

Health Compass Bretten



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A welcome message from Nico Morast

Dear residents of Bretten,

“Health is not everything, but without health, everything is nothing.”

This much-quoted thought by the German philosopher Arthur Schopenhauer is almost 200 years old and has lost none of its significance to this day. After all, health is the foundation for so much of what makes up our lives: for a zest for life and independence, for productivity, for interactions with others and, last but not least, for being able to shape our own daily lives according to our personal aspirations.

Health has many facets. It means far more than simply not being ill. It is about staying active and looking after your own body. It is about a balanced diet, rest and mental health, but also about social contacts, community and knowing where to find support when you need it.

This is precisely where the Bretten Health Compass comes in. It brings together the wide range of services and points of contact in our town and provides guidance in a whole variety of life situations. From diet and exercise, through relaxation and mental health, to loneliness, self-help and voluntary work, it shows just how diverse the options are for improving one's own health and personal wellbeing.

What is particularly important to me is the idea that we shouldn't only start thinking about health when something is wrong. Preventative care, exercise, socialising and being mindful of one's own needs can make a difference even in everyday life. At the same time, being there for one another and accepting help when it is needed are also part of a good community.

This Health Compass is therefore intended to be one thing above all else: an invitation to explore. Perhaps on the following pages you will find a service you have been looking for for a long time. Perhaps you will come across something you didn't even know existed. Or you might find exactly the piece of advice that helps you or someone close to you. My heartfelt thanks go to everyone who, through their knowledge, the services they provide and their commitment, helps to bring health, support and community to life in Bretten.

I hope you enjoy exploring these pages and, above all: stay healthy, look after yourselves and those around you!

Yours sincerely,

Your



Nico Morast

Mayor



Generell information on using the Bretten Health Compass

Health has many facets—from quality medical care when you're sick to programs that promote **well-being** in everyday life.

Bretten offers a **wide range of programs** designed to help as many residents as possible take an active role in managing their **health** and maintaining it over the long term—through events, classes, counseling, and much more.

The Bretten Health Compass brings together services, **resources**, and helpful **information** on health promotion and prevention in Bretten.

These services are accessible to **everyone** – regardless of origin, religion, beliefs, sexual orientation, age, or social status.

The **first chapter** is organized according to the classic **health topics** and areas of focus.

The **second chapter** lists services specifically designed for **particular groups of people**.

The **links** lead to the respective websites of the individual institutions: just click on them.

You can use the **search function** (keyboard shortcut “Ctrl + F”) to search for specific terms.

In the **table of contents**, you can also click directly on the topics or headings you're interested in to go straight to them.

Let yourself be inspired—for your well-being! Have fun browsing!

General health information

On the following pages, you will find not only specific information but also details about the general range of medical and health services available in Bretten, the Karlsruhe district, Baden-Württemberg, and throughout Germany.

Physician Directory of the Baden-Württemberg Association of Panel

Physicians (KVBW): Search for outpatient physicians and contracted psychotherapists in Baden-Württemberg—including addresses, office hours, and other details. Link: <https://www.arztsuche-bw.de>

“Health for All—A Guide to the German Healthcare System”

PDF brochure available for download: Information on health insurance, long-term care insurance, medical care, and preventive health care.

Link: <https://www.bundesgesundheitsministerium.de/service/publikationen/details/gesundheits-fuer-alle-ein-wegweiser-durch-das-deutsche-gesundheitswesen>

Gesund.Bund.de

Reliable health information: healthcare, diseases, long-term care, apps, services

Link: <https://gesund.bund.de/>

Integreat app for new arrivals

in various languages. Link: <https://integreat.app/lkkarlsruhe/de>

Overview of Reliable Health Information on the Internet

Useful information—easy to understand, free of charge. Brochure from the Karlsruhe District Office. Link: https://gesundheitskonferenz.landkreis-karlsruhe.de/PDF/%C3%9Cbersicht_verl%C3%A4sslicher_Gesundheitsinformationen_im_Internet.PDF?ObjSvrID=4000&ObjID=405&ObjLa=1&Ext=PDF&WTR=1&ts=1762784251

Information for New Immigrants in Bretten

Brochure (PDF): Here, immigrants and newcomers can find information about the city, government offices, culture, recreation, and tourism, as well as information on health, finding a doctor, and much more. Link:

https://www.bretten.de/sites/default/files/attachments/001_Neu%20in%20Bretten%20-%20Informationen%20f%C3%BCr%20neu%20Zugewanderte%20in%20Bretten%20-Druck%20DIN%20A%205%20%5B431-001004%5D%20%28P000246643%20-%20v2%29.pdf#overlay-context=familien-soziales-bildung/integration-und-asyl



Have you ever heard of the rewards program?

Public health insurance plans offer financial incentives for health-conscious behaviors (e.g., vaccinations, early-detection screenings, prevention courses, dental cleanings, etc.). Just check with your own health insurance provider or ask them!

Health Information in Easy-to-Understand Language

from Special Olympics Deutschland

Link: <https://gesundheit-leicht-verstehen.de/>

VDK Social Association – Bretten-Oberderdingen Local Chapter

Counseling (social welfare law, assistance with appeals and lawsuits, housing counseling), events, and information for patients

Link: <https://bw.vdk.de/vor-ort/ov-bretten-oberderdingen/>

Digital Health Applications (DIGA)

Directory of reputable, helpful health apps compiled by the Federal Institute for Drugs and Medical Devices

Link: <https://diga.bfarm.de/de>

Donating makes you happy and healthy!

There are many ways to give that can help keep you and others healthy and happy.

- Donating blood, e.g., through the German Red Cross (DRK): <https://drk-bretten.de/blutspende/>
- Donating food, e.g., to a food bank: <https://www.diakonie-laka.de/angebote/die-tafeln/tafel-bretten/>
- Donating clothing and toys to charity shops, e.g., W54: <https://www.diakonie-laka.de/angebote/secondhandlaeden/w54-secondhandkaufhaus/>

Stay Up to Date in Bretten

Events, new offerings, and a wealth of information are shared through various channels:

- Facebook: the Bretten City Administration's channel & "Brettener Forum" (group)
- Instagram: @stadtbretten
- Official Gazette of the City of Bretten (available online at <https://www.bretten.de/stadt-rathaus-verwaltung/amtsblatt-online>)
- Event Calendar: <https://www.bretten.de/tourismus-kultur-freizeit/veranstaltungen>
- City website: <https://www.bretten.de/>

Topics related to health



Nutrition



General recommendations on nutrition

- Diet affects not only one's figure, but above all one's well-being, fitness level, performance, immune system, mental stability, risk of disease, and overall health.
- Furthermore, the way we eat has an impact on the health of our planet, our natural environment, and our climate.
- A balanced diet is especially important for children, because what children eat affects their brain development, their ability to learn, and their risk of becoming overweight later in life.
- Eating is a pleasure and should be fun. It's a good idea to have at least one meal together as a family. Trying out new recipes and dishes together as a family or with friends, and cooking or baking together, brings joy.
- When eating, sit (mindfully), preferably without distractions from the TV or cell phone.
- The food pyramid provides a good guide to a balanced, healthy diet. Here are the most important rules:
 - ➔ A wide variety of vibrant colors from fresh foods.
 - ➔ Several servings of fruits and vegetables every day—preferably local and seasonal produce.
 - ➔ More plant-based foods: potatoes, legumes (peas, beans, chickpeas, lentils, soybeans), rice, nuts, etc.
 - ➔ Fewer animal-based foods: meat, sausage, fish, butter, dairy products, eggs.
 - ➔ Candy and snacks are allowed, but in moderation. As a general rule: Cut back on sugar, candy, juices, and smoothies.
 - ➔ Limit fast food and (highly processed) ready-made products—these often contain a lot of salt, sugar, and additives that aren't good for you (especially for young children).
 - ➔ Typical children's foods—such as sweet fruit yogurts, sugary breakfast cereals, and children's sausages—should not be a regular part of their diet but rather an exception: They often contain too many calories and too few nutrients.

vhs – Bretten Adult Education Center

Classes on health, cooking, and dining, such as cooking classes (for a fee)

Link: [https://www.vhs-](https://www.vhs-bretten.de/kurse/gesundheit/kategorie/Kochen+und+Geniessen/42#inhalt)

[bretten.de/kurse/gesundheit/kategorie/Kochen+und+Geniessen/42#inhalt](https://www.vhs-bretten.de/kurse/gesundheit/kategorie/Kochen+und+Geniessen/42#inhalt)

Hirsch Pharmacy in Bretten

Nutrition and Diet Counseling (for Adults) on dietary changes, weight loss, dietary preferences, allergies, and food intolerances

Link: <https://www.hirsch-apotheke-bretten.de/ernaehrungs-und-diaetberatung/>

Bretten Health Practice

Alternative Medicine Practitioner Manuela Wagner-Jurk; services include nutritional counseling, among others

Link: <https://www.gesundheilpraxis-bretten.com/naturheilverfahren#dataItem-1tow3406>

Peter Bannholzer's Natural Health Practice

Alternative practitioner; services include nutritional counseling, among others

Link: <https://www.naturheilpraxis-bannholzer.de/>

Dr. Eva Gärtner's Dental Practice

For patients at the practice, services include nutritional dentistry, among others

Link: <https://www.dr-eva-gaertner.de/leistungen/ganzheitliche-gesundheit/>

Did you know?

Search for qualified nutrition counseling near you

Many public health insurance plans cover (a portion of) the costs of nutritional counseling. If you would like or need nutritional counseling or therapy, please check with your public health insurance provider.

Various professional associations and organizations offer a regional search function for nutrition experts, nutrition counseling, and nutrition therapy:

- [Berufsverband Oecotrophologie e.V.](#)
- [Deutsche Gesellschaft für Ernährung e.V. \(DGE\)](#)
- [E-Zert Plattform](#)
- [Verband der Diätassistenten](#)
- [Verband für Ernährung und Diätetik e.V.](#)

ZPP (Central Prevention Agency) Course Database: Here you'll find a wide variety of quality-certified health courses offered through the statutory health insurance plans paid or subsidized. <https://portal.zentrale-pruefstelle-praevention.de/portfolio/gkv-sv/suche?onlineKurse=false&umkreis=10>

More information on nutrition

Federal Institute for Public Health (BIÖG)

Information, brochures, and much more

Link: <https://www.bioeg.de/>

Federal Center for Nutrition (BZfE)

Information, brochures, and much more

Link: <https://www.bzfe.de/>

The Food Pyramid

Images, Explanations, Questions, and Answers

Link: <https://www.bzfe.de/essen-und-gesundheit/ernaehrungspyramide>

“Healthy Start to Life” Network

Information on Nutrition During Pregnancy, Breastfeeding, and for Infants and Toddlers

Link: www.gesund-ins-leben.de/

State Center for Nutrition (LErn) Baden-Württemberg

Informationen, Broschüren u.v.m.

Link: <https://lern-bw.de/Lde/startseite>

Baden-Württemberg State Senior Citizens' Council, Inc.

“Together Against Food Insecurity” Project

Link: <https://lsr-bw.de/gemeinsam-gegen-ernaehrungsarmut/>



Physical activity, sports and fitness



General Recommendations on Physical Activity

- Physical activity not only affects body shape and fitness level, but above all well-being, overall performance, the immune system, mental stability, and general health, as well as the risk of disease.
- People are becoming less and less active. This is a growing problem worldwide. A lack of physical activity can lead to poor posture, back pain, and cardiovascular disease in the long term.
- The World Health Organization's (WHO) general recommendation for adults is: at least 150 minutes of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity per week, plus 2 sessions of muscle-strengthening exercises. Children should be allowed to be as active as possible without restriction. Children naturally have an innate urge to move that should not be restricted.
- This recommendation isn't about strenuous exercise (endurance and strength training), but rather about everyday physical activity (such as taking the stairs instead of the elevator, walking or biking instead of driving) and enjoyable leisure activities (such as dancing or walking as a hobby).
- Many people enjoy exercising alone. For most people, exercising with others is more fun.



Bretten Water Park

Outdoor pool, indoor pool, swimming lessons

Link: <https://badewelt-bretten.de/>

Sports Area in City Park

Easy, free access to exercise, play, and training in the fresh air. Equipped with a wide variety of training equipment; suitable for all age groups and fitness levels; accessed via an app.

Link: <https://www.bretten.de/sportbox>

vhs – Bretten Adult Education Center

Classes on health and fitness (for a fee), such as yoga and Pilates, gymnastics, self-defense, dance, and outdoor classes

Link: <https://www.vhs-bretten.de/kurse/gesundheit>

Bretten Tree Climbing Adventure Park

High Ropes Course

Link: <https://www.kletterwald-bretten.de/>

Bike Park

Downhill Trails

Link: <https://rsc-bretten.de/bikepark/>

Outdoor Sports, Running, Hiking, and Walking Trails & Bicycle Paths in and around Bretten:

- <https://tourismus.meinestadt.de/bretten/outdoor/lauftouren>
- <https://www.komoot.com/de-de/guide/3083/wandern-rund-um-bretten>
- <https://www.erlebebretten.de/freizeit-und-natur/wandern-rund-um-bretten>
- <https://www.bergfex.de/sommer/bretten/touren/wandern/>
- <https://www.schwarzwaldverein.de/>

Sports Clubs in Bretten

- 1. Bruchsaler Budo Club e.V. Aikido Bretten: www.bruchsaler-budoclub.de
- 1. Taekwon-Do-Club Bretten e.V.: <https://www.taekwondo-club-bretten.de/>
- Fechtclub Kraichgau Bretten e.V.: <https://www.fechtclub-kraichgau.de/>
- Fußballclub 1935 Neibsheim: <https://www.fcneibsheim.de/>
- Friends of the TSV Rinklingen Youth Sports Program: <https://tsv-1891-rinklingen.de/foerderverein/>
- KKS Small-Bore Shooting Club 1923 Bretten, Inc.: <https://www.kks-bretten.de/>
- Kraichgau Flag-Wavers of Bretten, Inc.: <https://www.kraichgau-fahnenschwinger.de/>
- Bretten Nature Lovers: <https://www.naturfreunde.de/ortsgruppe/ortsgruppe-bretten>
- Bretten Cycling Sports Club e. V. (RSC): <https://rsc-bretten.de/>
- Bretten Chess Club 1947 e. V.: <https://www.schachclub-bretten.de/>
- Ski Club Kraichgau e.V.: <https://sp1.skiclub-kraichgau.de/>
- Sports Club Gölshausen 1947: No website
- SV Kickers Büchig 1947 e.V.: <http://www.kickers-buechig.de/>
- Bretten Dance Sport Club e.V.: No website
- Orcas Scuba Diving Club Bretten e.V.: https://www.orcas-online.de/adm_program/overview.php
- Blau Weiß Bretten Tennis Club e. V.: <https://tc-bretten.de/>
- Tennis Club Diedelsheim e.V.: <https://tc-diedelsheim.de/>
- Table Tennis Friends - Ruit (TTF Ruit) e. V.: <https://www.ttf-ruit.de/>
- Diedelsheim Gymnastics and Sports Club e.V.: <https://www.tsv-diedelsheim.de/>
- Dürrenbüchig Gymnastics and Sports Club e.V.: <https://tsv-duerrenbuechig.jimdofree.com/>
- Rinklingen Gymnastics and Sports Club 1891 e.V.: <https://tsv-1891-rinklingen.de/>
- Gymnastics Club 1846 (TV) Bretten e.V.: <https://www.tv-bretten.de/>
- Association for Movement Games (VfB) 1908 e.V.: <https://vfb-bretten.de/>
- Bretten Association for Sports, Health, and Rehabilitation e.V.: <https://www.vsg-bretten.de/>
- Bretten-Ruit Hiking Club: no website

Note: You can find a list of all clubs in Bretten (in alphabetical order) as a PDF file on the City of Bretten's website

Link: https://www.bretten.de/sites/default/files/Vereine_08_04_2019.pdf

Free Exercise Programs in Outdoor/Public Spaces

- Pétanque courts: at the Simmelturm in Withumanlage, on Veilchenweg in Büchig, and at the Dürrenbüchig sports field
- Sports center in Grüner with a beach volleyball court and much more
- Soccer fields: Hausertal, Hohkreuz, Merianstr., Gutstav-Herz-Str., Am Schießstand, Am Husarenbaum, St. Johann, Bretten-Büchig Forest Playground, Im Büchert (Bretten-Büchig), Diedelsheim Fire Station, Old Sports Field (Bretten-Gölshausen), Bretten-Ruit Festival Hall, Sprantal Fire Station
- Fitness Trail: County Road toward Sprantal
- Fitness Equipment: Fitness equipment at the St. Johann Multigenerational Park
- Skateparks: Diedelsheim Hans-Thoma-Straße 28, Gondelsheim Altenwingertweg, Willi-Hesselbacher-Weg 4, Badstraße Oberderdingen
- Calisthenics Facility / Outdoor Fitness Equipment: Diedelsheimer Training Park, Hinter Dem See 6, Am Steiner Pfad 3/2
- Fitness Park: Hans-Thoma-Straße 28

Fitness centers and private fitness providers

- Fit Loft Bretten: <https://www.fitloft-bretten.de/studio/>
- Fitness First: <https://www.fitnessfirst.de/clubs/bretten>
- Bodymove with Sarah: <https://www.bodymove-mit-sara.de/>
- Bretten Sports Park: <https://www.sportparkbretten.de/>
- Wing Chun Academy: <https://www.alexandreliard.de/>
- Wing Tsun Martial Arts and Self-Defense: <http://www.tihomirkolar.de/>
- VitalFormen: EMS (Electrical Muscle Stimulation) and Health Studio: <https://niefern.vitalformen.de/>
- Rehactiv Bretten: <https://www.rehactiv-kraichgau.de/therapie.html>
- Verenas Fitness, Yoga & Rehab: <https://verenas-fitness.de/>

Did you know?

(Sports) Events in Bretten

Bretten offers numerous events throughout the year centered on games, fun, and physical activity, such as Sports Week, the City Run, “Bretten Swims,” and City Cycling. You can find more information on the city’s website or at www.meinestadt.de > Bretten.

Course database of the ZPP (Central Prevention Agency): Here you'll find a wide variety of quality-certified health courses that are covered or subsidized by statutory health insurance providers.. <https://portal.zentrale-pruefstelle-praevention.de/portfolio/gkv-sv/suche?onlineKurse=false&umkreis=10>

More information on sports, exercise and fitness

Federal Institute for Public Health (BfÖG)

Information, brochures, and much more

Link: <https://shop.bioeg.de/themen/bewegung/>

German Society for Sports Medicine and Prevention – German Association of Sports Physicians (DGSP)

One of Germany's largest scientific and medical professional associations, and the largest sports medicine association in Europe and the oldest in the world

Link: <https://www.dgsp.de/>

German Olympic Sports Confederation (DOSB)

Information on German sports, a wide variety of publications on various social issues, and much more

Link: <https://www.dosb.de/>



Stress management, relaxation



General recommendations on stress management and relaxation

- Chronic stress, depression, and burnout – including those caused by increased workloads and digitalization – are a growing problem.
- Good time management, taking regular breaks, and digital time-outs (“digital detox,” i.e., consciously avoiding cell phones, media, and social media) are important.
- One important step is maintaining real-life social relationships (friends and family).
- Opportunities for recreation and relaxation: nature/forests, outdoor exercise, massages, saunas, and much more.
- You can promote relaxation and recovery through strategies for managing stress and strengthening your own inner resources, e.g.
 - Resilience Training
 - Mindfulness Training/Mindfulness Meditation
 - Meditation
 - Progressive Muscle Relaxation (Muscle Relaxation)
 - Autogenic Training
 - Yoga
 - Breathing Exercises
 - Gratitude Journal
- There are many relaxation techniques you can practice on your own at home (with guidance from free videos, podcasts, or apps, if needed). Health insurance companies also often offer relaxation classes to their policyholders. Or you can join a local group or program.
- Under certain conditions, health insurance companies may reimburse all or part of the costs of relaxation classes.

Important Note: If feeling overwhelmed or chronic stress leads to excessive mental or psychological strain, you should seek help; see also the next chapter, “Mental Health”!

vhs – Bretten Adult Education Center

Classes on health and relaxation techniques (for a fee), such as Tai Chi, Qigong, yoga, Pilates, breathing exercises, and Indian Balance

Link: <https://www.vhs-bretten.de/kurse/gesundheit/kategorie/Entspannungstechniken/36#inhalt>

naturally mindful

Courses and workshops on mindfulness and stress management for adults and families with children

Link: <https://www.natuerlich-achtsam.com/Start/>

Prana Kraichgau – Yoga and Meditation

Yoga, Meditation, and Mindfulness Classes

Link: <https://www.prana-kraichgau.de/kurse/>

Axel Yoga

Yoga and Meditation Classes

Link: <https://axelyoga.de/meditation-bretten/>

Winkler Music School - Center for Mindfulness and Music

Music Lessons: Mindful, Creative, and Warm

Link: <https://www.musikschule-winkler.de/>

Walter Seitz - Music Educator/Relaxation Coach

Classes and Seminars on Music and Relaxation

Link: <https://walterseitz.wixsite.com/start>

Did you know?

Find courses on relaxation techniques

Many gyms, commercial providers, and sports clubs offer classes on mindfulness, relaxation techniques, breathing, and more. A list of gyms and sports clubs in Bretten can be found in the “Exercise, Sports, and Fitness” section.

The **ZPP (Central Prevention Agency)** course database offers a wide variety of quality-assured health courses, all of which are led exclusively by qualified professionals and are paid for or subsidized by statutory health insurance providers. Simply enter the topic, location, and radius. <https://portal.zentrale-pruefstelle-praevention.de/portfolio/gkv-sv/suche?onlineKurse=false&umkreis=10>

More information on stress management & relaxation

gesund.bund.de

Link: <https://gesund.bund.de/entspannungsmethoden#auf-einen-blick>

Link: <https://gesund.bund.de/themen/psyche-und-wohlbefinden>



Psychological and mental health



General recommendations on mental health

- Problems and crises, as well as personal and external circumstances, can be stressful and affect one's well-being. The good news is: You can actively influence your mental health in a positive way.
- Regular exercise and physical activity, a balanced diet, and a healthy lifestyle free of substance abuse are particularly helpful in promoting mental health.
- Maintain social connections: Spend time with friends and family. If you don't have many social connections, it can help to actively seek out community activities (clubs, church groups, neighborhood gatherings).
- Adequate rest, intentional relaxation, and healthy sleep are just as important.
- Fixed routines and structured schedules also help in organizing daily life.
- Negative emotions such as sadness, anger, or fear are a natural part of life and don't need to be hidden. It's okay to give your feelings space.
- Take intentional breaks and make time for hobbies and enjoyable activities. For example, artistic and creative pursuits – such as writing, painting, or playing music – can promote mental well-being.
- Volunteering can help improve self-esteem and boost self-efficacy.
- For many people, it is helpful to limit their exposure to the news, social media, or other sources of stress (either partially or temporarily).
- If the psychological stress lasts too long or the problems persist, be sure to seek professional help: emergency hotlines, crisis centers, counseling centers, as well as doctors and therapists can provide assistance.
- Suppressing your feelings often makes things even worse. Seeking help when you have problems isn't a sign of weakness, but of honesty and courage.



Seelenstark e.V. Bretten (Strong in Spirit)

Association for the Support of People with Mental Illness and Their Families

Link: <https://www.seelenstark.de/aktuell.html>

Self-Help Group for People with Mental Health Issues / Those with Mental Illness in Bretten

Link: <https://selbsthilfe-ka.de/gruppen/selbsthilfegruppe-f%C3%BCr-psychisch-erkrankte-bretten/>

Self-Help Group for People with Mental Illnesses, organized by the Diakonisches Werk in Bretten

Link: <https://www.diakonie-laka.de/rat-hilfe/psychische-erkrankung/selbsthilfegruppe-fuer-psychisch-erkrankte/>

Diakonie, Karlsruhe District

A wide range of support and counseling services: online counseling, social and life counseling, psychological counseling, debt and bankruptcy counseling, counseling on migration and refugee issues, and much more

Link: <https://www.diakonie-laka.de/>

Social-Psychiatric Services (SpDi) of the Diakonisches Werk

A Resource Center for Counseling People with Mental Illness

Phone: 07243 5495-0

E-Mail: PostGF.laka@diakonie.ekiba.de

Link: www.diakonie-laka.de

Psychotherapy Practices in Bretten

- Susanne Reuter, Promenadenweg 50, 07252 9 73 09 96
- Christiane Benjowsky, Heilbronner Str. 11, 01577 8818938
- Wolfgang Maier-Brückner, Frühlingstr. 11, 07252 95 81 73
- Dr. Almut Nagel-Brotzler, Herrmann-Beuttenmüller-Str 14, 07252 9 74 55 76

Viktoria Winkler's Practice

Alternative Practitioner in Psychotherapy

Link: <https://www.viktoriawinkler.de/>

Christoph Boswyk's Practice

Systemic Individual, Couples, and Family Therapy; Systemic Counseling; Systemic Coaching

Link: <https://www.boswyk.de/>

Brücke Karlsruhe - Counseling and Pastoral Care

Ecumenical Crisis and Life Counseling Center. Citizens facing acute problems are offered someone to talk to, pastoral care, and counseling there.

Phone: 0721 385038.

Email: info@bruecke-karlsruhe.de.

Link: <https://www.bruecke-karlsruhe.de/>

Arbeitskreis Leben (AKL), Karlsruhe District

Provides help during acute life crises and in cases of suicide risk. Personal consultations, as well as telephone counseling and support, are offered.

Phone: 0721 /811424

Email: almut.munke@ak-leben.de oder dorothea.manz@ak-leben.de

Link: <https://www.ak-leben.de/beratungsstellen/akl-karlsruhe.htm>

TelefonSeelsorge Deutschland e.V.

For everyone! Free, anonymous, and available 24/7. The helpline offers a listening ear to anyone seeking advice during problems and crises at any stage of life.

By phone 0800-111 0 111 , 0800-111 0 222 or 116 123

as well as via email and chat at online.telefonseelsorge.de

Friends for Life e.V. (frnd)

Raising awareness about mental health, particularly regarding depression and suicide. Through digital resources, campaigns, and educational programs, the organization works to raise awareness—especially among young people and those around them—about mental health crises and highlights ways to access support. In a special edition of its podcast, the organization explores the topic of loneliness from various perspectives, making it something people can hear and discuss.

Link: <https://www.frnd.de/>

MUT-ATLAS

Guide and search portal for support and prevention services

Link: www.mut-atlas.de

German Depression Aid

Depression helpline: 0800 334 45 33

Link: www.deutsche-depressionshilfe.de

Did you know?

Search for Psychotherapy and Counseling Near You

Various institutions offer a regional search function for psychotherapists, psychiatrists, coaching, etc.:

- <https://www.arztsuche-bw.de/>
- <https://www.psychotherapiesuche.de/>
- www.therapie.de
- <https://www.dptv.de/psychotherapie/psychotherapeutensuche/>
- <https://arztsuche.116117.de/?extendedSearch=true>

If you are unable to find a psychotherapist on your own, you can get help by calling 116117.

More information on mental health

Federal Institute for Public Health (BIOG)

Information, brochures, and much more

Link: <https://shop.bioeq.de/themen/psychische-gesundheit/>

“Pathways to Psychotherapy” by the Federal Chamber of Psychotherapists

With information and a leaflet available in various languages:

<https://www.wege-zur-psychotherapie.org/download-wege-zur-psychotherapie/>

<https://www.wege-zur-psychotherapie.org/>

Professional Associations:

- German Psychological Society (DGPs): <https://www.dgps.de/>
- German Society for Psychiatry and Psychotherapy, Psychosomatics & Neurology (DGPPN): <https://www.dgppn.de/>
- German Society for Behavioral Therapy (DGVT): <https://www.dgvt.de/>



Dealing with addictive substances



General recommendations on substance use

- There are many substances that are harmful to health (and addictive), including: alcohol, nicotine (cigarettes, e-cigarettes, vapes), drugs, synthetic/artificial substances, new psychoactive substances, cannabis, medications, and media addiction (social media), gambling
- As a general rule for all addictive substances: it's best to avoid them from the start or to use them responsibly
- Early education is important, starting in childhood and adolescence
- Help is available for people at risk, for those affected, and for family members of people struggling with addiction

AA – Alcoholics Anonymous Interest Group e. V.

Support Group for Alcoholics

Phone 030/2062982-12, Phone hotline: daily from 9 a.m. to 9 p.m.

E-Mail: aa-karlsruhe@anonyme-alkoholiker.de

Link: www.anonyme-alkoholiker.de

AL-Anon Family Group in Bretten

For family members and friends of alcoholics: Meetings every Wednesday at 7:00 p.m., Am Husarenbaum 1

Counseling Center of the Evangelical City Mission in Bretten

Help and support for questions regarding addiction risk, addiction, and dependency.

For individuals who are affected, dependent, or at risk, as well as their loved ones

Outpatient counseling / addiction and substance abuse counseling, substitution treatment, addiction counseling; for individuals with problems related to alcohol, tobacco, medications, gambling, illegal drugs, or problematic media use

Phone Contact: 07252 957 - 007

Link: <https://www.heidelberger-suchtberatung.de/>

Karlsruhe Addiction Center of the bwlv (Baden-Württemberg State Association for Prevention and Rehabilitation, gGmbH)

Helpline: 0721 35239 – 810; mail: fs-karlsruhe@bw-lv.de

Link: <https://www.bw-lv.de> or <https://www.bw-lv.de/beratung/beratungsstellen/fachstelle-sucht-karlsruhe/>

Friends of Addiction Support Karlsruhe, e.V., Bretten Group

Phone: 0721 3 48 90

Link: www.freundeskreis-karlsruhe.de

Addiction Services Coordinator in the Karlsruhe District / Karlsruhe District Office

Christina Grässer, Phone Contact: 0721 936 6 55 80

E-Mail: christina.graesser@landratsamt-karlsruhe.de

Link: <https://www.landkreis-karlsruhe.de/Service-Verwaltung/Das-Landratsamt-von-A-bis-Z/Beratung-Unterst%C3%BCtzung/Suchthilfe-pr%C3%A4vention/>

German Center for Addiction Issues e.V.

Information on Addiction and Addiction Support, Educational Materials, and Services

Link: <https://www.dhs.de/>

Addiction & Drug Hotline

Phone: 01806 313031: Counseling on addiction and drug-related issues for those affected and their families—anonymous, nationwide, 24/7. There is a charge for this service: €0.20 per call from a German landline or mobile network

Link: <https://www.bioeg.de/service/infotelefone/sucht-drogen-hotline/>

Addiction Treatment Directory

Find services filtered by addiction topic, location, language, and much more

Link: <https://www.bioeg.de/service/infotelefone/sucht-drogen-hotline/>

For more information on counseling and self-help services in Bretten and the Karlsruhe district, please visit the following links:

- <https://www.landkreis-karlsruhe.de/Service-Verwaltung/Das-Landratsamt-von-A-bis-Z/Beratung-Unterst%C3%BCtzung/Suchthilfe-pr%C3%A4vention/Suchtberatung.php?object=tx%7c3051.5&ModID=7&FID=3051.355.1&NavID=3051.131>
- <https://www.bretten.de/familien-soziales-bildung/suchtpraevention-und-selbsthilfegruppen>
- [https://admin.integreat-app.de/media/regions/191/2023/10/Suchthilfe in Stadt- und Landkreis.pdf](https://admin.integreat-app.de/media/regions/191/2023/10/Suchthilfe%20in%20Stadt-und-Landkreis.pdf)



More information on addiction

Federal Institute for Public Health (BIÖG)

Information, brochures, and much more

Link: <https://www.bioeg.de/>

Smoke-Free Info

Online Smoking Cessation Program: Information and Tips on Smoking

Link: <https://rauchfrei-info.de/aufhoeren/das-rauchfrei-ausstiegsprogramm/>

Telephone Counseling for Smoking Cessation

Toll-free number 0 800 8 31 31 31 – Open Monday through Thursday from 10 a.m. to 10 p.m. and Friday through Sunday from 10 a.m. to 6 p.m.

Smoke-Free Instagram Channel

Information and practical, everyday tips to help turn good intentions into a lasting quit:

Link: www.instagram.com/rauchfrei_info

German Center for Addiction Issues e.V. (DHS)

Information, educational materials on addiction, addiction support, resource centers, help

Link: <https://www.dhs.de/die-dhs/>

Link: <https://www.dhs.de/infomaterial/>

Gesund.bund.de / “Overcoming Addiction”

Link: <https://gesund.bund.de/themen/sucht-bewaeltigen>

Drugcom.de

News, Information, Reviews, Advice

Link: <https://www.drugcom.de/>

Digital Addiction

Online counseling for all questions related to drugs, addiction, substance use, gambling, and media consumption. Friendly. Professional. Anonymous. And free of charge. For those affected and their loved ones

Link: <https://www.suchtberatung.digital/>

No to Drugs

Addiction Prevention for Children and Adolescents

<https://www.kmdd.de/>

Heat



In light of climate change, which is becoming increasingly evident—with higher average temperatures and more extremely hot summer days – the issue of heat and heat protection is becoming increasingly important.

General recommendations on heat

- Drink plenty (2 liters) each day (water and tea)
- Light meals, low-fat meals – preferably fruits and vegetables
- Wear light-colored, loose-fitting, long clothing and cover your head
- Avoid direct sunlight and being outdoors during the hottest parts of the day
- Seek out cool places (shade, air-conditioned rooms)
- Avoid physical activity and sports, especially during the day. Schedule errands and exercise for the cooler morning and evening hours.
- Keep living spaces cool by using fans, ventilating properly (at night and in the morning), and blocking out the light (with blinds and curtains).
- Cool the body, especially the head and feet, for example, with a cooling foot bath and damp cloths. Cooling body lotions or water sprays also help.
- Do not stay in parked cars when temperatures are high.

Important Note: Certain medications can cause problems in hot weather. If you take medication regularly, you should discuss this with your doctor well in advance. Some medications lose their effectiveness in warm environments. Ask your doctor's office or pharmacy how your medications should be stored!!

Cool Places in Bretten

- Air-conditioned spaces (e.g., supermarkets, shopping malls, museums, libraries)
- Forest, parks, arboretum (multigenerational park in St. Johann)
- Churches, chapels
- Water play areas, fountains, bodies of water, lakes, rivers
- Drinking water fountains: Drinking water fountains on the market square and on Pforzheimer Straße

Did you know?

The “Cool Places in Baden-Württemberg” app offers tips on places, resources, and destinations to visit during hot weather. Just enter a location and search the surrounding area. Link: <https://www.orte-bw.cool/>

Helpful information for further reading

The brochure “Heat Etiquette: Tips for Staying Safe in the Heat” provides useful information on how to cope with heat. Available for free download as a PDF.

Link:

https://www.karlsruhe.de/fileadmin/user_upload/03_Umwelt_Klima/031_Klimaschutz_und_Klimawandel/Klimaanpassung/Hitzeknigge_2025_Lokalinfos_Karlsruhe_25-0438_Digitalversion.pdf

The brochure “Aging and Heat: Tips for Older Adults” from the Federal Ministry of Health offers advice and tips. Available for free download as a PDF.

Link:

https://www.bundesgesundheitsministerium.de/fileadmin/Dateien/5_Publikationen/Praevention/Broschueren/Alter_und_Hitze_RBK_BMG.pdf

The brochure “Coping with Climate Change in a Healthy Way” offers tips for hot days. Available for free download as a PDF.

Link:

https://www.bundesumweltministerium.de/fileadmin/Daten_BMU/Pool/Broschueren/klimawandel_meistern_tipps_bf.pdf



Loneliness



Loneliness is a subjective feeling that arises when one's social relationships do not meet one's personal desires and needs. Loneliness is an issue that cuts across society and affects many people—regardless of age, gender, background, place of residence, etc. Loneliness can have many causes and always has a negative impact on physical and mental health.

Loneliness is a growing social problem in many countries. Some countries, such as the United Kingdom, even have a dedicated ministry to combat loneliness.

General Recommendations on Loneliness

Tips for Reducing Loneliness:

- Participate in recreational and educational activities
- Visit places where people gather, such as a bench where people chat
- join a club, e.g., a sports club
- Take advantage of programs and activities offered by social service organizations and community centers, such as neighborhood centers or senior centers
- Anyone who would prefer to speak with someone anonymously or online can contact telephone or digital support services.
- volunteer or help out in the neighborhood (see also the chapter “Volunteering”)

Important Note: If you feel you need professional help, don't hesitate to contact your family doctor, a psychotherapist, or a specialized service. You are not alone, and there are many people and organizations that can help you. See also the chapter “Psychological and Mental Health”!

Karlsruhe District: Together Instead of Alone

Relevant Offers and Consultations in Cities

Link: <https://gesundheitskonferenz.landkreis-karlsruhe.de/Aktivit%C3%A4ten-und-Projekte/Gemeinsam-gegen-Einsamkeit/>

Loneliness Expert Network

Services for Those Affected

Link: <https://kompetenznetz-einsamkeit.de/angebote/angebote-fuer-betroffene>

Kraft-Netz: Self-Help Group for People Dealing with Loneliness

Kraft-Netz offers a support group for people who are lonely.

Paritätische Sozialdienste gGmbH Karlsruhe

Kanalweg 40/42 in 76149 Karlsruhe

Phone: 0721/ 912 30 25

Link: <https://www.selbsthilfe-ka.de/>

Chat Benches / Schwätzbänke in Bretten

Anyone who sits down on a “chat bench” signals a willingness to talk and can thus strike up a conversation with others. There is a “Schwätzbänke” on Promenadenweg behind the Sparkasse. Members of the Senior Citizens’ Council offer “office hours.”

For schedule information, see Link: <https://www.seniorenrat-bretten.de/schw%C3%A4tzb%C3%A4nke/>

Diakonie, Karlsruhe District

A wide range of support and counseling services, including for people who are lonely

Link: <https://www.diakonie-laka.de/>

Social-Psychiatric Service (SpDi) – Counseling by the Diakonisches Werk

For many people with mental illness, it serves as a place to turn to for counseling.

Phone: 07243 5495-0

E-Mail: PostGF.laka@diakonie.ekiba.de

Link: www.diakonie-laka.de

AB Association: Visiting Service and Practical Assistance

A visiting service for people who want some time, attention, and conversation. There is also the option to receive practical assistance. Contact: Phone: 07247 / 954885,

E-Mail: bodo.becker@ab-verband.org

Link: <https://www.bretten.ab-verband.org/besuchsdienst/>

(Emergency) cross-regional assistance via phone and/or app

Telephone Counseling Service Germany e.V.

By phone 0800-111 0 111 , 0800-111 0 222 or 116 123

as well as via email and chat at online.telefonseelsorge.de

REDEZEIT FÜR DICH (TALK TIME FOR YOU)

A platform with over 350 trained volunteer listeners who listen to everyone—without judgment, free of charge, and on any life issue

Link: <https://www.virtualsupporttalks.de/de>

Internetseelsorge.de

Nationwide Catholic counseling service with qualified pastoral counselors; free of charge, anonymous, and available 24/7 via email

Link: www.internetseelsorge.de

Chatseelsorge.de

A free and anonymous counseling service via chat, sponsored by the Evangelical Church in Germany.

Link: chatseelsorge.de

Plaudernetz

The Malteser Hilfsdienst's service is designed for people who are looking for friendly conversation and casual, heartfelt chats. By calling 0800 / 330 1111, you can have free, anonymous conversations with volunteer conversation partners—daily from 10 a.m. to 10 p.m.

Link: <https://plaudernetz.malteser.de/>

Bei Anruf Kultur (Culture on the Phone)

Participants can experience over 100 museums, galleries, monuments, city tours, literary houses, and more for free by phone—live, throughout Germany. Registration is required via the website <https://www.beianrufkultur.de/> or by phone at 040 209 404 36.

Keinerbleibtallein (No One Is Left Alone)

It is a volunteer-run citizens' initiative based in Mannheim that provides an information platform on loneliness and isolation for young adults and middle-aged people; it shares information through videos and posts on social media, and offers tips and suggestions for those affected and their loved ones.

Link: <https://keinerbleibtallein.net/>

Die gute Stunde (The Good Hour)

Online cultural events for art and culture lovers of all ages; held several times a month via Zoom; artists organize concerts, readings, art tours, and film screenings.

Link: <https://diegutestunde.org/>

GemeinsamErleben (Sharing Experiences)

Leisure Community: The platform allows users to find other people nearby and make plans for shared leisure activities.

Link: gemeinsamerleben.com

Helpcity

The app offers a free and anonymous way to connect with people in similar life situations.

Link: <https://helpcity.de/>

Active at Home – Staying Connected and Combating Loneliness

With its free live digital events, Active At Home offers opportunities for connection, community, and physical activity—all from the comfort of your own home. The program includes exercise, health education, mindfulness exercises, and cultural events that promote well-being.

Link: <https://gemeinsamaktiv.org/events/>

Meet 5

In this Germany-wide community, people aged 40 and older share their passions and plan leisure activities together.

Link: <https://www.meet5.de/>

Frendly.world

A digital platform for personal topics where you can get genuine human insights. Whether it's friendship issues, relationship questions, or other personal challenges. The service is free and can be used anonymously.

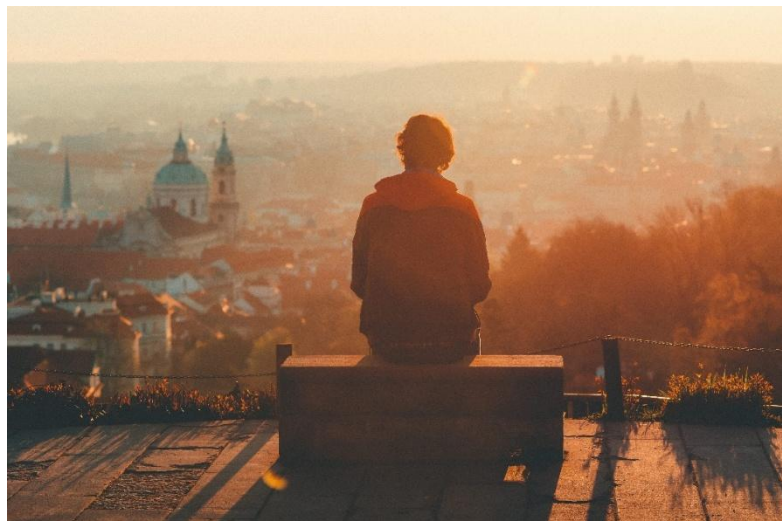
Link: <https://frendly.world/>

nebenan.de

Germany's largest social network for neighbors. Through this free digital platform, neighbors can get to know each other, help one another, arrange activities, and share or give away items. All users have verified addresses, use their real names, and live about a 10-minute walk from one another.

Link: www.nebenan.de

Note: The hilver app will also be available for Bretten starting in 2027.



Side Note: Volunteering



Whether it's tutoring, childcare, family mentoring, surrogate grandparents, coaching at a sports club, neighborhood assistance, visiting services for older or sick people, or serving as a health ambassador... there are many opportunities to volunteer. And sometimes you can even receive an expense allowance.

Benefits of Volunteering:

- Volunteer programs foster social connections and interactions
- Physical activity, in particular, reduces the risk of loneliness
- Volunteer work is also an effective way for volunteers themselves to reduce loneliness
- Exchange and networking with other individuals/institutions
- Strengths on Your Resume
- Doing good, helping people, giving hope, joy, and courage
- Personal and Professional Development
- Benefits: Participation in volunteer events (Volunteer Day, New Year's Reception), honors, awards, and expressions of gratitude from the city

Resources for Volunteering in Bretten

- nebenan.de: Through this free digital platform, neighbors can get to know each other, help one another, arrange to meet up for activities, and give away items. Link: nebenan.de
- Aktion Mensch's Volunteer Platform: Nationwide Volunteer Matching Service. Link: <https://www.aktion-mensch.de/ehrenamt/engagement-plattform>
- City of Bretten Community Engagement Platform: Link: <https://engagement-bretten.de/>
(Note: This page will be discontinued end of 2026 and replaced in 2027 by the so-called Hilver app.)
- Vostel: Link: <https://vostel.de/de>
- Civic Engagement – Karlsruhe District:
Link: <https://www.landkreis-karlsruhe.de/Service-Verwaltung/Das-Landratsamt-von-A-bis-Z/B%C3%BCrgerschaftliches-Engagement/>
- Or contact clubs, charitable organizations, and religious groups directly
- Find out more in the Official Gazette (Amtsblatt): <https://www.bretten.de/stadtrathaus-verwaltung/amtsblatt-online>

Contact Person for the City of Bretten – Volunteer Coordination/Civic Engagement

Ms. Ina Gabriel

Phone: 07252 921 123

Email: engagement@bretten.de

Did you know?

In Baden-Württemberg, you can volunteer as an individual caregiver for people in need of care (i.e., those with a care level) in your neighborhood or among your acquaintances by providing support services (such as shopping, running errands, providing rides, helping with household chores, preparing meals, etc.). Under certain conditions, you can receive payment for this through the so-called “relief allowance” provided by long-term care insurance.

More information here:

<https://sozialministerium.baden-wuerttemberg.de/de/gesundheitspflege/pflege/ehrenamt-und-selbsthilfe/anerkennung-einzelhelfende>



Side Note: self-help groups (various topics)

A self-help group is a voluntary association of people affected by the same illness or social problem. Together with others, they want to bring about change so they can better cope with their life situation, either as those directly affected or as family members.



AMSEL Contact Group Bretten / Bruchsal for People with MS

Link: www.amsel.de/bretten-bruchsal

Bretten Diabetes Support Group

Contact: Phone 07252 80746 and email braun-lutz@web.de; no website

KISS

Contact and Information Centre for Self-Help and Self-Help Groups in the Enz District

Link: <https://www.enzkreis.de/selbsthilfe>

NAKOS

Federal Centre, Expert Body and Contact Point for Community-Based Self-Help

Link: <https://www.nakos.de/>

Prostate Support Group:

Link: www.prostata-shg-bretten.de

Ecumenical Hospice Service (ÖHD)

Link: www.hospizdienst-bretten.de

Sanadak: Self-help app for people who have experienced displacement

The “Sanadak” app helps users cope with post-traumatic stress and related mental health issues. The app is available in German and Arabic.

Link: <https://www.sanadak.de/>

Karlsruhe Self-Help Office, Paritätische Sozialdienste gGmbH Karlsruhe

Advice on all aspects of self-help.

Phone: 0721/ 912 30 25

Link: <https://www.selbsthilfe-ka.de/>

SEKIS Self-Help Contact Centers in Baden-Württemberg

Find a Suitable Self-Help Group in Your Area

Link: <https://www.sekis-bw.de/selbsthilfe/>

Specific offers for individual groups



Families, parents, children & teens



Bretten Municipal Youth Center (Operated by AWO)

The meeting place for young people in Bretten and the surrounding area. With recreational activities and events, such as readings, table soccer tournaments, rock nights, and movie nights. Contact: Bahnhofstraße 13-1. Phone: 07252/78892

Link: <https://www.awo-ka-land.de/angebot/jugendzentrum-bretten/>

ACT – Activation, Coaching, Participation

ACT supports families in all stages of life in the Karlsruhe district—from health to job searches, childcare, and parenting, to assistance with mental health challenges

Link: <https://www.act-landkreis-karlsruhe.de/>

Diakonisches Werk in the Karlsruhe District

Help and Counseling for Children, Teens, and Families

Address: Hermann-Beuttenmüller-Str. 14, 75015 Bretten

Phone: 07252 5 86 90 -0

Email: bretten@diakonie-laka.de

Link: <https://diakonie-laka.de/bretten/>

Kid.T – Children of the Tafelrunde Bretten

Groups for Children of Family Members with Mental Health Issues or Substance Use Disorders – a program offered by Diakonie

Link: <https://www.diakonie-laka.de/rat-hilfe/kinder-jugendliche-familien/gruppenangebote-fuer-kinder-und-jugendliche/kid-t-kinder-der-tafelrunde-bretten/>

FAM e.V. Bretten Children's and Family Center

Programs for families, parents, children, professionals, immigrants, and visitors: from baby cafés and playgroups to continuing education courses.

Link: <https://fam-ev.de/>

Yoga for families

Kathrin Thimm

Link: <https://www.kathrin-thimm.de/yoga/kursplan-preise/>

Help for Families

- An Overview of Family Benefits:
<https://familienportal.de/familienportal/familienleistungen/familienleistungen-ueberblick>
- State Foundation “Families in Need”: www.familie-in-not.de
- An Overview of Support for Parents: <https://www.arbeitsagentur.de/familie-und-kinder>
- Bretten Kids Pass (discounts for children and teens):
<https://www.bretten.de/familien-soziales-bildung/kinderpass>
- Family Pass of the State of Baden-Württemberg:
<https://sozialministerium.baden-wuerttemberg.de/de/soziales/familie/leistungen/landesfamilienpass>



Did you know?

Bretten has a community liaison officer and a youth protection officer

Mr. Michael Krüper

Email: kuemmerer@bretten.de

More Links:

- Youth Town Council: <https://www.bretten.de/stadt-rathaus-verwaltung/jugendgemeinderat>
- Karlsruhe City Youth Committee (stja e.V.)
Link: <https://stja.de/>
- Karlsruhe Child Protection Association
Link: <https://dksb-ka.de/>
- AllerleiRauh Karlsruhe (Specialized Counseling Center for Sexual Violence)
Link: <https://www.karlsruhe.de/bildung-soziales/schutz-praevention/allerleirauh>
- Badische Sportjugend Nord
Link: <https://www.badische-sportjugend.de/>
- Children's Health Info
Link: <https://www.kindergesundheit-info.de/themen/>
- clever.gesund – the health portal for children and teens
Link: <https://www.clever-gesund-info.de/>
- App Child-safe
Link: <https://www.kindersicherheit.de/app>
- Early Intervention Services in the Karlsruhe District—free, confidential counseling and a wide range of services for pregnant women and families with infants and toddlers aged 0–3: <https://fruehehilfen.landkreis-karlsruhe.de/>
- amuvee – Platform and App to Support Single Parents:
<https://www.amuvee.de/>
- profamilia Karlsruhe: Counseling Center for Sexuality, Family Planning, and Pregnancy: <https://www.profamilia.de/angebote-vor-ort/baden-wuerttemberg/beratungsstelle-karlsruhe>
- Sex Education Programs in the City and County of Karlsruhe:
https://www.landkreis-karlsruhe.de/media/1636_1473_1.PDF



(Emergency) cross-regional assistance via phone and/or app

Friends for Life e.V. (frnd)

Raising awareness about mental health, particularly depression and suicide. Through digital resources, campaigns, and educational programs, the organization works to raise awareness—especially among young people and those around them—about mental health crises and highlights ways to get support. In a special edition of its podcast, the organization explores the topic of loneliness from various perspectives, making it something people can hear about and discuss.

Link: <https://www.frnd.de/>

crisischat

Free counseling for children, teens, and young adults under 25 via chat. The service is available 24/7 via WhatsApp and text message, with no sign-up or registration required. It is intended for anyone who doesn't know where to turn. Counseling is also available in Ukrainian and Russian.

Link: <https://www.krisenchat.de/>

Nummer gegen Kummer (Helpline)

Provides counseling to children, adolescents, and parents—by phone and online. The helpline for children and adolescents is available Monday through Saturday from 2:00 p.m. to 8:00 p.m..

Phone: 116 111. The parent hotline is available Monday through Friday from 9 a.m. to 5 p.m., and on Tuesdays and Thursdays until 7 p.m. Phone: unter 0800 1110 550

Link: <https://www.nummergegenkummer.de/>

[U25]

Free online support service for adolescents and young adults under the age of 25 experiencing (suicidal) life crises. Counseling is provided anonymously via email through the Caritas counseling system by volunteer peers (peer counselors) who guide those seeking help through their crises.

Link: <https://www.u25-deutschland.de/>

Youth Emergency Email

Here, children and teens can talk about their concerns—in a straightforward, confidential, free, and secure manner. The young people's "emergency calls" are answered quickly and reliably via email and chat by psychologists. Counseling is offered in more than 28 languages.

Link: <https://jugendnotmail.de/>

The Mothers' Helpline

A free and anonymous telephone counseling service that supports women and mothers with their concerns, problems, and questions. Phone number 0800-333 2 111.

Link: <https://www.muettertelefon.de/>

Older people, senior citizens



Karlsruhe District

Helpful Topics Related to Aging

Link: <https://www.landkreis-karlsruhe.de/Service-Verwaltung/Das-Landratsamt-von-A-bis-Z/Alter/>

Bretten Senior Citizens' Council

Provides information, brochures, and advice on leisure activities, caregiving, and legal matters. Various programs, such as Internet & Smartphone Meetups

Link: <https://www.seniorenrat-bretten.de/>

Senior Citizens' Carnival

Tickets cost €10 and can be purchased at the Bretten Tourist Information Office, the Citizen Services Office, and the local municipal offices. Contact: City of Bretten – Public Order Office, Phone: 07252 / 921 315, E-Mail: soziales@bretten.de

Gymnastics for Seniors

Chair exercises, often using small equipment, as well as classes for active seniors.

Link: <https://www.tv-bretten.de/Freizeitsport/Seniorengymnastik/>

vhs- Adult Education Courses for Seniors

Classes such as “Silver Yoga,” “ErlebniSTanz,” and morning exercise

Link: <https://www.vhs-bretten.de/kurse/online-kurse/sonderkategorie/Aktiv+im+Alter/164>

Senior Citizens' Afternoon in Diedelsheim

Every second Thursday of the month at the community center

Link: <https://ekiregionbretten.de/senioren/>

Experiential Dance

Every Thursday: Dances from Around the World

Link: <https://www.seniorenrat-bretten.de/infos-f%C3%BCr-senioren/bewegung-und-sport/>

Note: Further events can also be found in the town news section of the Official Gazette.

Link: <https://www.bretten.de/stadt-rathaus-verwaltung/amtsblatt-online>

Nationwide services via phone and/or app

Silbernetz e.V. mit Silbertelefon (Silver Line)

Offers a listening ear to people aged 60 and older every day from 8 a.m. to 10 p.m. — even if you're not facing a crisis or a specific problem. Anonymous, confidential, and free! Phone number: 0800 4 70 80 90

For more in-depth telephone contact, there is the Silbernetz Friendship program: interested seniors are connected with volunteers who then call them once a week for a personal phone conversation. Through Silberinfo, Silbernetz provides callers to the Silbertelefon with contact information for senior care services throughout Germany.

Link: www.silbernetz.org

RETLA

Senior citizens can leave their name and phone number. Volunteers ("Telephone Angels") will call them back. If appropriate, a telephone friendship may develop, in which the two people talk on the phone once a week. Phone number: 089 189 100 26, Monday through Friday, 9 a.m.–12 p.m.

Link: <https://retla.org/telefon-engel/>

Forum for Seniors

An online portal for the active 60-plus generation. Here, you can meet like-minded people who live nearby.

Link: <https://www.forum-fuer-senioren.de/>



People with an immigrant background



Services & Resources:

- Integration and Asylum in the City of Bretten:
<https://www.bretten.de/familien-soziales-bildung/integration-und-asyl>
- Integration Management Office of the Karlsruhe District Administration:
<https://www.landkreis-karlsruhe.de/Service-Verwaltung/Themen-Projekte/Integration/Beratung-und-Ansprechstellen-/Integrationsmanagement/>
- Diakonie's Migration Counseling for Adult Immigrants (MBE):
<https://www.diakonie-laka.de/rat-hilfe/flucht-migration/migrationsberatung-fuer-erwachsene-zugewanderte-mbe/>

Information for New Immigrants in Bretten

Brochure (PDF): Here you'll find information about the city, local government, culture, recreation, and tourism, as well as information on health, finding a doctor, finding a therapist, and much more.

Link:

https://www.bretten.de/sites/default/files/attachments/001_Neu%20in%20Bretten%20-%20Informationen%20f%C3%BCr%20neu%20Zugewanderte%20in%20Bretten%20-Druck%20DIN%20A%205%20%5B431-001004%5D%20%28P000246643%20-%20v2%29.pdf#overlay-context=familien-soziales-bildung/integration-und-asyl

Café International

A meeting place for people with an immigrant background or new residents; opportunities to interact with Bretten residents on Fridays from 4:00 p.m. to 6:00 p.m.; a low-threshold, non-commercial gathering
Evangelical Community Center, VAB Building, Kirchplatz 4 in Bretten

DAF International Friends' Association, Bretten e.V.

People from Bretten and the surrounding area are actively working to promote tolerance and mutual understanding toward fellow citizens of foreign origin.

Link: <https://daf-bretten.de/>

Integreat App

Designed for newcomers to the Karlsruhe district, which includes Bretten. Welcome information about life in Germany in various languages.

Link: <https://integreat.app/lkkarlsruhe/de>

Link: <https://integreat.app/lkkarlsruhe/de/gesundheit/weitere-beratungsstellen-und-hilfsangebote>

saba app

Digital support for mental health. The app helps you make sense of your feelings, gain clarity, and regain control of your life—with a self-help program, personalized video counseling sessions, and much more.

Link: <https://ipso-saba.com/>

Mind-Spring – Group Programme

Mind-Spring is a preventative and supportive psychoeducational group programme run by and for people with a background of migration or as refugees.

Link: <https://www.landkreis-karlsruhe.de/Mind-Spring-/>



Final notes and legal notice

This brochure was produced as part of the project “GESUND in Bretten: MORE Together, LESS Lonely!” – funded by the Ministry of Social Affairs, Labor, and Health using state funds approved by the Baden-Württemberg State Parliament – and is published free of charge as part of the City of Bretten’s municipal health management program.

The Health Compass is continuously updated and revised.

We do not guarantee that this list is complete. Please feel free to send us any comments regarding the content or reports of missing listings: soziales@bretten.de

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Legal Notice

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The publication “Bretten Health Guide” is available for download as a PDF in various languages. Link:

<https://www.bretten.de/content/f%C3%B6rderung-von-gesundheit-vermeidung-von-erkrankungen>