

Help and advice offers

For students...

• On-site assistance

- **RSB– Mediator:** Fotocollage Forum I
- **Meeting point 10** (Jugendhaus, Kirchstr. 10, 48455 Bad Bentheim): 05922-9944920, Opening hours: Mon & Thu Kidstreff (8-13 years) 15-17:30, Youth club (14-18 years) Mi 16-20, Fri 17-22 h, esther.maschmeier@ujh-bentheim.de or danica.Schaefermeyer@ujh-bentheim.de, <https://www.ujh-bentheim.de/>
- **Pregnancy counselling:** 05921-81111168 (Wednesdays, Wilhelmstr. 6a, Bad Bentheim office)
- **Independent Youth Centre Komplex Schüttorf** (Mauerstraße 56, 48465 Schüttorf): 05923-96050 or +4915904351272 (youth club (from 12 years) Mon-Wed: 4-8 pm, Thu: 4-9 pm, Fri: 4:30 pm-8 pm, Kidstreff (8-12 years) Fri: 2:30-4:30 pm),
- **Ev. Ref. Youth Café** (Mauerstraße 48, 48465 Schüttorf): 05923/9884789
- **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)

Help via chat

- **Kid Kit** (For addiction, violence and mental illness in the family, for 10-18 year olds): Help via chat or mail anonymously and free of charge <https://www.kidkit.de/>
- **Krisenchat.de** (free via WhatsApp or SMS, for anyone under 25): <https://krisenchat.de/>
- **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

- **Number against grief:** Monday to Saturday 14-20 o'clock 116 11
- **Pregnancy conflict counselling (Youth Welfare Office):** 05921-961461 , 05921-961568
- **Pro Aktiv – Center (support in decisions between school and work):** 05921-966270, 05921-966288 or 05921-966294
- **Hobbit** (Counselling Centre for victims of sexual violence): 05921-6464
- **Compass** (Counselling Centre for victims of domestic violence): 05921-858763
- **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
- **BIG Hotline** (for women and children affected by domestic violence, daily between 8 a.m. and 11 p.m.): (030)6110300