

Help and advice offers

For legal guardians/parents...

On-site assistance

- **Bentheimer Tafel:** 05922-687783 (Hilgenstiege 4, 48455 Bad Bentheim, Tuesday & Friday from 10-12 o'clock, almost exclusively Food)
- **Jacket like trousers (second-hand shop of the Diakonie):** (Oat Market 3, 48465 Schüttorf)
- **Mr. Hötzel, counseling teacher RSB:** wolfgang.hoetzel@rsbadbentheim.de
- **Mrs. Koel, school social worker RSB:** carmen.koel@rsbadbentheim.de
- **Counselling centre for legal guardians/parents, children and young people:** 05921-9602 (Wednesdays 4-5 pm in the Family Service Office Bad Bentheim)
- **District Youth Welfare Office:** 05921-961472 (Thursdays from 13:30-14:30 in the Family Service Office Bad Bentheim)
- **Kinderschutzbund:** 05921-76000 (Youth Centre, Denekamper Str. 26, Nordhorn)
- **Women's advice centre:** 05921-77779 (Tuesdays and Thursdays, Steinmaate 1, Nordhorn)
- **Debt counselling:** 05921-961473 (every 1st Monday of the month from 2-3 pm in the family service office, Ochtruper Str. 10, 48455 Bad Bentheim)
- **Refugee social work:** 05922-9945394 (Treff 10, Kirchstr. 10, Bad Bentheim)
- **Commissioner for Migration/Integration:** 05921-883680 (every 1st Friday of the month from 10-11:30 am, Treff 10, Kirchstr. 10, 48455 Bad Bentheim)
- **Outpatient refugee care/DRC:** 05921-883680 or 0162-2472819, Social Welfare Office, Am Bahnhof, Bad Bentheim
- **Job Center/Case Management:** 05921-966000 (Stadtring 9-15, Nordhorn)

Help via chat

- **Speaking time for you** (free in German, English, Spanish, French, Polish, Portuguese, Danish, Norwegian, Dutch, Russian, Ukrainian):
<https://www.virtualsupporttalks.de/de>

Help on the phone

- **Parents' telephone** (free and anonymous): 0800 1110550 (Mon-Fri: 9 a.m. to 5 p.m., Tue & Thu: 9 a.m. to 7 p.m.)
- **Muslim pastoral care telephone** (by arrangement consultation in Turkish, Arabic, Urdu, Moroccan, English, French and Spanish possible, available 24 hours 7 days a week): 030443509821
- **Diakonie: Phone Doweria** (advice in German or Russian): 030-440308454
- **BIG Hotline** (for women and children affected by domestic violence, daily between 8 a.m. and 11 p.m.): (030)6110300