you.

They also provide support with questions about pensions, care, pensions or moving into assisted living or a care home.

It is important to stay active. There are many [offers](#) such as courses, joint excursions or meeting places. These events help to socialise and make friends in life.

In the [guide](#) "Getting older in Saarbrücken" from  Landeshauptstadt Saarbrücken you will find information on advice centres, social services, living in old age, outpatient help and much more. At  Regionalverband Saarbrücken also offers a wealth of [information and services](#) for senior citizens. There is also an advice centre for senior citizens.

ADDRESS AND CONTACT

Gesundheitsamt des Regionalverbandes | Beratungsstelle für Seniorinnen und Senioren und Menschen mit Behinderungen

 [Stengelstraße 10-12, 66117 Saarbrücken](#)

 @gesundheitsberatung@rvsbr.de

 [+49 \(0\) 6815065445](tel:+49(0)6815065445)

 <https://www.regionalverband-saarbruecken.de/gesund...>

Senior citizens' councils and senior citizens' representatives

Senior citizens' councils or **senior citizens' representatives** are people who stand up for the interests of older people.

They talk to the city administration and politicians. This involves important issues for older people - for example **housing, mobility, health or participation in life**.

They want older people to **be heard** and have **a say in** what happens in the city or municipality.

ADDRESS AND CONTACT

Petra Kiefer | Seniorenbeauftragte

 [Klosterplatz 2-3, 66352 Grossselteln](#)

 @petra.kiefer@grossselteln.de

 [+49 \(0\) 6898449129](tel:+49(0)6898449129)

 <https://www.regionalverband-saarbruecken.de/gesund...>

Olaf Quirin | Behinderten- und Seniorenbeauftragter

 [Saarbrücker Straße 35, 66265 Heusweiler](#)

 @o.quirin@heusweiler.de

 [+49 \(0\) 6806911580](tel:+49(0)6806911580)

 <https://www.regionalverband-saarbruecken.de/gesund...>

Axel Kungl | Seniorenbeauftragter

 [Rathausstraße 16-18, 66271 Kleinblittersdorf](#)

 @a.kungl@kleinblittersdorf.de

 [+49 \(0\) 68052008602](tel:+49(0)68052008602)

<https://www.regionalverband-saarbruecken.de/gesund...>

Friedrich Singer | Vorsitzender Generationenbeirat

📍 [Schmidtbornstraße 12a, 66299 Friedrichsthal](#)

✉ [@singerfriedrich@aol.com](mailto:singerfriedrich@aol.com)

Prof. Dr. Winfried Anton | Vorsitzender Seniorenbeirat

📍 [Rathausplatz 1, 66346 Püttlingen](#)

✉ [@profanton@outlook.de](mailto:profanton@outlook.de)

<https://www.regionalverband-saarbruecken.de/gesund...>

Astrid Te Koppele | Vorsitzende Seniorenbeirat

📍 [Rathausplatz 1, 66287 Quierschied](#)

✉ [@atekoppele@yahoo.de](mailto:atekoppele@yahoo.de)

☎ [+49 \(0\) 689766699](tel:+49(0)689766699)

<https://www.regionalverband-saarbruecken.de/gesund...>

Marie-Luise Wollbold | Seniorenbeauftragte

📍 [Rosenstraße 5, 66292 Riegelsberg](#)

✉ [@wollbold-riegelsberg@t-online.de](mailto:wollbold-riegelsberg@t-online.de)

☎ [+49 \(0\) 68065868](tel:+49(0)68065868)

<https://www.riegelsberg.eu/generationen-bildung/s...>

Lothar Arnold | Vorsitzender Seniorenbeirat

📍 [Kohlwaagstraße 4, 66111 Saarbrücken](#)

✉ [@seniorenbeirat@saarbruecken.de](mailto:seniorenbeirat@saarbruecken.de)

☎ [+49 \(0\) 68157253](tel:+49(0)68157253)

<https://www.saarbruecken.de/rathaus/stadtpolitik/...>

Renate Schiel-Kallenbrunnen | Behinderten- und Seniorenbeauftragte

📍 [Sulzbachtalstraße 81, 66280 Sulzbach/Saar](#)

✉ [@behindertenbeauftragte@stadt-sulzbach.de](mailto:behindertenbeauftragte@stadt-sulzbach.de)

☎ [+49 \(0\) 0689751535](tel:+49(0)0689751535)

 [+49 \(0\) 06897508140](tel:+49(0)06897508140)

 <https://www.stadt-sulzbach.de/Wissenswertes/Beauf...>

Franz-Josef Petry | Vorsitzender Seniorenbeirat

 [Rathausplatz, 66333 Völklingen](#)

 [@f-j.petry@t-online.de](mailto:f-j.petry@t-online.de)

 <https://www.regionalverband-saarbruecken.de/gesun...>

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

Senior safety counselling

The **senior citizens' safety advice** centre helps older people. It provides tips on how they can protect themselves **from fraud and dangers** - for example

- from **scams** on the phone or at the front door
- in **road traffic**
- when **withdrawing money or online banking**

The counsellors often work together with the police.

They also come to meeting places or events on request. Counselling is **free of charge**.

ADDRESS AND CONTACT

Rainer Eifler | Seniorenseherheitsberater

 [Parallelstraße 32, 66292 Riegelsberg](#)

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

 [+49 \(0\) 68063088090](tel:+49(0)68063088090)

 <https://www.riegelsberg.eu/generationen-bildung/s...>

Hans-Werner Rech | Seniorenseherheitsberater

 [Rathausplatz 1, 66287 Quierschied](#)

 [+49 \(0\) 1712180939](tel:+49(0)1712180939)

 <https://www.quierschied.de/gemeindeverwaltung>

Gabriele Pitz | Seniorenseherheitsberaterin

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 [+49 \(0\) 1709092177](tel:+49(0)1709092177)

<https://www.quierschied.de/gemeindeverwaltung>

Conny Zemborski | Seniorensicherheitsberater

[Rathausplatz 1, 66287 Quierschied](#)

[+49 \(0\) 68979142988](#)

<https://www.quierschied.de/gemeindeverwaltung>

Helmut Heinrich | Seniorensicherheitsberater

[Röthlinger Str. 16, 66271 Kleinblittersdorf](#)

[@georg.54@gmx.de](mailto:georg.54@gmx.de)

[+49 \(0\) 6805218545](#)

<https://www.kleinblittersdorf.de/buerger-wirtschaft...>

Seniorensicherheitsberater

[Schmidtbornstraße 12a, 66299 Friedrichsthal](#)

[@rathaus@friedrichsthal.de](mailto:rathaus@friedrichsthal.de)

[+49 \(0\) 689785680](#)

<https://www.friedrichsthal.de/soziales-wirtschaft...>

Social counselling

In many towns and municipalities, there are organisations that you can turn to with questions and problems. Here you can either get help directly or they will help you find the right addresses.

The social counselling centres offer advice on social, financial and personal issues. For example:

- on unemployment, citizens' benefits, basic income support and psychosocial problems
- Help with problems and conflicts with public authorities
- Help if there is not enough money or you have debts
- Help with problems in everyday life and in the family
- Information and referral to special counselling centres

Socio-spatial educational counselling

Raising children can be both enjoyable and challenging. The parenting counselling service helps you to find solutions when it comes to parenting issues. You can find all the information and locations [here](#).

Sozialraumbüro Köllertal | Riegelsberg, Heusweiler, Püttlingen

📍 [Albertstraße 1, 66265 Heusweiler](#)

☎ [+49 \(0\) 68977789487](#)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Sozialraumbüro Völklingen/ Warndt

📍 [Stadionstraße 49, 66333 Völklingen](#)

☎ [+49 \(0\) 68986902620](#)

☎ [+49 \(0\) 68986902617](#)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Sozialraumbüro Sulzbach/Friedrichsthal | Sulzbach, Friedrichsthal, Quierschied

📍 [Sulzbachtalstraße 117, 66280 Sulzbach/Saar](#)

☎ [+49 \(0\) 6815065741](#)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Sozialraumbüro City/Obere Saar | Saarbrücken, Kleinblittersdorf

📍 [Sulzbachstraße 16-18, 66111 Saarbrücken](#)

☎ [+49 \(0\) 6815065703](#)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Sozialraumbüro Dudweiler | Dudweiler

📍 [Am Markt 1, 66125 Saarbrücken](#)

☎ [+49 \(0\) 6815065757](#)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Sozialraumbüro Alt-Saarbrücken/Folsterhöhe

📍 [Pfählerstraße 2, 66117 Saarbrücken](#)

☎ [+49 \(0\) 6815065730](#)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Sozialraumbüro Malstatt | Malstatt

📍 [Lebacher Straße 4, 66113 Saarbrücken](#)

☎ [+49 \(0\) 6819918321](#)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

Sozialraumbüro Saarbrücken-West | Burbach, Altenkessel, Klarenthal, Gersweiler

📍 [Serriger Straße 20, 66115 Saarbrücken](#)

☎ [+49 \(0\) 6817094720](#)

🌐 <https://www.regionalverband-saarbruecken.de/jugen...>

ADDRESSES AND CONTACT

Gemeinwesenarbeit Burbach

📍 [Bergstraße 6, 66115 Saarbrücken](#)

@ gemeinwesenarbeit-burbach@caritas-saarbruecken.de

☎ [+49681761950](#)

🌐 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Stadtteilbüro Alt-Saarbrücken

📍 [Gersweilerstr. 7, 66127 Saarbrücken](#)

@ info@paritaet-gwa.de

☎ [+4968159539900](#)

🌐 <https://www.altsb.de/>

FIS - Familien Info Saar | Beratung für Familien

📍 [Ernst-Abbe-Straße 9, 66115 Saarbrücken](#)

@ fis@zbb-saar.de

☎ [+49 \(0\) 68194757383](#)

🌐 <https://www.zbb-saar.de/index.php/abt-uebergang-s...>

Gemeinwesenarbeit Brebach

📍 [Saarbrücker Straße 62, 66130 Saarbrücken](#)

@ bzb@dwsaar.de

 [+49 \(0\) 68187764](tel:+49(0)68187764)

 <https://www.diakonie-saar.de/ich-brauche-hilfe/bu...>

Gemeinwesenarbeit Dudweiler

 [Am Markt 115, 66125 Saarbrücken](#)

 [@gwa-dudweiler@dwsaar.de](mailto:gwa-dudweiler@dwsaar.de)

 [+4968977780130](tel:+4968977780130)

 <https://www.diakonie-saar.de/ich-brauche-hilfe/ge...>

Gemeinwesenarbeit Folsterhöhe Caritas

 [Vogelsborn 2, 66117 Saarbrücken](#)

 [@gemeinwesenarbeit-folsterhoehe@caritas-saarbrueck...](mailto:gemeinwesenarbeit-folsterhoehe@caritas-saarbrueck...)

 [+496813799590](tel:+496813799590)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Gemeinwesenarbeit Völklingen

 [Marktstraße 15, 66333 Völklingen](#)

 [@gemeinwesenarbeit-voelklingen@caritas-saarbruecke...](mailto:gemeinwesenarbeit-voelklingen@caritas-saarbruecke...)

 [+4968983090914](tel:+4968983090914)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Gemeinwesenarbeit Wehrden

 [Zilleichstraße 2, 66333 Völklingen](#)

 [@gemeinwesenarbeit-wehrden@caritas-saarbruecken.de](mailto:gemeinwesenarbeit-wehrden@caritas-saarbruecken.de)

 [+496898850960](tel:+496898850960)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Gemeinwesenarbeit Sulzbach

 [Sulzbachtalstraße 70, 66280 Sulzbach/Saar](#)

 [@gemeinwesenarbeit-sulzbach@caritas-saarbruecken.de](mailto:gemeinwesenarbeit-sulzbach@caritas-saarbruecken.de)

 [+496897841066](tel:+496897841066)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Gemeinwesenarbeit Friedrichsthal

📍 [Elversberger Straße 74, 66299 Friedrichsthal](#)

@ [@gemeinwesenarbeit-friedrichsthal@caritas-saarbrue...](mailto:gemeinwesenarbeit-friedrichsthal@caritas-saarbruecke.de)

☎ [+49 \(0\) 6897840525](tel:+4906897840525)

🌐 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Stadtteilbüro Malstatt

📍 [Ludwigstraße 34, 66115 Saarbrücken](#)

@ [@sbm@dwsaar.de](mailto:sbm@dwsaar.de)

☎ [+49681947350](tel:+49681947350)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/st...>

PÄDSAK e.V. Wackenberg

📍 [Rubensstr. 64, 66119 Saarbrücken](#)

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

☎ [+496818590910](tel:+496818590910)

🌐 <https://www.paedsak.de/start.html>

der jugendclub | Verein zur Förderung und Integration von Jugendlichen mit Migrationshintergrund und ihren Familien e.V.

📍 [Johannisstraße 13, 66111 Saarbrücken](#)

@ [@hello@derjugendclub.de](mailto:hello@derjugendclub.de)

☎ [+49 \(0\) 068133275](tel:+49068133275)

🌐 <https://www.derjugendclub.de/>

Addiction counselling

What is an addiction?

An **addiction** is when someone can no longer do without alcohol, drugs, cigarettes or gambling, for example. Mobile phones or social media can also be addictive. Addiction is a disease - but there is help.

In **addiction counselling**, you can talk to experts about your situation. Together you will find ways to change things.

ADDRESS AND CONTACT

Gesundheitsamt des Regionalverbandes | Suchtberatung

📍 [Stengelstraße 10-12, 66117 Saarbrücken](#)

@ suchtberatung@rvsbr.de

☎ [+49 \(0\) 6815065338](tel:+49(0)6815065338)

🌐 <https://www.regionalverband-saarbruecken.de/gesun...>

Caritasverband für Saarbrücken und Umgebung e.V. | Suchtberatung und -behandlung für Alkohol, Medikamente, Glücksspiel

📍 [Johannisstr. 2, 66111 Saarbrücken](#)

@ psb@caritas-saarbruecken.de

☎ [+49 \(0\) 6813090650](tel:+49(0)6813090650)

🌐 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Drogenhilfe Saarbrücken gGmbH | Suchtberatung

📍 [Saargemünder Str. 76, 66119 Saarbrücken](#)

@ info@dh-saar.de

☎ [+49 \(0\) 681985410](tel:+49(0)681985410)

🌐 <https://drogenhilfe-saar.de/psb/>

Beratungsstelle für Menschen mit Substitution | Psychosoziale Begleitung Substituierter

📍 [Dragonerstr. 7-9, 66117 Saarbrücken](#)

@ Leitung_psb_teilhabe@lvsaarland.awo.org

☎ [+49 \(0\) 68158605230](tel:+49(0)68158605230)

🌐 <https://www.awo-saarland.de/psychosoziale-begleit...>

SHG Zentrum für Abhängigkeitsprobleme | Sekretariat

📍 [Großherzog-Friedrich-Straße 11, 66111 Saarbrücken](#)

@ zfa@sb.shg-kliniken.de

☎ [+49 \(0\) 6813891241](tel:+49(0)6813891241)

 <https://www.shg-kliniken.de/reha/zentrum-fuer-psy...>

Housing shortage

What is a housing emergency?

That means:

You **don't have a flat**, you **are about to lose your flat** or you **live very badly**.

There are various organisations in the Saarbrücken region that can help you.

Support with finding accommodation

There are advice centres that can help you find a flat.

They will give you tips, addresses and sometimes direct support.

If you don't have a flat or are threatened with homelessness, you can contact them.

ADDRESS AND CONTACT

Patricia Klein | Wohnraumakquise im Regionalverband Saarbrücken

 [Europaallee 11, 66113 Saarbrücken](#)

 [@patricia.klein@rvsbr.de](mailto:patricia.klein@rvsbr.de)

 [+49 \(0\) 6815065019](tel:+49(0)6815065019)

 <https://www.regionalverband-saarbruecken.de/sozia...>

Stefan Baluktsian | Wohnraumakquise im Regionalverband Saarbrücken

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 [@stefan.baluktsian@rvsbr.de](mailto:stefan.baluktsian@rvsbr.de)

 [+49 \(0\) 6815065026](tel:+49(0)6815065026)

 <https://www.regionalverband-saarbruecken.de/sozia...>

Haus der Diakonie Saarbrücken | "Housing First"

 [Johannisstraße 6, 66111 Saarbrücken](#)

 [@housing-first@dwsaar.de](mailto:housing-first@dwsaar.de)

 [+49 \(0\) 6813898344](tel:+49(0)6813898344)

 [+49 \(0\) 1724580318](tel:+49(0)1724580318)

 <https://www.diakonie-saar.de/ich-brauche-hilfe/ho...>

Haus der Diakonie Völklingen | "Housing First"

 [Gatterstr. 13, 66333 Völklingen](#)

 [@housing-first@dwsaar.de](mailto:housing-first@dwsaar.de)

 [+49 \(0\) 6898914760](tel:+49(0)6898914760)

 <https://www.diakonie-saar.de/ich-brauche-hilfe/ho...>

Counselling on securing accommodation

The advice centre for securing housing in Völklingen helps people so that they do not lose their home. For example, if there are problems with the rent or there is a threat of cancellation.

ADDRESS AND CONTACT

Ambulante Fachberatungsstelle zur Wohnraumsicherung Völklingen - Diakonie Saar | Völklingen

 [Poststraße 50, 66333 Völklingen](#)

 [@wohnraumsicherung@dwsaar.de](mailto:wohnraumsicherung@dwsaar.de)

 [+49 \(0\) 1724589478](tel:+49(0)1724589478)

 <https://www.diakonie-saar.de/ich-brauche-hilfe/am...>

Support for young people

Young people under the age of 25 can get help if they have no home or are about to lose their home.

ADDRESS AND CONTACT

Corinna Feis | Koordinatorin

 [Seilerstraße 6, 66111 Saarbrücken](#)

 [@corinna.feis@sos-kinderdorf.de](mailto:corinna.feis@sos-kinderdorf.de)

 [+49 \(0\) 6819365288](tel:+49(0)6819365288)

 <https://www.sos-kinderdorf.de/kinderdorf-saarbrue...>

Outpatient help

Some people live in their own home, but need **help with everyday life**.

In this case, social workers come to their home.
They help, for example

- with tidying up or shopping,
- with post or applications,
- or with problems with the landlord.

This help is called **outpatient assistance**.
It is designed to help people **continue to live independently**.

ADDRESS AND CONTACT

Haus der Diakonie Saarbrücken | Ambulant Betreutes Wohnen

📍 [Johannisstraße 6, 66111 Saarbrücken](#)

✉ @abw-sb@dwsaar.de

☎ [+49 \(0\) 6813898337](tel:+49(0)6813898337)

☎ [+49 \(0\) 6813898345](tel:+49(0)6813898345)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/am...>

Haus der Diakonie Völklingen | Ambulant Betreutes Wohnen

📍 [Gatterstr. 13, 66333 Völklingen](#)

✉ @abw-vk@dwsaar.de

☎ [+49 \(0\) 6898914760](tel:+49(0)6898914760)

🌐 <https://www.diakonie-saar.de/ich-brauche-hilfe/am...>

TafF | Ambulante Hilfe für Frauen

📍 [Breite Strasse 63, 66115 Saarbrücken](#)

✉ @d.schwan@skf-saarland.de

🌐 <https://skf-saarland.de/taetigkeitsbereiche/einri...>

Residential homes for people without a home

There are **residential homes** for people who **do not have their own home**.

These homes provide a place to sleep, food, counselling and help with everyday life.
You can live there temporarily until you have found **your own flat**.

ADDRESS AND CONTACT

Bruder-Konrad-Haus | Wohnungslosenhilfe

 [Fichtestraße 5-7, 66111 Saarbrücken](#)

 [@bruder-konrad-haus@caritas-saarbruecken.de](mailto:bruder-konrad-haus@caritas-saarbruecken.de)

 [+49 \(0\) 681938130](tel:+49(0)681938130)

 <https://www.caritas-saarbruecken.de/hilfe-und-ber...>

Herberge zur Heimat | Notunterkunft für wohnungslose Männer

 [Am Ludwigsplatz 9, 66117 Saarbrücken](#)

 [@Herberge-zur-Heimat@dwsaar.de](mailto:Herberge-zur-Heimat@dwsaar.de)

 [+49 \(0\) 68152801](tel:+49(0)68152801)

 <https://www.diakonie-saar.de/ich-brauche-hilfe/he...>

Elisabeth-Zillken-Haus | Stationäre Hilfe für Frauen und deren Kinder in Notsituationen

 [@kontakt-ezh@skf-saarland.de](mailto:kontakt-ezh@skf-saarland.de)

 <https://skf-saarland.de/taetigkeitsbereiche/einri...>

Heike Günkel-Kirsch | Wohnraumbereitstellung und sozialpädagogische Beratung/Begleitung

 [Cecilienstraße 12a, 66111 Saarbrücken](#)

 [+49 \(0\) 681399780](tel:+49(0)681399780)

 <https://www.gps-rps.de/angebote/straffaelligenhil...>

Emergency sleeping centres and day shelters

People without a home find a **safe place** here.

They can sleep there, rest, eat something and warm up.
These places are often open **at night or during the day**.

Some also offer **counselling** or **help in an emergency**.

ADDRESS AND CONTACT

AWO Notschlafstelle | Notschlafstelle

 [Brückenstr. 26, 66115 Saarbrücken](#)

 [@Leitung_notschlafstelle_teilhabe@lvsaarland.awo.o...](mailto:Leitung_notschlafstelle_teilhabe@lvsaarland.awo.o...)

 [+49 \(0\) 68176180022](tel:+49(0)68176180022)

 <https://www.awo-saarland.de/notschlafstelle/>

ELLEFriede, SkF | Notschlafstelle für Frauen

 [Breite Strasse 63, 66115 Saarbrücken](#)

 [@ELLEFriede@skf-saarland.de](mailto:ELLEFriede@skf-saarland.de)

 <https://skf-saarland.de/taetigkeitsbereiche/einri...>

Wärmestube | Odachlosen- und Armenhilfe

 [Trierer Straße 64, 66111 Saarbrücken](#)

 [@kontakt@waermestube-sb.de](mailto:kontakt@waermestube-sb.de)

 [+49 \(0\) 6814163529](tel:+49(0)6814163529)

 <https://waermestube-sb.de/>

Volunteer support services

Volunteers also support people without a home. They help people without a home in winter with warm clothing, food, hygiene articles and sleeping facilities.

ADDRESS AND CONTACT

Kältebus Saarbrücken e.V.

 [Halbergstraße 122, 66121 Saarbrücken](#)

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

 <https://kaeltebussaarbruecken.de/>

Ingos Kleine Kältehilfe

 [Stengelstr. 30, 66117 Saarbrücken](#)

 [@hand-in-hand@gmx.de](mailto:hand-in-hand@gmx.de)

 [+49 \(0\) 1749117841](tel:+49(0)1749117841)

 [https://www.saarbruecken.de/leben in saarbruecken...](https://www.saarbruecken.de/leben-in-saarbruecken...)

Street workers in Saarbrücken

Street workers are social workers who help people directly on the street.

They approach homeless people and offer **counselling, help and support** in everyday life.

Astrid Peters | Streetworker

 [Kohlwaagstraße 4, 66111 Saarbrücken](#)

[@astrid.peters@saarbruecken.de](mailto:astrid.peters@saarbruecken.de)

 [+49 \(0\) 6819053232](tel:+49(0)6819053232)

 [+49 \(0\) 1622558700](tel:+49(0)1622558700)

Denis Lozian | Streetworker 2

 [Kohlwaagstraße 4, 66111 Saarbrücken](#)

[@denis.lozian@saarbruecken.de](mailto:denis.lozian@saarbruecken.de)

 [+49 \(0\) 6819053382](tel:+49(0)6819053382)

 [+49 \(0\) 15202856671](tel:+49(0)15202856671)

The ofW team of the [job centre](#)

The Job Centre has a team for people with no fixed abode (ofW). The team works with landlords and is familiar with many housing offers. There are also good contacts with other organisations in Saarland and beyond.

ADDRESS AND CONTACT

Team 790 | ofW - Team

 [Hafenstr. 18, 66111 Saarbrücken](#)

[@jobcenter-Saarbruecken.Team790@jobcenter-ge.de](mailto:jobcenter-Saarbruecken.Team790@jobcenter-ge.de)

 [+49 \(0\) 681970383000](tel:+49(0)681970383000)

 <https://www.jobcenter-rvsbr.de/>

[Further information on the subject of housing](#)

Central return counselling

The Federal Office for Migration and Refugees (BAMF) has not yet decided on your asylum application? Do 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) will advise you on ways 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.

ADDRESS AND CONTACT

Zentrale Ausländerbehörde

Gebäude 2/Zimmer 2.25 | Rückkehrberatung

 [Dillinger Str. 67, 66822 Lebach](#)

 @rueckkehr@lava.saarland.de

 [+49 \(0\) 6815016858](tel:+49(0)6815016858)

 <https://www.saarland.de/lava/DE/home/Abteilungen/...>