



Our counselling

is voluntary and free of charge. The consultants are subject to confidentiality.

Telephone consultation hours

Monday 9a.m. - 12p.m.
Wednesday 2p.m. - 5p.m.
Thursday 9a.m. - 12p.m.
Friday 1p.m. - 3p.m.

At these hours you can call us for advice, to make appointments for counselling sessions and to clarify questions. Outside these hours our answering machine is running, please leave a message.

Access to mail and chat counselling can be found on our homepage.



Frauenberatungsstelle
Oberhausen

Frauenberatungsstelle Oberhausen

(Women's Counselling Centre Oberhausen)
Helmholtzstr. 48 | 46045 Oberhausen
Telefon 0208 209707 | Telefax 0208 203728
info@fbst-ob.de | www.fhf-ob.de

You can find us on social media:

 @FrauenhelfenFrauenOberhausen
 Frauenberatung.Oberhausen

We are happy about every financial donation!

Association:
Frauen helfen Frauen e.V. Oberhausen
IBAN DE73 3655 0000 0000 0334 72
Stadtsparkasse Oberhausen

Counselling
Information
Crisis intervention
Group services
Prevention



— Our work

- is based on a humanistic view of man
- is based on respect for every woman and her uniqueness
- is oriented towards personal growth
- contributes to strengthening confidence in one's own strength
- provides support for a non-violent and self-responsible way of life

— We advise

- women (without age restriction)
- girls from the age of 16
- transgender women
- women with disabilities
- relatives
- professionals

**On request, in person, by telephone,
by email or by chat**

— We support with

- wishes for change
- relationship conflicts, separation or divorce
- domestic violence
- sexualised violence
- digitalised violence
- stalking
- psychological stress
- crises



**Interpreters are available
if needed.**

— We offer

- short-, medium- and longer-term counselling
- crisis intervention
- trauma counselling
- counselling according to the Protection against Violence Act
- accompaniment to the police, courts, doctors after experiencing sexual violence
- information
- lectures and workshops
- group services

