

Who helps me if...?

Matter	Function, Institution	Address	Contact Data	Additional Information
Family, parenting	Office for Family, Equal Opportunities and Diversity	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 54.0.7	Julia Spengruber Phone: 0981/ 4877-504 Email: julia.spengruber@hs-ansbach.de Web: HS Ansbach: Office for Family, Equal Opportunities and Diversity	
	Parent, youth, and family counselling center	Crailsheimstraße 64 91522 Ansbach	Phone: 0981/ 468 55 55 Email: eb-stelle@landratsamt-ansbach.de Web: Ansbach district: Parent, youth, and family counseling center	
Pregnancy	Office for Family, Equal Opportunities and Diversity	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 54.0.7	Julia Spengruber Phone: 0981/ 4877-504 Email: julia.spengruber@hs-ansbach.de Web: HS Ansbach: Office for Family, Equal Opportunities and Diversity	
	State-approved counselling centre for pregnancy issues of the county	Crailsheimstraße 64 91522 Ansbach Subject area 71 - health promotion	Phone: 0981/ 468-7100 Email: gesundheitsfoerderung@landratsamt-ansbach.de Web: Landkreis Ansbach: Leben im Landkreis- Schwangerenberatung	
	Caritas association Ansbach e.V.	Bahnhofsplatz 11 91522 Ansbach	Phone: 0981/ 97168-20 Email: schwangerschaftsberatung@caritas-ansbach.de Web: Caritas-Ansbach: Help for the pregnant	Please make an appointment
	Deaconry Ansbach e.V.	Merckstraße 7 91522 Ansbach	Phone: 0981/ 466149-0 Email: schwangerschaftsberatung@diakonie-ansbach.de Web: Diakonie Ansbach: Beratungsstelle für Schwangerschaftsfragen	Online consultation

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Equal rights between women and men	Women's Representative at Ansbach University of Applied Sciences	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 51.2.19	Prof. Tanja Schmidt Phone: 0981 4877-308 Email: tanja.schmidt@hs-ansbach.de Web: womens-office-Ansbach University	Contact point for female students, professors, and female teaching staff
	Equal Opportunities Officer at Ansbach University of Applied Sciences	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 51.1.5	Dunja Zöller Phone: 0981/ 4877-503 Email: dunja.zoeller@hs-ansbach.de	Contact point for non-academic female employees and all male university members
Violence	Women's refuge Ansbach	Caritasverband Ansbach	Phone: 0981/ 95959 Email.: frauenhaus@caritas-ansbach.de Web: Caritas Ansbach: Womens refuge	
	Society Rauhreif	Platenstraße 28 91522 Ansbach	Phone: 0981 98 848 Email: beratung@rauhreif-ansbach.de info@rauhreif-ansbach.de Web: Rauhreif Ansbach	Sexual violence support Online consultation possible
	Police inspection Ansbach	Schlesierstraße 34 91522 Ansbach	Phone: 0981/9094-319 Web: Kriminalinspektion Ansbach	
	Agent for crime victims - Police of Middle Franconia	Polizeipräsidium Mittelfranken Richard-Wagner-Platz 1 90443 Nürnberg Frau Petzold, Frau Boßert, Herr Richter	Phone: 0911/2112-1344 Email: pp-mfr.bpfk@polizei.bayern.de Web: Polizei Mittelfranken: Beauftragte für Kriminalitätsoffer	Information on and support with: - preliminary investigation - police activities
	Woman emergency call Bavaria Woman counseling Nürnberg	 Lorenzer Platz 10 90402 Nürnberg	Arbeitsgemeinschaft der Frauennotrufe in Bayern Phone: 0911- 284400	specialist advice center of the subject of sexualized violence online consultation Woman counseling Nürnberg possible

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	Support hotline	Nationwide and free of charge	Phone: 08000 116 016 Web: The Violence against women support Hotline	
	Support hotline violence against men		Phone: 0800 12 399 00 Web: Support hotline violence against men	online consultation-violence against men possible
	Strong LGBTIQ* agency against discrimination and violence		Phone: 0800 00 112 03 E-Mail: kontakt@strong-community.de Web: Strong!-LGBTIQ* agency against discrimination and violence	
Nursing counselling centre	Office for Family, Equal Opportunities and Diversity	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 54.0.7	Julia Spengruber Phone: 0981/ 4877-504 Email: julia.spengruber@hs-ansbach.de Web: HS Ansbach: Office for Family, Equal Opportunities and Diversity	first contact point
	Care support point of the city of Ansbach	Nürnberger Str. 32 91522 Ansbach Raum: 1.06	Phone: 0981/51-5955 Email: pflugestuetzpunkt@ansbach.de Web: Stadt Ansbach: Pflugestützpunkt	Care advice - city of Ansbach
	Care counselling centre of the district of Ansbach	Crailsheimstraße 1 91522 Ansbach	Mr. Lechler Phone: 0981/ 4685220 Email: pflugberatung@landratsamt-ansbach.de Web: Landkreis Ansbach: Pflugberatung	Care advice - district of Ansbach
	Specialist office for caring relatives	Rummelsberger Str. 11 91522 Ansbach	Phone: 0981/ 9703 88 00 Email: angehoerigenberatung-ansbach(at)rummelsberger.net	Care advice

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			Web: Ansbach-Fachstelle für pflegende Angehörige	
Disability and chronic illness	Representative for students with disabilities and chronic illness	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 51.1.5	Prof. Dr. Torsten Schmidt Phone: 0981/ 4877-262 Email: torsten.schmidt@hs-ansbach.de	Help e.g., with compensation of disadvantages
	Representative for disabled employees	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 70.0.32	Dorothee Seifert (confidential person) Email: schwerbehindertenvertretung@hs-ansbach.de Web: Representative for disabled employees	
	Office for Family, Equal Opportunities and Diversity	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 54.0.7	Dunja Zöller Phone: 0981/ 4877-503 Email: dunja.zoeller@hs-ansbach.de Web: Office for Family, Equal Opportunities and Diversity	Counselling
	Open work with disabled people	Heilig-Kreuz-Straße 2a 91522 Ansbach	Phone: 0981/ 972230-0 Web: Open Help ARON-Diakoneo	Transport service
	Regens Wagner Open help	Freiherr-von-Drais-Straße 2 91572 Bechhofen	Phone: 09822/ 604 42-0 Email: offene-hilfen-bechhofen@regens-wagner.de Web: Regens-Wagner-Absberg: Unsere Angebote	Study support Margit Pfanz Phone: 0982/604 42 17 E-Mail: margit.pfanz@regens-wagner.de Sabine Maicher Phone: 0982/604 42 18 E-Mail: sabine.maicher@regens-wagner.de

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	Complementary Independent Participation Counselling EUTB	Kannenstraße 3 91522 Ansbach	Phone: 09171 / 9664-47 (Herr Löhner) E-Mail: beratung@eutb-mfrs.de d.loehner@eutb-mfrs.de Web: EUTB-Mittelfranken-Süd	Consulting rehabilitation and participation
Psychological Health	Psychological Counselling Centre (Studentenwerk Erlangen-Nürnberg)	Hofmannstraße 27 2. floor 91052 Erlangen	Phone: 09131/ 8002-750 (Monday-Friday: 08.30 a.m. - 12.00 p.m.) Web: Psychological Counseling Center-Studentenwerk Erlangen-Nürnberg	Expense contribution (10,00 - 15,00 euros), for students in financial need
	Consultation at Ansbach University of Applied Sciences	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Room: 53.1.7	Kristin Fues (psychology diploma) Phone: 0981/4877-14 Email: Kristin.Fues@werkswelt.de	Open hours (Fridays): 11.00 am – 12.00 pm Office hours: Monday: 8:00 am - 01:00 pm Tuesdays: according to the official notice Friday: 8:00 am-04.30 pm
	Pastoral Care Consultation at Ansbach University of Applied Sciences	Welserstraße 3 91522 Ansbach Hochschule Ansbach Quiet room Building 51 Office: Building 53, Room 53.1.7	Email: info@oehsg-ansbach.de Web: Ecumenical university chaplaincy AN Hermann Spingler (Ev) hermann.spingler@oehsg-ansbach.de or pfarramt@heiligkreuz-ansbach.de Phone: 0981 / 96262 Dr. Norbert Jung (RK) norbert.jung@erzbistum-bamberg.de Phone: 0981/ 97776066	Attendance appointment by arrangement Support with exam anxiety
	Social Psychiatric Service - Diakonie Ansbach	Karolinenstraße 29 91522 Ansbach	Phone: 0981/ 14440 Email: spdi-ansbach@diakonie-ansbach.de	Free consultation from the age of 18

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			Web: Social Psychiatric Service-Ansbach	Guided self-help groups Branch offices: - Rothenburg o.d.T. - Feuchtwangen - Dinkelsbühl - Windsbach Health insurance will not be informed about the use of this service
	Contact and information point for self-help groups	KISS Ansbach Bahnhofplatz 8 91522 Ansbach	Phone: 0981/ 972 24 80 Email: ansbach@kiss-mfr.de Web: KISS-Ansbach	Estimation if self-help groups or other treatments appropriate
Change of study programme, study termination	Job Centre Consultation at Ansbach University of Applied Sciences	Hochschule Ansbach Residenzstraße 8 91522 Ansbach Office: Building 53, Room 53.1.7	Ms. Jantek Email: ansbach.berufsberatung@arbeitsagentur.de	Office hours: 9:00 am - 12.00 pm Appointments will be published on the websites of the General Student Advisory Services
Crises and emergencies	General Social Counseling Center Caritasverband Ansbach	Bahnhofplatz 11 91522 Ansbach	Phone: 0981/ 97168-23 Email: sozialeberatung@caritas-ansbach.de Web: Caritas Ansbach: Social Counseling Center	Financial worries Support application for financial help
	Advice centre for general church social work	Diakonisches Werk Ansbach e.V.	Phone: 0981/ 96906-46 Email: kasa-ansbach@diakonie-ansbach.de	Support application for social assistance, financial help

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	Diakonie Ansbach	Karolinenstraße 29 91522 Ansbach	Web: Diakonie Ansbach: Beratungsstelle Kirchliche Allgemeine Soziale Arbeit	Branch offices: - Rothenburg o.d.T. - Feuchtwangen - Dinkelsbühl - Windsbach online consultation possible
	Home-treatment	Clinic for Psychiatry, Psychotherapy and Psychosomatics Feuchtwanger Straße 38 91522 Ansbach	Phone: 0981/ 4653-2234 (8.00 am - 4.30 pm) alternatively Patient Reception Centre Phone: 0981/ 4653-2100	Precondition: stationary treatment is necessary (referral by general practitioner or specialist) Offer within a 25-km radius around Ansbach All-day service
	Clinic for Psychiatry, Psychotherapy and Psychosomatics	Feuchtwanger Str. 38 91522 Ansbach	Phone: 0981/ 4653 0 (centre)	
	Crisis Service Middle Franconia	Hessestraße 10 90443 Nürnberg	Phone: 0800 / 655 3000 oder 0911/ 42 48 55 -0 Email: info@krisendienst-mittelfranken.de Web: Crisis Service Middle Franconia	Online consultation possible
	Weisser Ring	City and county external branch Ansbach	Phone: 0151/55164844 Email: wrtteam-kr.ansbach@t-online.de Web: ansbach-bayern-nord.weisser-ring.de	
	Crisis line	nationwide, 24 h/day, anonymous, free of charge	Phone: 0800/ 1110111, 0800/ 1110222- 116 Email: Crisis line	
Debts	Debt and insolvency advice	District Administration Ansbach	Phone: 0981/ 9698814	

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		(AWO City and County Ansbach) Martin-Luther-Platz 46 91522 Ansbach	Email: schuldnerberatung@awo-ansbach.de Web: AWO Ansbach: Debt and insolvency advice	
Financial worries	FRANKENPROJEKT "Essen & mehr" e.V.	Crailsheimstrasse 22 91522 Ansbach	Phone: 0981/ 9721950 Email: info@frankenprojekt.de Web: Frankenprojekt-Essen and more	
	Ansbacher Tafel (Caritas and Diakonie)	Karolinenstraße 29 91522 Ansbach	Phone: 0981/ 9776006 Web: Diakonie Ansbach: Ansbacher Tafel	
	General Social Counselling Centre Caritasverband Ansbach	Bahnhofplatz 11 91522 Ansbach	Phone: 0981/ 97168-23 Email: sozialeberatung@caritas-ansbach.de Web: Caritas Ansbach: Social Counseling Center	Financial worries Support application for financial help
Addiction	Company addiction counsellor	Hochschule Ansbach Brauhausstraße 15 91522 Ansbach Room: 3.06	Armin Leppert Phone: 0981/ 4877-162 Email: armin.leppert@hs-ansbach.de	
	Addiction counselling - Diakonie Ansbach	Diakonisches Werk Ansbach e.V. Karolinenstraße 29 91522 Ansbach	Phone: 0981 96906-22 Email: suchtberatung@diakonie-ansbach.de Web: Diakonie Ansbach: Suchtberatung	individual consultation e.g., by telephone, online outpatient rehabilitation measure possible Branch offices: - Rothenburg o.d.T. - Feuchtwangen - Dinkelsbühl - Windsbach

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				Cooperation with Social Psychiatric Service-Diakonie
	Blaues Kreuz Ansbach	Triesdorferstr. 1 91522 Ansbach	Phone: 0981/9778191-0 Email: info@blaues-kreuz-ansbach.de Web: Blaues Kreuz Ansbach	online consultation possible no therapy recognised child and youth addiction counselling centre - Ansbach district self-help groups offer

FURTHER HELP: [App: Wir in Ansbach: Ansbacher Sozialatlas](#)

PARENTS' MEETING AT ANSBACH UNIVERSITY OF APPLIED SCIENCES: „MOODLE-GROUP- MEETING POINT: STUDYING WITH A CHILD“ (CONTACT PERSON JULIA SPENGRUBER - OFFICE FOR FAMILY, EQUAL OPPORTUNITIES AND DIVERSITY AT ANSBACH UNIVERSITY OF APPLIED SCIENCES)