

BRIEF OVERVIEW –WE PRESENT 10 COUNSELLING SERVICES FROM BREMEN

This flyer is addressed to people with a physical, mental, emotional and/or sensory disability, as well as those who want to find out more about the existing counselling system in the city of Bremen. In order to make the services offered in Bremen more accessible, especially to people with a migration background, this flyer is published in

Arabic, English, Farsi, French, Russian, Turkish, Ukrainian and in German – in easily understandable language.

In Bremen, most counselling centres focusing on “disability”, receive only sporadic visits from people with a migration background. The institutions presenting themselves here believe that this is also due to the lack of multilingual information.

We would appreciate it if you would get in touch with us and ask that the flyer be widely distributed.



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Der Landesbehindertenbeauftragte der Freien Hansestadt Bremen
Teerhof 59
28199 Bremen

Gestaltung: armoebn.de/sign

LANDESVERBAND DER GEHÖRLOSEN BREMEN E. V.

The general and EUTB® (Complementary Independent Participatory Counselling) centre of the Landesverband der Gehörlosen Bremen e. V. (State Association of the Deaf in Bremen) provides an opportunity for deaf people to get support in dealing with official mail, completing forms, clarifying various documents, etc.

The counselling is provided in sign language. The centre can also deal with applications for sign language interpreters.

The Landesverband der Gehörlosen (State Association of the Deaf) further sees itself as an interest group and thus campaigns for the interests of deaf people in politics and other bodies. The counselling centres offer open consultation hours without prior appointment. In addition, there is a monthly consultation session in Bremerhaven. The current office hours can be found on the homepage www.villa-bremen.de. The counselling centre can also be reached via video chat in sign language.



Landesverband der Gehörlosen Bremen e.V.
(Federal State Association for the Deaf in Bremen, registered association)

Schwachhauser Heerstraße 266, 28359 Bremen
EUTB®: Sabine Schöning, Tel.: 0421/22311-33, Fax: -37
Email: eutb.schoening@lvg-bremen.de
Patrick George Tel.: 0421/22311-31, Fax: -39
Email: patrick.george@lvg-bremen.de
www.villa-bremen.de
Haltestelle Bürgermeister-Spitta-Allee, Linien 4 und 21

BLINDEN- UND SEHBEHINDERTEN-BERATUNGSSTELLE

The counselling centre for the blind and visually impaired offers information and professional support to visually disabled people and their relatives. It offers free and independent counselling on the following topics:

- discussions about the new life situation and the changed perspectives
- legal claims in connection with severely disabled persons' identity cards and blind persons' allowance
- tools, visual aids and lighting
- rehabilitation measures in the household, in road traffic, learning Braille
- leisure time
- school, vocational training, career
- discussion groups

The sponsor of the counselling centre is Blinden- und Sehbehindertenverein Bremen e. V. (Association for the Blind and Visually Impaired in Bremen), a self-help organisation that has represented the interests of blind and visually impaired people since 1908.

An appointment for counselling is required.



Blinden- und Sehbehindertenberatungsstelle
(Counselling Centre for the Blind and Visually Impaired)

Schwachhauser Heerstraße 266, 28359 Bremen
Tel.: 0421/244016-11
Email: beratung@bsvb.org
www.bsvb.org
Haltestelle Bürgermeister-Spitta-Allee, Linien 4 und 21

SELBSTBESTIMMT LEBEN BREMEN – BERATUNGSSTELLE FÜR BEHINDERTE MENSCHEN UND IHRE ANGEHÖRIGEN

SelbstBestimmt Leben is a counselling centre run by disabled people for disabled people. We offer counselling to disabled people and people in need of care and their relatives. We provide advice on all issues related to disability, regardless of which type of disability you have. At SelbstBestimmt Leben, we can answer many of your questions. If not, the counsellors at SelbstBestimmt Leben will find someone who can help.

Counselling also includes assistance with applications and appeals. For SelbstBestimmt Leben, counselling means helping people to find solutions to their problems all by themselves.

Our counselling services are offered in German. Please let us know if you need translation.

The counselling centre is accessible without steps. Telephone and personal counselling: Mondays and Tuesdays 11 a.m. to 1 p.m., Wednesdays and Thursdays 3 p.m. to 5 p.m. and by appointment. Please also use the answering machine so that we can call you back.



SelbstBestimmt Leben Bremen
(Self-determined Living, Bremen)

Ostertorsteinweg 98, 28203 Bremen
Tel.: 0421/704409, Fax: 704401
Email: beratung@slbremen-ev.de
www.slbremen-ev.de
Haltestelle Sielwall, Linien 2, 3 und 10

LANDESARBEITSGEMEINSCHAFT SELBSTHILFE BEHINDERTER MENSCHEN BREMEN E. V.

Landesarbeitsgemeinschaft Selbsthilfe Bremen (State Working Group for Self-Help in Bremen) is an umbrella organisation for disabled and chronically ill people and their relatives. It stands up for the concerns of people with impairments. And it supports them in becoming self-determined and self-advocating.

Counselling on all issues of participation for people with disabilities and chronic illnesses is independent and free of charge. Access to the counselling centre is barrier-free. Counselling can also be provided by telephone or at home. Counselling sessions can also be offered in other parts of town or in Bremerhaven. If a question cannot be answered, the counselling team will put you in touch with a contact person who can help.

Counselling sessions are in German and English. If necessary, translations for other languages can also be organised.

Please make an appointment for counselling.



Landesarbeitsgemeinschaft Selbsthilfe behinderter Menschen Bremen e. V.
(Federal State Working Group for Self-help of Disabled People Bremen, registered association)

Waller Heerstraße 55, 28217 Bremen
Tel.: 0421/39777-14, Fax: 38777-99
Email: info@lags-bremen.de, wagner.eutb@lags-bremen.de
www.lags-bremen.de
Haltestelle Gustavstraße, Linien 2 und 10
Regionalzüge bis Bahnhof Walle

COUNSELLING FOR PEOPLE WITH DISABILITIES IN BREMEN OVERVIEW



DER LANDESBEHINDERTEN- BEAUFTRAGTE DER FREIEN HANSESTADT BREMEN

Anyone can contact the Office of the Commissioner for Disabled Persons if the rights of disabled people are affected. The office is well networked with the existing counselling and support system in the state of Bremen and will gladly arrange contact with these services. In the exercise of his office, the Commissioner is independent and subject only to the law. The aim of his work is to create equal living conditions for people with and without disabilities in all areas of society. The Commissioner mediates between the interests of people with disabilities and the administration.

Since 2020, Arne Frankenstein has been the State Commissioner for Disabled Persons of the Free Hanseatic City of Bremen and the Chairman of the Landesteilhabebeirat (State Participation Advisory Board). The task of the Landesteilhabebeirat is to accompany and promote the implementation of the State Action Plan on the UN Disability Rights Convention in the State of Bremen.

Please feel free to contact the team of the Commissioner.



**Der Landesbehindertenbeauftragte der
Freien Hansestadt Bremen**
Teerhof 59, 28199 Bremen
Tel.: 0421/361-18181
Email: office@lbb.bremen.de
www.lbb.bremen.de
Haltestelle Wilhelm-Kaisen-Brücke, Linien 4, 6, 8 und 24

KOM.FORT E. V. BERATUNG FÜR BARRIEREFREIES BAUEN UND WOHNEN

The kom.fort advice centre provides neutral and free consultation to all people in Bremen on barrier-free and age-appropriate building and living. It offers individual solutions for problems related to housing use – for a long self-determined life within your own four walls. The large exhibition shows a variety of products and interior design proposals for necessary home adaptations. In addition to information on the use of aids, the implementation of structural measures and financing, the offer also includes home visits or on-site consultations (for a fee).

The kom.fort team can even help with applications, for example to the long-term care insurance fund or the social welfare office, as well as with the search for wheelchair-friendly living space.



**kom.fort e.V. Beratung für barrierefreies Bauen
und Wohnen**
(Advice on Barrier-free Building and Living)
Landwehrstraße 44, 28217 Bremen
Tel.: 0421/790110, Fax: 7901120
Email: info@kom-fort.de
www.kom-fort.de
Haltestelle Haferkamp, Linien 2 und 10

AMT FÜR SOZIALE DIENSTE

Fachdienst Teilhabe (Specialist Service for Participation) is the competent point of contact for all people with a significant mental, intellectual and/or physical impairment in the municipality of Bremen. By providing integration assistance benefits, Fachdienst Teilhabe implements the Bundesteilhabegesetz (Federal Participation Act). The aim is to promote effective and equal participation in life, and thus enable a self-determined life in society.

The concrete services of integration assistance are based on individual needs. The beneficiary's right of wish and choice is of great importance in determining this need. We can provide services in the following areas:

- medical rehabilitation (if no other rehabilitation provider is responsible, e.g., the health insurance fund)
- participation in working life
- participation in education
- social participation

Please make an appointment for consultation and/or filing an application.



Amt für Soziale Dienste
(Office for Social Services)
Fachdienst Teilhabe
Hansator 11, 28217 Bremen
Tel.: 0421/36142694
Email: Fachdienst-Teilhabe@afsd.bremen.de
www.amtfuersozialedienste.bremen.de/teilhabe-15008
Haltestelle Hansator oder Konsul-Smidt-Straße, Linie 3

SOZIALPSYCHIATRISCHE DIENSTE

The tasks of the five social psychiatric counselling centres and institutional outpatient clinics are multi-faceted. They include:

- information and counselling for mentally ill and addicted people (legal addictive substances), for their relatives, neighbours or institutions from the respective city district finding help, treatment and rehabilitation (in the field of addiction)
- long-term care and treatment for severely and chronically mentally ill and addicted people who are not adequately cared for by the other support system
- crisis intervention as an immediate assessment by means of a home visit or at the counselling centre with the aim of assessing the extent of the crisis and initiating appropriate support
- assessments for assisted living, in guardianship matters, in accommodation matters according to the PsychKG (Mental Health Law), in matters concerning the public health officer and for the Office of Social Services

The social psychiatric counselling centres and institutional outpatient clinics are available on weekdays from 8.30 a.m. to 5 p.m. The Social Psychiatric Crisis Service can be reached at tel: 790333-33: Mondays to Fridays from 3 p.m. to 11 p.m., weekends and public holidays 8.30 a.m. to 5 p.m.

Counselling Centres

North: Aumunder Heerweg 83/85, 28757 Bremen, Tel.: 0421/6606-1234
South: Buntentorsteinweg 122, 28201 Bremen, Tel.: 0421/22213-10
West: Gröpelinger Heerstr. 104-106, 28237 Bremen, Tel.: 0421/22214-10
Centre: Friedrich-Karl-Straße 38 A, Gebäude ehemalige Prof.-Hess-Kinderklinik, 28205 Bremen, Tel.: 0421/790333-10
Ost: Osterholzer Landstraße 51, 28325 Bremen, Tel.: 0421/408-1850
www.gesundheitsamt.bremen.de/sozialpsychiatrische-beratungsstellen-1733

AMBULANTE SUCHTHILFE BREMEN – INKLUSIVE SUCHTBERATUNG

The outpatient addiction support in Bremen offers addiction counselling for people with disabilities in individual and group sessions. It provides information, counselling and mediation. Counselling is provided on legal substances (such as alcohol), as well as illegal substances (such as cannabis and cocaine).

The offer includes individual and group counselling – in simple language – as well as outreach counselling in individual cases.

The offer is also aimed at people involved with the support system for people with disabilities, such as disability support professionals and relatives. This includes case discussions, team consultations and training events.

Counselling is free of charge. The house is barrier-free. To make an appointment, simply call Henrike Kuhne.



Suchthilfezentrum Mitte
(Addiction Assistance Centre, City Centre)
Bürgermeister-Smidt-Straße 35, 28195 Bremen
Henrike Kuhn
Tel.: 0421/98979-64
Email: henrike.kuhn@ash-bremen.de
Tel.: 0421/98979-0
www.ash-bremen.de
Haltestelle Falkenstraße, Linie 10

NETZWERK SELBSTHILFE E.V. SELBSTHILFEKONTAKTSTELLE

Netzwerk Selbsthilfe (Self-Help Network) is the sponsor of the independent Selbsthilfekontaktstelle in Bremen (Self-help Contact Point in Bremen) and refers affected persons and relatives to various self-help support services or institutions in the health and social sector. To enable low-threshold access for all, the network is an independent association and does not belong to any federation. When it comes to putting an idea into practice, taking the initiative or pointing out grievances, the dedicated team is there to help develop new services in various areas.

The offer is rounded off by the projects „Zeit schenken“ (Give time), „Wohnen für Hilfe“ (Housing against help), as well as support for care-giving relatives. For personal counselling sessions, please arrange an appointment by phone.

Office hours are Monday to Friday from 10 a.m. to 1 p.m., and Monday and Thursday from 2 p.m. to 6 p.m. and Tuesday and Wednesday from 2 p.m. to 4 p.m.



Netzwerk Selbsthilfe e.V.
Selbsthilfekontaktstelle
(Self-help Network, Contact Point for Self-help)
Faulenstraße 31, 28195 Bremen
Tel.: 0421/704581
Email: info@netzwerk-selbsthilfe.com
www.netzwerk-selbsthilfe.com
www.selbsthilfe-wegweiser.de
Haltestelle Radio Bremen / VHS, Linien 2, 3 und 25