

Support

Here you will find help!

Help for emergencies and in special situations:

- **Central emergency call throughout Germany - available 24/7: NO advice but quick help is available ... always by calling 110**
- **Parents' phone of the "Nummer gegen Kummer" [*Number Against Sorrow*]**
The volunteers of the parents' telephone service of "Nummer gegen Kummer" are specialized in advising parents. They inform pregnant women and parents with children from 0 to 3 years of age about early help if necessary. The parents' hotline provides advice anonymously and free of charge nationwide by calling 0800 - 111 0 550:
 - Monday to Friday, 09:00 to 11:00
 - Tuesday and Thursday, 17:00 to 19:00
- **Phone counseling**
The volunteers of the Phone Counselling Service can be reached around the clock by calling 0800/111 0 111 and 0800/111 0 222. They provide anonymous and free advice to all people with worries or in crisis situations.
Also online at: www.telefonseelsorge.de
- **Muslim phone counseling**
The Muslim phone counselling service MuTeS is anonymously available to all people in emotional distress. Consultations are usually held in German, on Tuesdays in Turkish; by arrangement, consultations in Arabic, Urdu, French, English and Bosnian are also possible. The sponsor of MuTeS is Islamic Relief Deutschland e. V.
Information is available at: mutes.de
- The Federal Conference for Educational Counseling offers parents with children up to the age of 21 an individual online counseling service by trained specialists. Whether it is a matter of conflict situations, problematic family situations, separation and divorce: the advice is anonymous, free of charge and in accordance with data security regulations.
<https://eltern.bke-beratung.de/views/home/index.html>
- Child Protection Centers Schleswig-Holstein
 - Child Protection Center Kiel
 - Phone: 0431-122180
 - e-mail: info@kinderschutz-zentrum-kiel.de
 - Child Protection Center Lübeck
 - Phone: 0451-78881
 - e-mail: kinderschutz-zentrum-luebeck@awo-sh.de
 - Child Protection Center West Coast
 - E-mail: kinderschutz@dw-husum.de Husum
 - Phone: 04841-691450

- **Heide**
Phone: 0481-6837307
Brunsbüttel branch
Phone: 04852-391129
Niebüll branch
Phone: 04661-901966

- Child Protection Center Holstein-Mitte
Phone: 04561-5123/0
e-mail: info@kinderschutzbund-oh.de

- Deutscher Kinderschutzbund Segeberg gGmbH
[German Association for the Protection of Children]
Phone: 04551-88888
Fax 04551-87310
Office hours: Monday to Friday 08:00 to 12:00
info@kinderschutzbund-se.de

Parent representations at schools

- Primary school and support centers: <https://elternvertretung-sh.de/>
Board of Directors: Volker Nötzold
Phone: 04822 - 362657

- Primary and secondary schools: <https://leb-gems-sh.de/>
Chairman: Thorsten Muschinski
Phone: 04121 - 2763573
E-mail: t.muschinski@leb-gems-sh.de

- High schools: <https://www.leb-gym-sh.de/>
Chairperson: Claudia Pick
Mobile phone 0160 - 2126840
E-mail: vorstand@leb-gym-sh.de