

## Emergency call numbers for crisis situations

In a crisis, it is important to know, whom to turn to, especially if friends or family members are not available or involved in the problem. Here is an overview of the crisis services available in Oldenburg. The grey tagged ones are available on the weekends and respectively in the evening / night.

***Please note, that some of the following facilities do not provide English speaking personnel!***

<b>Police/emergency:</b>	<b>110</b>
<b>Fire department:</b>	<b>112</b>
<b>Pastoral phone</b>	<b>0800-111 0 111 or 0800-111 0 222</b> Chat: <a href="https://online.telefonseelsorge.de/">https://online.telefonseelsorge.de/</a>
<b>Social Psychiatry Service of Oldenburg</b>	<b>0441-235-8662</b> <a href="https://www.oldenburg.de/fileadmin/civserv/100/forms/32/Flyer_Sozialpsychiatrischer_Dienst_2018.pdf">https://www.oldenburg.de/fileadmin/civserv/100/forms/32/Flyer_Sozialpsychiatrischer_Dienst_2018.pdf</a> <i>[in German language only!]</i> <i>Social psychiatric services mainly offer ambulant counseling and support for people with mental illness. Their family members, friends, acquaintances and work colleagues can turn to the social psychiatry services as well.</i>
<b>Karl-Jaspers-Clinic</b> <i>Hospital for psychiatry and psychotherapy.</i>	<b>0441-96150</b> Hermann-Ehlers-Straße 7 26160 Bad Zwischenahn <a href="http://www.karl-jaspers-klinik.de/">www.karl-jaspers-klinik.de/</a>
<b>Der Patientenservice</b> [Emergency medical assistance service]	116 117 [nationwide telephone number]
<b>Emergency psychosocial assistance service (non-medical)</b>	<b>0441-235-8626</b> <b>mobile: 0177-6458668</b> Friday: 4 pm to 8 pm Saturday, Sunday and public holiday: 1 pm to 8 pm <a href="https://www.oldenburg.de/fileadmin/oldenburg/Benutzer/PDF/32/Flyer_Krisendienst_2018.pdf">https://www.oldenburg.de/fileadmin/oldenburg/Benutzer/PDF/32/Flyer_Krisendienst_2018.pdf</a> <i>[in German language only!]</i> <i>The non-medical psychosocial emergency service of the city of Oldenburg is appropriate only for the urban area of Oldenburg. It is offered for mentally ill people in crisis during weekends and holidays, or suicidal people, their social environment and relatives. The crisis-office can be visited at the public health department. If necessary, the members of this service will visit affected individuals at home.</i>
<b>Support Hotline: Violence against women</b>	<b>08000-116 016 – available in 17 languages!</b> <a href="http://www.hilfetelefon.de">www.hilfetelefon.de</a>
<b>Asylum for battered women</b>	<b>0441-47981</b> (admission every time possible) If possible, bring along all available papers and documents (e.g. identity card, health insurance card, bank statements...) <i>The asylum for battered women is a shelter for women and children who are threatened or affected by physical, mental and sexual abuse.</i>