

UETERSEN HELPS

An offer from your local
politicians

Do you need help?

Your neighbors offer uncomplicated neighborhood assistance, like for example:

- grocery shopping,
- childcare,
- or just a regular phone call.

Just call:
04122 8437783

Nationwide consulting and assistance services are still available for you:

Pastoral counselling service	0800 111 0 111 or 0800 111 0 222 or 116 123
„Violence against women" help line	08000 116 016
"Number against sorrow" Parents' phone	0800 111 0 550
"Number against sorrow" For children and young people	116 111
„Pregnant women in distress" help line	0800 404 0020
Help line for senior citizens against loneliness	0800 4708090
Care phone	030 2017 9131
Weißer Ring – help line for victims	116 006

rosenstadt
UETERSEN

Local advice centers also offer telephone counselling. The following list was compiled with the support of the local alliance for family matters and the equal opportunities officer. Please, note the announcements on the answering machines.

AWO child-rearing counselling, Uetersen	advises by telephone in all family and educational matters - free of charge and confidential for children, young people, parents and educators.	04122-9038 27 or 04122-9038 25
AWO Pregnancy counselling, Uetersen and Pinneberg	offers general pregnancy counselling and pregnancy conflict counselling by telephone, and advices on contraceptive costs.	04101-2057 77 or 04101-2057 88
ATS- addiction counselling, Tornesch	advises by telephone on all forms of addiction, including relatives and friends.	04122-9600 40
Brücke Elmshorn	offers telephone support for people with mental illness and problems as well as their relatives.	04121-7017702
Diakonieverein Migration, Uetersen	offers telephone advice for refugees.	0152-54633512 or 0152-01678962
Einwandererbund, Elmshorn	offers advice on migration issues by telephone.	0151-75760287
Hand in Hand, Uetersen	advises pregnant women and young families by telephone during the first three years of their children's lives.	0178-1115757
SoVD, Uetersen	advises by telephone on matters relating to social law.	04122-4032420
Wendepunkt e.V.	advises children, young people and parents by telephone on the topics of respect and non-violence in child-rearing, partnership and sexuality.	04121-475730

In cases of domestic violence, you can contact the following institutions:

Police	in the event of direct threat	immediately 110
Equal opportunities officer	04122-714 222	
Women's Counselling Elmshorn	04121-6628	
Women's Counselling Pinneberg	04101-513147	