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## Counselling centres and assistance services

### Helpline for women experiencing violence

[08000 116 016](tel:08000116016)

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

The "Gewalt gegen Frauen" (Violence against women) helpline provides counselling for affected women everywhere in Germany. It provides information and, if needed, can put you in contact with suitable support organisations in your area. The (female) counsellors on this helpline provide advice for all forms of violence against women. Online counselling is also available on the website. All conversations are confidential and can be anonymous if you wish. You will not be asked to provide any personal information, and any information you share will not be recorded. This applies to both the telephone helpline and the website. Counselling is available in many languages with the help of interpreters. If you have a hearing impairment, you can request an interpreter (free of cost) through the website. The conversation with the helpline counsellor will then be translated into German sign language or writing.

### Der Familienratgeber (The Family Counsellor)

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

The Familienratgeber (family counsellor) website of Aktion Mensch offers information and addresses for people with disabilities and their families. People with disabilities and their families can find important information about living with disabilities in simple and easy German on the website: From school, to work, leisure, accessibility, rights, housing, counselling, health and long-term care insurance and much more.

[evtl. Einfügen: am besten als Unterpunkte: Beratungsstellen in der Region. evtl. für Sucht, Missbrauch, HIV etc.]

### Participation – Living with Disability

**"No one may be disadvantaged because of his or her disability"** – this is stated in Article 3 (3) of the Basic Law of the Federal Republic of Germany.

People with disabilities should have the opportunity to participate equally in professional and social life.

### Important information

Information on the topic of **participation** in the district of Weilheim-Schongau can be found



[here](#).

You can find the newsletter **For more participation**




[here](#).

You can find the **“Wegweiser für Menschen mit Behinderung” (“Guide for people with disabilities”)** for the district of Weilheim-Schongau



[here](#).

## The “Aktion Mensch” family guidebook

The Familienratgeber (family counsellor) website of Aktion Mensch offers information and addresses for people with disabilities and their families. On this  [website](#), people with disabilities and their families can find important information about living with disabilities in **simple and easy German language**: From school, to work, leisure, accessibility, rights, housing, counselling, health and long-term care insurance and much more.

## Therapeutic services for refugees (TAFF)

Those who are left alone with physical and mental illnesses no longer have the energy to actively integrate themselves into our society and slide into a sense of helplessness and resignation. Refugees suffer from post-traumatic stress disorders significantly more often than the rest of the population. However, optimal health care often fails due to intercultural barriers that make constructive communication difficult.

In order to expand and permanently guarantee adequate psychotherapeutic care for traumatised and mentally ill migrants, the STIFTUNG WELTEN VERBINDEN supports the TAFF – Therapeutische Angebote für Flüchtlinge (Therapeutic Services for Refugees) project of the charitable association Diakonisches Werk Bayern e.V. (Social Service Agency of Bavaria).

## TAFF Weilheim-Schongau:

### Ms Sadowsky

M.A., Trauma Counsellor, Trauma Educator



[Mittlerer Graben 9, 82362 Weilheim](#)



[017668386349](#)



[sadowsky@diakonie-oberland.de](mailto:sadowsky@diakonie-oberland.de)



<https://www.diakonie-oberland.de.html>

By appointment

### Mr Köhler



Refugee counsellor and integration counsellor, with a focus on **psychologically ill and distressed refugees**.



[Mittlerer Graben 9, 82362 Weilheim](#)



[015121898057](#)

 [philipp.koehler@herzogsaeigmuehle.de](mailto:philipp.koehler@herzogsaeigmuehle.de)  
 <https://migration.herzogsaeigmuehle.de/weilheim-sc...>

By appointment  
Monday, Tuesday, Thursday, Friday

## Addiction – alcohol, medicines, gambling and drugs


An addiction is a disease. People can be addicted to drugs, alcohol or medication. Gambling, the internet or computer games can also be addictive. Often there are problems in the family, with money, at work or with the police. It is difficult to distinguish between what is still normal and when someone is dependent.

If you or a family member, friend are addicted or you have questions about the topic, you can go to addiction counselling. You can get help there, also when it comes to illegal drugs. There is a duty of confidentiality, and the police are not informed either. Counselling is free of charge, anonymous if desired.

Information also for family members **in different languages** can be found



[here](#).

The **app**  **"Guidance"** provides information on drugs, alcohol, medication, addiction and legal rules. It is free of charge and available in different languages (German, Arabic, English, Farsi, French, Turkish, Russian).

## Counselling centres in the vicinity:



[Psychosocial counselling and treatment centre](#)

### Weilheim

in Herzog-Christoph-Haus



[Herzog-Christoph-Straße 1-3, 82362 Weilheim](#)



[+49881924520251](tel:+49881924520251)



[suchtberatung.weilheim@herzogsaeigmuehle.de](mailto:suchtberatung.weilheim@herzogsaeigmuehle.de)

Office hours:

Monday to Thursday 9 AM to 5:30 PM

Friday 9:00 AM till 4:00 PM

### Penzberg

In Gelbes Haus



[Bahnhofstraße 33a, 82377 Penzberg](#)



[+4988563930](tel:+4988563930)



[suchtberatung.penzberg@herzogsaeigmuehle.de](mailto:suchtberatung.penzberg@herzogsaeigmuehle.de)

Office hours:

Monday, Wednesday, Thursday, Friday

9 AM to 4 PM and by appointment

## Schongau

in Beratungszentrum DOMIZIL

 [Dominikus-Zimmermann-Str. 1, 86956 Schongau](#)

 [+4986193775](#)

 [suchtberatung.schongau@herzogsaeigmuehle.de](mailto:suchtberatung.schongau@herzogsaeigmuehle.de)

Office hours

Monday to Thursday 8 AM to 5 PM

Friday 9:00 AM till 4:00 PM

## Trauma-sensitive yoga – in many languages


For information on **trauma-sensitive yoga** see



[here](#).

**Stabilising and calming exercises for refugees** are available in many languages:

-  [German](#)
-  [English](#)
-  [French](#)
-  [Arabic](#)
-  [Pashto](#)
-  [Dari](#)
-  [Farsi](#)
-  [Tigrinya](#)

A video tutorial in these languages can be found  [here](#):