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SOCIAL SECTOR

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# GUIDE

for people with mental illness  
and their relatives



**English Version**



**DIE  
VIELFALT  
MACHT'S**



# **GUIDE**

**for people with mental illnesses  
and their relatives**





## Foreword

### **Dear fellow citizens,**

A mental disorder can occur suddenly at any age and, depending on its intensity and course, can be a major challenge for those affected, their families, and their immediate environment. Those affected and their relatives are often dependent on support and treatment services.

In this situation, it is important that reliable support services for advice and assistance, self-help, and medical treatment are available.

There is an extensive network of help, facilities, and services in the Böblingen district. This includes low-level counseling services and outpatient and inpatient medical treatment, services ranging from assistance in your own living and social space, and special forms of housing and employment.

I am pleased to present the updated and newly published edition of the “Services for People with Mental Illnesses and Their Relatives” guide. This booklet is an up-to-date overview of the diverse and numerous support services available in the Böblingen district, and is intended to make it easier for anyone seeking advice and help to access these services.

The services and all relevant services and facilities in the Böblingen district are listed in the booklet by topic and, for the inpatient medical sector, include those of neighboring districts.

Keeping the guide up to date is an important task.  
The offerings listed are constantly changing and new ones are added.

Please send any comments and suggestions to:

Landratsamt Böblingen (Böblingen District Office)  
Stabsstelle Sozialplanung (Social Planning Unit)  
Parkstraße 16, 71034 Böblingen

**Phone**

+49 7031/663-1397

**Email**

sozialplanung@lrabb.de

The booklet can also be found on the Böblingen district website at [www.lrabb.de](http://www.lrabb.de) – Booklets – Information for people with mental illnesses. The online version is continuously updated by the psychiatric planning department of the Böblingen District Office.

I would particularly like to thank those who, in their professional, voluntary, and private contexts, do their utmost every day to help people who need help.

Sincerely,



Roland Bernhard  
Landrat (District Administrator)

# 1 Advice and assistance

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# 1

## Advice and assistance

The advice centers provide useful information and expert support to help you solve your problems.



## Counselling Services – Guidance in Difficult Times

Sometimes it is difficult to find the right support, especially during a mental health crisis. Counselling services are important points of contact. They listen to your concerns, provide information about suitable support services and help you take the next steps.

In this chapter, you will learn how counselling services can support you and where to find help that matches your individual situation.



# 1 Advice and assistance

Low-level counseling services

## Social Psychiatric Service

Protestant Deaconry Association in  
the Böblingen District  
Landhausstraße 58, 71032 Böblingen

### Phone

+49 7031 / 216511

### Email

info@diakonie-boeblingen.de

### Website

www.edivbb.de

- Individual, couples, and family counseling in our offices in Böblingen, Herrenberg, and Leonberg. We perform home visits if necessary.
- Socioterapy in accordance with §37 a SGB V (Fifth Book of the German Code of Social Law)
- Contact group offerings (contacts and leisure activities)
- All offerings are voluntary.

## Who can contact us?

Mentally ill people and their relatives who live in the Böblingen district.

## What help do we offer?

- Counseling and support in coping with problems that have arisen in connection with the mental illness of those seeking help. Examples include:
  - Help in dealing with illness
  - Support in crisis situations
  - Support in coping with everyday life and relationships
  - Assistance with financial and social law issues
  - Advice on issues relating to daily structure, leisure activities, employment, and work
  - Referral to further help services
  - Prompt appointments

## Contact person for initial contacts

The main office will put you in touch with the appropriate member of staff.

## Office hours

Office hours for the main office:

Mon - Thu	9:00 am to 12:00 pm
and	2:00 pm to 5:00 pm
Fri.	9:00 am to 12:00 pm

## What are the costs?

The services offered by the Social Psychiatric Service are free of charge and non-denominational.

## Operator of the facility

Protestant Deaconry Association in  
the Böblingen District

 **Evang. Diakonie Verband**  
im Landkreis Böblingen

## IBB Office

Information, Advice and Complaints Office

BZS – Bürgerzentrum Stadtmitte  
Neuköllner Straße 5 (Leo-Center)

71229 Leonberg

### Phone

+49 7044 / 4009900  
(answering machine)

### Email

kontakt@ibb-stelle-bb.de  
pf@ibb-stelle-bb.de

### Website

www.ibb-stelle-bb.de

## Office hours

First Friday of the month  
from 10:00 am to 12:00 pm  
(preferably with prior telephone arrangement).

Consultation days may be postponed due to vacations and/or public holidays.

Opening hours for these are available at the Bürgerzentrum.

## Telephone office hours

Mon.	10:00 am to 12:00 pm
Tue. / Thu.	4:00 pm to 6:00 pm

## Who can contact us?

People with mental illnesses and their relatives

## What help do we offer?

- Advice on a service or facility, such as the Center for Psychiatry, the Social Psychiatric Service, and housing and job offers
- Advice on questions about
  - Self-help groups
  - Court-ordered commitment
  - Compulsory measures (such as physical restraint)
  - Legal guardianship
  - Dealing with authorities, courts, or social insurance providers
- No legal advice is provided.

## What are the costs?

This service is free of charge.



**IBB-Stelle im  
Landkreis Böblingen**

Informations-, Beratungs- und Beschwerdestelle

# 1 Advice and assistance

Low-level counseling services

## Patient Advocate

Mr. Andreas Mörk

### Phone

+49 173 / 4136028

### Email

pf@ibb-stelle-bb.de

### Website

www.ibb-stelle-bb.de



## Who can contact me?

If you suffer from a mental illness, if you are affected by it as a relative or friend, or if you are unsure and have questions or problems.

## What help do I offer?

- I stand up for your justified requests if you are dissatisfied with the care and treatment you are receiving.
- I can mediate between you and psychiatric institutions, authorities, or employers.
- I can help you if you would like assistance at a court hearing.
- I can advise you if you have any questions about legal guardianship.
- I will take time for you and am always here to listen.
- I always try to find a solution and bring your concerns and needs to the right people.
- I am bound by confidentiality.

## What are the costs?

The consultation is free of charge. I would be happy to talk to you personally, or you can send me a message.

- Leonberg Bürgerzentrum, Neuköllnerstr. 5
- Böblingen in the district office (Landratsamt), Parkstraße 16
- Klinikum Nordschwarzwald, Cafino, Room 015 on the ground floor

## Office hours by telephone

Tuesday and Thursday  
from 4:00 pm to 6:00 pm

In urgent cases, you can contact me anytime in advance by WhatsApp, Signal, or by sending me a text message.

## EUTB – Supplementary Independent Participation Advice

### 1a Zugang Beratungsgesellschaft mbH

Gärtringen location:  
Robert-Bosch-Straße 15  
71116 Gärtringen

Additional locations:

- Böblingen: Treff am See  
open consultation hours,  
Tuesdays 9:00 am to 11:00 am
- Herrenberg: Volkshochschule  
(education center)
- Holzgerlingen: Jugendhaus  
(youth center)

Direct requests for advice to:

Phone

+49 162 / 7196384

Email

teilhabeberatung@1a-zugang.de

Website

www.1a-zugang.de

### Lebenshilfe Böblingen e.V.

Schloßberg 3  
71032 Böblingen

Phone

+49 7031 / 775215

+49 162 / 3182927

+49 157 / 54370576

Email

info@eutb-boeblingen.de

Website

www.lebenshilfe-boeblingen.de

Locations:

Böblingen: Lebenshilfe  
Schönaich: Seniorentreff  
Sindelfingen: Stiftshof  
Herrenberg: Lebenshilfe

### Lebenshilfe Leonberg e.V.

Ulmer Straße 37  
71229 Leonberg

Phone

+49 7152 / 5699-239

Mobile

+49 152 / 56 99 239

Email

wolfgang.weiss@eutb-leonberg.de

Website

www.lebenshilfe-leonberg.de/eutb

Consulting location:

Leonberg, Weil der Stadt

### Who can contact us?

The EUTB provides information on participation and living with a disability. This information is for:

- People with disabilities
- Their relatives
- And interested parties



# 1 Advice and assistance

Low-level counseling services

## What help do we offer?

The EUTB provides independent, supplementary, free, confidential, and individual advice on the various options available while acting as an equal. You then decide for yourself what the right choice is for you. Home visits are also possible upon request.

## Contact persons

Our trained advisors are people with and without disabilities.

## Office hours

Please make an appointment by telephone.

## What are the costs?

The consultation is free of charge.

## Who can contact us?

People with disabilities and their relatives

## What help do we offer?

Ombudspersons (contact persons, trusted third parties, and mediators) for the interests of people with disabilities.

## Contact person for initial contacts

Lisa Zeller and Utz Mörbe

## Office hours

By appointment by email/telephone.

## What are the costs?

This service is free of charge.

## Operator of the facility

Böblingen district

## District Office

Representative for People with Disabilities  
Parkstraße 16, 71034 Böblingen

### Phone

+49 7031 / 663-2337 or  
+49 7031 / 663-1443

### Email

[inklusion@lrabb.de](mailto:inklusion@lrabb.de)

### Website

[www.lrabb.de](http://www.lrabb.de)



## Low-level counseling services

### Contact, Advice and Mediation Center (Anlauf-, Beratungs- und Vermittlungsstelle ABV) Fortis e.V.

#### **Sindelfingen/Leonberg region:**

Hinterweiler Straße 22,  
71063 Sindelfingen

**Phone**

+49 7031 / 41038-44

**Email**

abv-nord@fortis-ev.org

**Website (general)**

www.fortis-ev.org

#### **Böblingen/Gärtringen/Herrenberg region:**

Marienstraße 21/2, 71083 Herrenberg

**Phone**

+49 7032 / 954518-44

**Email**

abv-sued@fortis-ev.org

- If necessary, we make referrals to suitable facilities and services.
- Answering your questions and concerns by telephone or in person\*. You are welcome to include people from your personal environment.
- Support in clarifying funding arrangements and submitting applications for the planned assistance.

#### Office hours

Monday	10:00 am to 12:00 pm
Thursday	4:00 pm to 6:00 pm

We can also be reached by telephone outside of our regular office hours on weekdays, and there is an answering machine for call-back requests.

#### What are the costs?

The advice offered by ABV is free of charge.

#### Operator of the facility

Fortis e.V.



#### Who can contact us?

Adults with mental illnesses in the Böblingen district and their relatives.

#### What help do we offer?

- People with mental illnesses and their relatives receive expert information and advice on services in various aspects of life.
- Information about support options. We make sure that the necessary assistance is provided, in the familiar living environment if at all possible and desired.

# 1 Advice and assistance

Low-level counseling services

## Community Psychiatric Centers

### **Community Psychiatric Center (GPZ) Sindelfingen**

Stiftstraße 4, 71063 Sindelfingen

Phone

+49 7031 / 787000

Email

tagesstaette@diakonie-boeblingen.de

Website

www.edivbb.de



### **Community Psychiatric Center (GPZ) Leonberg**

Agnes-Miegel-Straße 5,  
71229 Leonberg

Phone

+49 7152 / 332940-14

Email

tagesstaette@diakonie-leonberg.de

Website

www.edivbb.de



### **Community Psychiatric Center (GPZ) Herrenberg**

Marienstraße 21/2, 71083 Herrenberg

Phone

+49 7032 / 954518-40

Email

tagesstaette-lichtblick@fortis-ev.org

Website

www.fortis-ev.org



## Who can contact us?

The Community Psychiatric Centers (GZPs) are open meeting places for people with mental illness aged 18 and over.

## What help do we offer?

The day centers, the Social Psychiatric Service, the psychiatric outpatient clinic of the Klinikum Nordschwarzwald, and the Contact, Advice, and Mediation Center work together in the Community Psychiatric Center and offer help for mentally ill people near their homes. The Community Psychiatric Center (GZP) will help answer your questions and concerns on the following topics by telephone or in person and, if necessary, refer you to one of the services:

- Support and guidance
- Assistance through sociotherapy
- Dealing with the illness
- Medical and social rehabilitation
- Employment and daily structuring
- Making contacts
- Leisure activities
- Psychiatric treatment
- Assisted forms of living such as assistance in the living and social space
- Rehabilitation facilities, residential homes

### What are the costs?

The visit is voluntary and free of charge. Registration is not required.

### Day center opening hours:

#### Sindelfingen:

Mon. 1:00 pm to 5:00 pm  
 Tues. 10:00 am to 5:00 pm  
 Wed. 1:00 pm to 7:00 pm  
 Thurs. 1:00 pm to 5:00 pm  
 Fri. 9:00 am to 1:00 pm

#### Leonberg:

Mon. 9:00 am to 3:00 pm  
 Tues. 11:00 am to 4:00 pm  
 Wed. 9:00 am to 4:00 pm  
 Thurs. 10:00 am to 4:00 pm  
 Fri. 9:00 am to 1:00 pm

Last Sunday each month  
 2:30 pm to 5:00 pm  
 Offene Herberge e.V. Sunday meeting

#### Herrenberg:

Mon. 2:00 pm to 5:00 pm  
 Tues. 10:00 am to 5:00 pm  
 Wed. 2:00 pm to 5:00 pm  
 Thurs. 2:00 pm to 5:30 pm  
 Fri. 10:00 am to 5:00 pm

Please inquire about weekend opening hours.

### Information

The current times and offerings are available in the Community Psychiatric Center (GZP). You are also welcome to inquire by telephone.

Further information can be found in the guide under the listings for individual the services:

- Day centers
- Social Psychiatric Service
- Psychiatric outpatient clinic of the Klinikum Nordschwarzwald
- Contact, Advice, and Mediation Center

### Operator of the facility

Protestant Deaconry Association in the Böblingen District  
 Fortis e.V.  
 Klinikum Nordschwarzwald

# 1 Advice and assistance

Advice for families and young people

## Familie am Start

Services for mentally stressed or ill parents with infants and toddlers

### Böblingen and Schönbuch region

Ulrike Preschel-Kanaan

Phone

+49 7031 / 6632403

Email

u.preschel-kanaan@lrabb.de

Website (for all regions)

www.lrabb.de

### Herrenberg/Gäu region

Marion Müller-Teuber

Phone

+49 7031 / 6632425

Email

m.mueller-teuber@lrabb.de

### Leonberg region and northwestern district

Rose Volz

Phone

+49 7031 / 6634128

Email

r.volz@lrabb.de

### Sindelfingen region with Aidlingen, Grafenau, and Magstadt

Ulrike Krusemarck/Gaby Gettler  
Haus der Familie Sindelfingen-Böblingen

Phone

+49 7031 / 7637620

Email

familieamstart@hdf-sindlfingen.de

## Who can contact us?

Mothers and fathers with children aged 0 to 3 years or from the beginning of pregnancy who feel mentally exhausted, are in a personal crisis, or are mentally ill.

## What help do we offer?

- Information, advice, and practical support.
- Home visits or discussions at the advice center.
- Promoting a secure parent-child relationship.
- Developmental psychological counseling.
- Help in finding relief options.
- If necessary, referral to specialist services and counseling centers.
- Group offerings, open meetings, and family cafés.

## What are the costs?

This service is free of charge.

## Operator of the facility

The psychological counseling centers run by the district, the Protestant and Catholic churches in Böblingen, Herrenberg, and Leonberg, and the Haus der Familie in Sindelfingen.

### Contact point for help for children of mentally ill parents

Protestant Deaconry Association in the Böblingen District  
Landhausstraße 58, 71032 Böblingen

**Phone**

+49 7031 / 216535

**Email**

weis@diakonie-boeblingen.de

**Website**

www.edivbb.de

One in three adults is affected by a mental illness or experiences a mental crisis in the course of their lives. It is not easy for children of emotionally distressed parents to understand why their parents are not well; they are often left to their own devices with their fears, questions, and needs.

We would like to strengthen families and children with our various help services and provide information about the different support options.

#### Who can contact us:

Cooperation partners and affected families.

#### What help do we offer?

- Individual counseling at the psychological counseling centers for affected families.
- The Drachenflieger support group for children of parents suffering from mental and addiction illnesses.
- Advice on help offerings from employees of the Social Psychiatric Service.

#### Contact person for initial contacts

Manuela Weis

#### What are the costs?

The offerings are free of charge.



# 1 Advice and assistance

Advice for families and young people

## **EIGEN:SINN –**

### **Help for young people in crisis**

Lichtblick Day Center

Marienstraße 21/2, 71083 Herrenberg

#### Phone

+49 7032 / 95451840

#### Email

eigensinn@fortis-ev.org

#### Website

www.fortis-ev.org

### **Who can contact us?**

Young adults aged 18 and over who are in difficult situations and crises, who have mental health problems or illnesses, or who have questions about mental health.

### **What help do we offer?**

- Information and advice from members of staff. The discussions are of course strictly confidential.
- Discussion group with other young people who are in a similar situation in life. There is an opportunity to exchange ideas, be understood, and experience something together.

### **Contact persons for initial contacts**

Vera Aldinger and Güldüsen Özer

### **Office hours/appointments**

Consultation hours are scheduled on an individual basis. Both contact persons are easy to reach by email.

Every other week on Tuesdays  
6:30 pm to 8:00 pm  
Discussion group

### **What are the costs?**

The counseling service is offered free of charge. Travel costs incurred may be covered in specific cases by arrangement.

### **Operator of the facility**

Fortis e.V.



Advice from the district administration and large district towns

### Health advice from the Böblingen Public Health Department

Böblingen District Office  
Public Health Department  
Dornierstr. 3, 71034 Böblingen

**Phone**

+49 7031 / 663-3647

**Email**

ka.raschke@lrabb.de

**Website**

www.lrabb.de

### Appointments can be made:

By telephone arrangement

### Office hours

By prior arrangement by telephone.

### What are the costs?

The health advice service is free of charge.

### Operator of the facility

Böblingen district

### Who can contact us?

- People in crisis situations
- People with chronic illnesses

### What help do we offer?

We offer

- Specialist medical advice for chronic illnesses
- Specialist medical advice in crisis situations
- Referral to suitable cooperation partners

The consultation is subject to medical confidentiality.

### Contact person:

Dr. med. Petra Flad  
General Practitioner – Social Medicine



Dr. med. Petra Flad

# 1 Advice and assistance

Advice from the district administration and large district towns

## District Social Service District Office, Office for Social Affairs and Participation

Parkstraße 16, 71034 Böblingen

### Phone

+49 7031 / 663-1303

### Email

sozialerdienst.soziales@lrabb.de

### Website

www.lrabb.de

### Who can contact us?

The Social Service of the Office for Social Affairs and Participation supports people in difficult life situations, enabling them to lead an independent life without the need for ongoing support.

- Having personal, financial, psychological, or health difficulties
- Receiving benefits from the Sozialamt (Social Welfare Office) (basic income support or assistance with living expenses)
- In need of care or domestic help and do not know how to pay for it
- Looking for support during a personal and/or economic emergency
- Having problems keeping their home in order
- Want to know what help is available in the district.

### What help do we offer?

- Ensuring care at home
- Determining needs for care assistance and domestic help
- Introductory advice for residents of the district communities
- Crisis intervention for people suffering from mental illness or addiction
- Support services for people affected by neglect
- Conducting assistance conferences as part of the overall plan procedure in accordance with § 67 ff SGB XII (Twelfth Book of the German Code of Social Law)
- Initial consultation and empowerment of those entitled to benefits in accordance with § 11 (3) SGB XII (Twelfth Book of the German Code of Social Law).

### Office hours

Appointments can be made by telephone during normal office hours.

### What are the costs?

Counseling is free of charge and is subject to confidentiality. Counseling sessions can also take place at home if required.

### Operator of the facility

Böblingen district



## Social Services of the large district towns

### City of Leonberg

Belforter Platz 1, 71229 Leonberg

**Phone**

+49 7152 / 9902424

**Email**

sozialer-dienst@leonberg.de

**Website**

www.leonberg.de

### City of Herrenberg

Kirchgasse 2, 71083 Herrenberg

**Phone**

+49 7032 / 924-214

**Email**

sozialdienste@herrenberg.de

**Website**

www.herrenberg.de

### City of Böblingen

General Social Services (ASD)  
Konrad-Zuse-Str. 90, 71034 Böblingen

**Phone**

+49 7031 / 669-2365

**Email**

asd@boeblingen.de

**Website**

www.boeblingen.de

### City of Sindelfingen

Social Advice  
Rathausplatz 1, 71063 Sindelfingen

**Phone**

+49 7031 / 94-263

**Email**

amt\_fuer\_soziale\_dienste@sindelfin-  
gen.de

**Website**

www.sindelfingen.de

### Who can contact us?

The Social Service is the first contact point for all residents seeking advice on personal and family emergencies. It offers people in difficult circumstances the opportunity to lead an independent life by providing regular support.

### What help do we offer?

- Advice for residents of the large district towns in crises and stressful life situations
- Assistance with applying for social services
- Guidance advice and referral to specialist services and advice centers
- Contact point for prostitutes seeking advice and support (City of Böblingen)
- Removal orders: Social Services is the first point of contact and refers both offenders and victims to the appropriate specialist service if necessary.

# 1 Advice and assistance

Advice from the district administration and large district towns

## Office hours

Appointments can be made by telephone during normal office hours.

## What are the costs?

Counseling is free of charge and is subject to confidentiality.

## Operator of the facility

Large district towns

## Psychological counseling centers in the Böblingen district

(youth and family counseling, marriage, couples, and life counseling)

### **Böblingen**

Calwer Straße 7, 71034 Böblingen

**Phone**

+49 7031 / 223083

**Email**

[beratungstgelle-boeblingen@lrabb.de](mailto:beratungstgelle-boeblingen@lrabb.de)

**Website (for all advice centers)**

[www.lrabb.de](http://www.lrabb.de)

### **Herrenberg**

Tübinger Straße 48, 71083 Herrenberg

**Phone**

+49 7031 / 633-2420

**Email**

[beratungsstelle-herrenberg@lrabb.de](mailto:beratungsstelle-herrenberg@lrabb.de)

### **Leonberg**

Rutesheimer Str. 50/1, 71229 Leonberg

**Phone**

+49 7031 / 663-4120

**Email**

[beratungsstelle-leonberg@lrabb.de](mailto:beratungsstelle-leonberg@lrabb.de)

### **Sindelfingen**

Corbeil-Essonnes-Platz 10,  
71063 Sindelfingen

**Phone**

+49 7031 / 663-4100

**Email**

[beratungsstelle-sindelfingen@lrabb.de](mailto:beratungsstelle-sindelfingen@lrabb.de)

Difficult situations in which support and advice are helpful can arise in all phases of life. Our services are aimed at all those seeking advice, regardless of age, gender, origin, sexual orientation, disability, religion, culture, or ideology. Meetings with interpreters can also be arranged if necessary.

### **We offer advice for:**

- Children and young people: Support with personal, family, and school difficulties.
- For parents and other family members or support persons: Advice on parenting issues, child development, blended families, and in crisis situations such as separations or mental illness.
- For couples and individuals: Help with relationship and life crises as well as personal issues such as anxiety and self-esteem problems.

Our teams consist of psychotherapeutically trained psychologists and social workers.

### **First meeting and further progress**

Our aim is to create a safe space in which you can talk openly about your concerns. We treat the content of the discussions confidentially. We are also happy to cooperate with other institutions in consultation with you.

We offer individual, family, and couples counseling. Advice can also be

provided by telephone, online, or by video. We also have an open consultation hour for children and young people as well as group offerings for parents and children.

### **Costs**

Our counseling is free of charge for children, teenagers, and young adults up to the age of 21 and their parents. For couples and life counseling for adults without minor children, a cost contribution agreement will be made.

### **Telephone enrollment**

Mon. - Fri. 8:30 am to 12:00 pm  
Mon. - Thurs. 1:30 pm to 4:30 pm

### **Operator of the facility**

Böblingen District with Protestant and Catholic churches

# 1 Advice and assistance

Advice from the district administration and large district towns

## Psychological Counseling Center Böblingen

Offerings for migrants  
Waldburgstr. 19, 71032 Böblingen

### Email

beratungsstelle-boeblingen@lrabb.de

### Phone

+49 7031 / 223083

Please send your request by email to the Böblingen Psychological Counseling Center. You will then receive the PDF file.

The psychosocial, medical, and psychotherapeutic offerings for migrants have been sorted by language and compiled in PDF files.

Each file contains information on the topics of:

- Specialists and psychotherapists
- Specialist clinics
- Psychosocial counseling
- Literature
- Lawyers

The amount of information available varies by language.

The following languages are available: English, French, Greek, Italian, Bosnian-Croatian-Montenegrin-Serbian, Russian, Spanish, Portuguese, Turkish, and other languages such as Arabic, Polish, Romanian, etc.

## District Office, Office for Social Affairs and Participation, “Participation for people with disabilities” specialists

Parkstraße 16, 71034 Böblingen

### Phone

+49 7031 / 663-1198

### Email

tfmb@lrabb.de

### Website

www.lrabb.de

### Who can contact us?

People with a mental disability/mental illness for whom support in accordance with Book Nine of the German Code of Social Law is possible and/or needs to be discussed.

### What help do we offer?

- Free and non-binding advice on services and support options, in particular under Book Nine of the German Code of Social Law.
- If you receive integration assistance benefits, we will advise, assist, and support you within the framework of participation management in order to achieve the goals jointly agreed upon as part of the benefits process.

Further information can be found on the District Office website: [www.eingliederungshilfe.landkreis-boeblingen.de](http://www.eingliederungshilfe.landkreis-boeblingen.de)

### Contact person for initial contacts

The main office will get you in touch with your personal contact person and provide you information on their availability.

### Office hours

Please make an individual appointment with that specific member of staff.

Mon., Tue., Wed., Fri. 9:00 am to 12:00 pm  
Thurs. 1:30 pm to 6:00 pm

### What are the costs?

The counseling service is offered free of charge.

### Operator of the facility

Böblingen district



# 1 Advice and assistance

Advice from the district administration and large district towns

## District Office, Office for Social Affairs and Participation, “Debt Counseling” specialists

### Mailing address

Parkstraße 16, 71034 Böblingen

### Building address

Bahnhofstraße 7, 71034 Böblingen

### Phone

+49 7031 / 663-1651

### Email

schuldnerberatung@lrabb.de

### Website

www.lrabb.de

Further information can be found on our website:

<https://www.move-bb.de/start/unterstuetzungsangebote/schuldnerberatung.html>

## Initial telephone consultations and explanation of the next steps

By telephone at the following times:

Mon.–Wed. 8:30 am to 10:30 am

Thurs. 1:30 pm to 3:30 pm

For senior and budgeting advice by telephone,  
call +49 7031 / 663-1919

Monday 1:30 pm to 3:30 pm

You are welcome to leave us a message at other times or to contact us by email.

## Who can contact us?

Debt counseling provides support in dealing with and overcoming financial problems. This service is available to all residents in the Böblingen district who are not currently self-employed.

## What help do we offer?

- Advice and support for indebted and over-indebted people, including bankruptcy advice.
- Voluntary debtor support in personal, economic, and social emergencies as part of debt counseling.
- A wide range of prevention offerings for schools and those in adult education.

## What are the costs?

The counseling service is offered free of charge.

## Operator of the facility

Böblingen district



### Systemisches Institut – BW

Help with emotional stress and life crises

Karlstraße 23, 71034 Böblingen

Marina Pillwachs

**Phone**

+49 1525 / 6838649

**Email**

marina.pillwachs@gmail.com

**Website**

www.systemisches-institut-bw.de

### Who can contact us?

- Individuals, couples, and families in difficult situations or with various problems
- People with emotional stress or who are undergoing life transitions
- People with a (chronic) mental illness

### What help do we offer?

At the Systemisches Institut-BW, we accompany people down their very own path – in the way that is right for them. We offer a warm, feel-good space in which we listen, empathize, and see people as a whole, with all the senses.

We create a framework in which new experiences can not only be explained, but also experienced with all the senses. Together, we seek out creative, uncomplicated

solutions that make everyday life noticeably easier.

Here, the adventure is about change just as much as it is about peace and stability. Everyone grows at their own pace – and we go down this path together. We offer:

- Systemic individual counseling, couples and family therapy
- Holistic support for personal and family challenges
- Trauma counseling and trauma education
- Expert support from trained trauma therapists
- Curative treatment in accordance with § 27 SGB VIII (Thirteenth Book of the German Code of Social Law).
- Tailored help for children, young people, and families
- Supervision and coaching
- Reflection and development for specialists and managers
- Continuing development
- Practical training on systemic work, self-awareness, and maintaining your own health for professionals

### Office hours

Mon. - Fri. 8:00 am to 4:00 pm  
(by appointment)

# 1 Advice and assistance

Counseling for emotional stress and crises

## What are the costs?

Our services are generally aimed at self-payers. Costs for medical treatment in accordance with § 27 SGB VIII (Thirteenth Book of the German Code of Social Law) can be covered under certain conditions.



## Operator of the facility

Systemisches Institut-BW



## Arbeitskreis Leben Böblingen e.V. (AKL)

Help with life crises and when there is a risk of suicide  
Wolboldstr. 2, 71063 Sindelfingen

### Phone

+49 7031 / 3049259  
(answering machine)

### Email

akl-boeblingen@ak-leben.de

### Website

www.ak-leben.de

### Who can contact us?

- People at risk of suicide and people in life crises
- People who are affected by those who are
- Surviving relatives after a suicide

### What help do we offer?

- Aftercare following a suicide attempt at the Sindelfingen and Böblingen clinics
- Suicide prevention in the Böblingen district
- Individual counseling, crisis intervention, everyday support from AKL volunteers and staff members
- Bereavement group after a suicide

All AKL staff members are bound by confidentiality.

### Contact persons for initial contacts

Answering machine messages are checked regularly by our on-call service between 8:00 am and 6:00 pm every day. Callers who leave their telephone number will be called back promptly.

Emails are also answered promptly by the on-call service.

### Office hours

AKL Böblingen does not keep specific office hours.

The volunteers and staff members are there for you every day; appointments are arranged individually by phone or email.

### What are the costs?

This service is free of charge; the work is done on a donation basis.

### Operator of the facility

AKL Böblingen e.V. is an independent association that works together with the Life in Baden-Württemberg State Working Group, the German Society for Suicide Prevention (DSG), and the Association of Suicide Relatives (AGUS).

# 1 Advice and assistance

Counseling for emotional stress and crises

## Arbeitskreis Leben Leonberg e. V. (AKL)

Help during life crises and when there is a risk of suicide at Klinikum Leonberg Klinikverbund Südwest Rutesheimer Straße 50, 71229 Leonberg

### Mobile

+49 163 / 2578576 or

### Phone

+49 7156 / 4019452 or  
+49 7152 / 20264620

### Email

akl-leonberg@ak-leben.de

### Website

www.ak-leben.de

## What are the costs?

This service is free of charge.

## Operator of the facility

AKL Leonberg e.V. is an independent association that works together with the Landesarbeitsgemeinschaft der Arbeitskreise Leben in Baden-Württemberg.

## Who can contact us?

People after a suicide attempt or people in crisis situations.

## What help do we offer?

- Help in taking your first steps out of the crisis.
- Discussions with relatives or friends upon request.
- Support for bereaved families after a suicide.
- Arranging contacts with authorities or counseling centers.

## Contact persons for initial contacts

Our members of staff work in cooperation with Leonberg Hospital. They are bound by confidentiality.

## Telefonseelsorge

### Phone

+49 800 / 111-0111

+49 800 / 111-0222

### Website

[www.telefonseelsorge.de](http://www.telefonseelsorge.de)

## Ruf und Rat

### Phone

+49 800 / 111-0222

### Website

[www.ruf-und-rat.de](http://www.ruf-und-rat.de)

### Who can contact us?

People who are looking for someone to talk to and/or get advice from in problem and crisis situations.

### Office hours

Helpline counseling employees are available 24 hours a day, 7 days a week, 365 days a year.

### What are the costs?

None, the phone call is free of charge.

### Operator of the facility

Telefonseelsorge: Protestant Church  
Ruf und Rat: Catholic Church

# 1 Advice and assistance

## Addiction counseling

### Addiction Help Centers Böblingen and Leonberg

Protestant Deaconry Association in  
the Böblingen District  
Landhausstraße 58, 71032 Böblingen  
Agnes-Miegel-Str. 5, 71229 Leonberg

#### Department Head:

Tom Bredow

#### Phone

+49 7152 / 33294021

#### Email

bredow@diakonie-leonberg.de

#### Böblingen:

#### Phone

+49 7031 / 216514

#### Fax

+49 7031 / 216528

#### Email

suchthilfezentrum@diakonie-boeblingen.de

#### Leonberg:

#### Phone

+49 7152 / 901354-0

#### Fax

+49 7152 / 90135416

#### Email

suchthilfezentrum@diakonie-leonberg.de

#### Website

www.edivbb.de

We also provide support for problems with gambling or pathological Internet use.

#### Who can contact us?

We are the point of contact for people affected by addiction, their support persons, and their relatives. Companies can also contact us with any questions relating to addiction.

#### What help do we offer?

- Individual/couples/family counseling
- Information and motivational groups
- Referral to cooperation partners and other institutions
- Outpatient rehabilitation and outpatient aftercare
- Psychosocial support for substitution treatment
- Workplace addiction prevention
- Information, advice, and training on the subject of addictions

#### What are the costs?

Our offerings are free of charge.

#### Operator of the facility

Protestant Deaconry Association in the Böblingen District

We offer advice and information for people with risky or addictive use of alcohol, drugs, or medications.

**Diakonie**   
Württemberg

### Addiction Help Center Herrenberg mevesta e.V.

Bahnhofstraße 18, 71083 Herrenberg

**Phone**

+49 7031 / 2181-640

**Email**

suchthilfe-hbg@mevesta.de

**Website**

www.mevesta.de

### Addiction Help Center Sindelfingen mevesta e. V.

Hintere Gasse 39, 71063 Sindelfingen

**Phone**

+49 7031 2181-230

**Email**

suchthilfe-sifi@mevesta.de

**Website**

www.mevesta.de

#### Who can contact us?

We advise all people who have addiction problems, whether with alcohol, drugs, medications, or gambling, without any preconditions. The same applies to computer game or media addiction.

We are just as responsible for support persons and relatives as we are for people who are addicted.

#### What help do we offer?

- Individual, couples, and family counseling
- Information and consultation meetings by appointment

- Information, motivation, and early intervention groups
- Referral to addiction treatment and other support facilities
- Psychosocial support for substitution treatment
- Outpatient aftercare following addiction rehabilitation
- Collaboration with self-help groups
- Addiction prevention
- Online addiction counseling:  
<https://suchtberatung.digital>

#### Herrenberg office hours

Office hours for the main office:

From Monday to Friday during normal office hours.

Open consultation hours:

Tuesday 3:00 pm to 4:00 pm

#### Sindelfingen office hours

Office hours for the main office:

From Monday to Friday during normal office hours.

Open consultation hours:

Tuesdays 2:00 pm to 3:30 pm

#### What are the costs?

Unless otherwise stated, our offerings are free of charge.

#### Operator of the facility

mevesta e.V.



# 1 Advice and assistance

## Guardianships

### Guardianship Authority of the Böblingen District Office

Böblingen District Office  
Parkstraße 16, 71034 Böblingen  
Care and prevention specialists  
Main office: Ms. Preisendanz

**Phone**

+49 7031 / 6631332

**Email**

m.preisendanz@lrabb.de

**Website**

[www.lrabb.de/betreuung](http://www.lrabb.de/betreuung)

It also assists the Guardianship Court in investigating the facts of cases and in making guardianship proposals.

**Contact:**

Böblingen District Office



In the event of an accident or illness, you may be limited in your ability to act and make decisions. You can make provisions for these situations with a Power of Attorney. The Power of Attorney regulates who legally represents you if you can no longer make your own decisions. If no trusted third party can be authorized, you have the option of issuing a care directive. If there is no Power of Attorney or care directive, the Betreuungsgericht (Court of Protection) can appoint a legal guardian.

The Guardianship Authority is the point of contact for information and advice on legal precautionary options. It issues notarized signatures for powers of attorney. The Guardianship Authority arranges guardianship-avoiding assistance on a case-by-case basis.

## Guardianship Association German Red Cross District Association Böblingen e.V.

Umberto-Nobile-Str. 10,  
71063 Sindelfingen

Ms. Hofmann

Email

ahofmann@drkbb.org

Ms. Kellner-Eichler

Email

dkellner-eichler@drkbb.org

Phone

+49 7031 / 6904-450/-451

Website

www.drk-kv-boeblingen.de

- Seminars to introduce new volunteers to the work of being a court-appointed guardian.
- Advice and support for volunteer court-appointed guardians.
- Regular discussion groups for volunteer guardians.
- Informational talks on legal precautionary options.

### Office hours

Mon. - Thur. 8:00 am to 4:00 pm  
Fri. 8:00 am to 1:00 pm

### What are the costs?

This service is free of charge.

### Operator of the facility

German Red Cross District Association Böblingen e.V.



Deutsches  
Rotes  
Kreuz

DRK-Kreisverband  
Böblingen e.V.

STABIL SOZIAL

### Who can contact us?

- People with mental and/or psychological illness.
- Interested parties who wish to work for this clientele on a voluntary basis as court-appointed guardians.
- Voluntary legal guardians who would like advice and help involving the guardianship.
- Interested parties who are looking for information on the topic of legal precautionary options.
- Authorized representatives who would like advice and help.

### What help do we offer?

- The legal representation of the client is paramount.

# 1 Advice and assistance

## Guardianships

### Guardianship Association Fish Leonberg e.V.

Mollenbachstr. 33–35, 71229 Leonberg

**Phone**

+49 7152 / 307990

**Email**

kontakt@fish-ev.de

**Website**

www.fish-ev.de

### Who can contact us?

- Voluntary legal guardians or those who wish to become one.
- Authorized representatives
- Parties that are interested in precautionary options and who have general questions on caring for mentally ill or mentally disabled people or who are struggling with excessive demands when caring for relatives.
- Parties that are interested in care directives
- People seeking help in neighborhood assistance

### What help do we offer?

- Management of legal guardianships in accordance with the German Guardianship Act by our staff members.
- Advice and support for voluntary legal guardians and people with Power of Attorney for health care matters.
- Recruitment and placement of volunteer legal guardians

- General advice on legal guardianships.
- Informational talks and public relations work on powers of attorney and care directives.
- Volunteers and full-time employees of the FISH association provide advice on any questions, help with applications, and assist in dealing with the authorities and enforcing claims.
- Information about and for voluntary work as a legal guardian can also be found on the knowledge portal of the KVJS (Kommunalverband für Jugend und Soziales Baden-Württemberg, supra-local guardianship authority)

### Office hours

Mon.–Thur. 8:00 am to 1:30 pm  
Fri. 8:00 am to 12:00 pm

### What are the costs?

This service is free of charge.

### Operator of the facility

Fish Leonberg e.V.



Health and prevention

### **AOK Stuttgart-Böblingen**

Health Support –  
Social Service  
Breitscheidstr. 18, 70176 Stuttgart

**Phone**

+49 711 / 6525-40690

**Email**

sozialerdienst-sbb@bw.aok.de

**Website**

www.aok.de/bw/sozialer-dienst

### **Operator of the facility**

AOK Stuttgart-Böblingen



1

### **Who can contact us?**

People seeking advice, information,  
and mediation for

- Mental illnesses
- Cancer
- Addictions
- Questions about your workplace
- Questions about the AOK Curaplan programs
- Care advice

### **What help do we offer?**

Advice

### **Office hours**

By arrangement

### **What are the costs?**

This service is free of charge.

# 1 Advice and assistance

Health and prevention

## Contact point of the German Pension Insurance Baden-Württemberg for prevention and rehabilitation

Adalbert-Stifter-Str. 105,  
70437 Stuttgart

### Phone

+49 711 / 848-30614

### Email

ansprechstelle-s-bb@drv-bw.de

### Who can contact us?

- People insured by the German Pension Insurance Baden-Württemberg
- Their trusted third parties and relatives
- Employers
- General practitioners

### What help do we offer?

Information and advice on all topics relating to

- Prevention
- Services for medical rehabilitation
- Services for participation in working life
- Personal budgets
- Occupational reintegration management
- Pediatric rehabilitation

In addition, the

Beratungszentrum Region Stuttgart,  
Adalbert-Stifter-Straße 105,  
70437 Stuttgart  
advises people insured by all pension insurance providers on issues relating to rehabilitation, insurance, old-age provision, and pensions.

### Office hours

Mon.-Wed.	8:00 am to 4:00 pm
Thurs.	8:00 am to 6:00 pm
Fri.	8:00 am to 12:00 pm

Advice is available in person, by telephone, and via video chat.

Appointments for a personal consultation must be made by calling +49 711 / 848-30300. You can book an appointment for a video consultation at [www.drv-bw.de/videoberatung](http://www.drv-bw.de/videoberatung).

### What are the costs?

This service is free of charge.

### Operator of the facility

German pension insurance  
Baden-Württemberg



**Notes**

A series of horizontal dotted lines for writing notes, with a large, faint, light-colored circular graphic overlaid on the lower half of the page.

# 2

## Treatment

In the Böblingen district, there are various treatment and therapy offerings.





To better understand the different treatment options available, it is important to distinguish between two main forms of care:

**Outpatient treatment** means that you attend regular appointments for therapy, counselling, or medical treatment while continuing to live in your usual environment. Services such as the Psychiatric Outpatient Clinics (PIA) and Day Clinics provide intensive treatment during the day without the need for an inpatient stay. After treatment, you return home.

If outpatient treatment is not sufficient and more comprehensive care and support are required around the clock, this is referred to as **inpatient treatment**. For residents of the Böblingen district, **Klinikum Nordschwarzwald (ZfP Calw) is the responsible specialist psychiatric hospital**. In addition to general psychiatric care, it also offers specialised services, such as a Clinic for Geriatric Psychiatry and Psychotherapy, which focuses on the needs of older people in a protected setting.

There are also important local options for inpatient treatment **within the Böblingen district**. These include the Clinic for Psychosomatic Medicine and Psychotherapy at Leonberg Hospital and the **Psychiatric Treatment Centre (PBZ) at Böblingen Hospital**. These facilities provide specialised inpatient treatment, for example in the field of psychosomatic medicine or for specific psychiatric conditions. They therefore complement the broader psychiatric services offered by Klinikum Nordschwarzwald.

To help you find your way around this guide, the services listed in the following chapter, “Treatment”, are marked as either  **inpatient** or  **outpatient** services.

Finding the right support is not always easy, especially during a mental health crisis. This is where counselling services can help. They provide guidance, help you understand which type of support may be most suitable for your situation, and assist you with the next steps.

A detailed overview of counselling services, including the Social Psychiatric Service (p. 10), the IBB Office, the Contact, Advice and Mediation Centre (ABV), and the District Social Service, can be found in the chapter “Advice and Assistance” (from page 8).

## 2 Treatment

### Clinics



The Psychiatric Treatment Centre (PBZ) Böblingen is a local inpatient service of Klinikum Nordschwarzwald and is located at Böblingen Hospital. It comprises two wards with 27 beds each. For the support and treatment of people in crisis situations, an intensive care unit with four beds is available. Patients are generally accommodated in twin rooms.

#### Psychiatric Treatment Center (PBZ) Böblingen

Psychiatric Treatment Center (PBZ)  
Böblingen  
Bunsenstr. 120, 71032 Böblingen

**Phone**

+49 7031 / 46847-000

**Email**

pbz-boeblingen@kn-calw.de

**Website**

[www.kn-calw.de/psychiatrisches-behandlungszentrum-boeblingen](http://www.kn-calw.de/psychiatrisches-behandlungszentrum-boeblingen)

#### Contact person for initial contacts

Admission doctor, doctor on duty

#### Office hours

Hourly on-call availability

#### What are the costs?

The costs are covered by health insurance.

#### Operator of the facility

Calw Psychiatric Center –  
Klinikum Nordschwarzwald

#### Who can contact us?

People with mental illnesses and people experiencing mental health crises aged 18 and over.

#### What help do we offer?

Treatment is provided by a multidisciplinary team consisting of psychiatrists, psychologists, nursing staff, social workers, occupational therapists, art therapists and movement therapists.





The specialist psychiatric hospital responsible for the Böblingen district is Klinikum Nordschwarzwald in Calw-Hirsau.

### **Calw Psychiatric Center – Klinikum Nordschwarzwald**

Specialist clinic for psychiatry, psychotherapy, psychosomatic medicine, and psychotherapy, child and adolescent psychiatry/psychotherapy, and forensic psychiatry and psychotherapy

Im Lützenhardter Hof,  
75365 Calw-Hirsau

**Phone**

+49 7051 / 586-0

**Email**

info@kn-calw.de

**Website**

www.kn-calw.de

### **Who can contact us?**

People from the Böblingen district with mental illnesses who require inpatient treatment.

### **What help do we offer?**

Stationäre, teilstationäre und ambulante Behandlung in den Bereichen Psychiatrie und Psychotherapie, Psychosomatische Medizin und Psychotherapie, Kinder- und Jugendpsychiatrie/-psychotherapie, Neuro-Gerontopsychiatrie, Suchtmedizin, Schlafmedizin.

### **Contact person for initial contacts**

Admission doctor, doctor on duty

### **Office hours**

Hourly on-call availability

### **What are the costs?**

The costs are covered by health insurance.

### **Operator of the facility**

Calw Psychiatric Center –  
Klinikum Nordschwarzwald



Calw-Hirsau Psychiatric Center

## 2 Treatment

### Clinics



#### Clinic for Geriatric Psychiatry & Psychotherapy I

Klinikum Nordschwarzwald  
Lützenhardter Hof, 75365 Calw-Hirsau

**Phone**

+49 7051 / 586-2719

**Website**

[www.kn-calw.de](http://www.kn-calw.de)

#### What are the costs?

Costs are covered by health insurance companies.

#### Operator of the facility

Calw Psychiatric Center –  
Klinikum Nordschwarzwald

#### Who can contact us?

Older people (usually over age 65) with psychiatric illnesses such as depressive syndromes, personality disorders, psychoses, Alzheimer's, and other forms of dementia, acute crises, and addictions.

#### What help do we offer?

- Medication therapy
- Therapeutic interventions through discussions with psychologists, social education workers, and counselors
- Music, dance, and occupational therapy
- Organization of help in the home environment

#### Contact person for initial contacts

Doctor on duty, contact by a doctor in private practice.

#### Office hours

24-hour on-call service



Clinics outside the Böblingen district (admission cannot be guaranteed)



### **Clinic for Psychiatry, Psychotherapy, and Psychosomatics in the Rudolf-Sophien-Stift Rehabilitation Center**

Rudolf-Sophien-Stift gGmbH  
Leonberger Straße 220, 70199 Stuttgart

**Phone**

+49 711 / 6011-104 (main office)

**Email**

[pia-klinik-Sekretariat@rrss.de](mailto:pia-klinik-Sekretariat@rrss.de)

**Website**

[www.rrss.de](http://www.rrss.de)

### **Funded by**

All health insurance companies, private health insurance companies.

### **Operator of the facility**

Rudolf-Sophien-Stift gGmbH

2

### **Who can contact us?**

Mentally ill people of legal age

### **What help do we offer?**

Behavioral therapy, depth-psychology-based individual and group therapies, one-on-one meetings, family meetings, psychopharmacotherapy, milieu therapy, training in practical everyday skills, creative, occupational, and work therapy, training in perceptual concentration and social communication (IPT), cognitive training (PC-based), psychoeducation, support for relatives, initiation of rehabilitation measures, crisis interventions with the possibility of short-term admission

### **Office hours**

By telephone arrangement

## 2 Treatment

Clinics outside the Böblingen district (admission cannot be guaranteed)



### St. Lukus-Klinik Adult Psychiatric Ward

Siggenweilerstrasse 11  
88074 Meckenbeuren-Liebenau

**Phone**  
+49 7542 / 10-5320

**Email**  
constanze.moser@stiftung-liebenau.de

**Website**  
www.stiftung-liebenau.de

### Operator of the facility

Liebenau Kliniken gemeinnützige  
GmbH

### Who can contact us?

People of legal age with mental disabilities of all types (with a focus on autism) and psychiatric illnesses.

### What help do we offer?

The Adult Psychiatric Ward is an inpatient facility with 20 beds. Outside the ward, there are opportunities for occupational therapy and work therapy.

Particular emphasis is placed on identifying the cognitive, emotional, and social needs and abilities of patients and the resulting customization of their living environment. Every psychiatric treatment is also accompanied by an intensive internal examination to rule out possible physical illnesses as the cause of psychiatric symptoms.

### What are the costs?

Funding comes from the respective health insurance companies.

## Stuttgart

### Klinikum Stuttgart Institute for Clinical Psychology

Prießnitzweg-24, 70374 Stuttgart

**Phone**  
+49 711 / 278-22901

**Email**  
klinische-psychologie@klinikum-stuttgart.de

**Website**  
www.klinikum-stuttgart.de

### Furtbach Hospital Clinic for Psychiatry and Psychotherapy

Furtbachstraße 6, 70178 Stuttgart

**Phone**  
+49 711 / 6465-0

**Email**  
info@fbkh.org

**Website**  
www.fbkh.org



**Sonnenberg Klinik gGmbH  
Specialist Clinic for Analytical  
Psychotherapy**

Christian-Belser-Straße 79  
70597 Stuttgart

**Phone**

+49 711 / 6781-0

**Email**

info@sonnenbergklinik.de

**Website**

www.sonnenbergklinik.de

**Klinik Dr. Römer  
Specialist Clinic for Psychiatric  
and Psychosomatic Rehabilitation**

Altburger Weg 2, 75365 Calw-Hirsau

**Phone**

+49 7051 / 588-0

**Administration email**

info@roemerklinik.de

**Website**

www.roemerklinik.de

**Tübingen District**

**University Clinic  
for Psychiatry and Psychotherapy**

Calwer Str. 14, 72076 Tübingen

**Phone**

+49 7071/ 29-82311

**Website**

www.medizin.uni-tuebingen.de

**Psychosomatic Rehabilitation  
Celenus Klinik Schömberg**

Dr.-Schröder-Weg 12,  
75328 Schömberg

**Phone**

+49 7084 / 50-0

**Email**

info@klinik-schoemberg.de

**Website**

www.celenus-kliniken.de/schoem-  
berg/

**Calw District**

**Celenus Specialist Clinic  
Schweizerwiese**

Schweizerwiese 2  
76332 Bad Herrenalb

**Phone**

+49 7083 / 7439-0

**Email**

info@fachklinik-schweizerwiese.de

**Website**

www.celenus-kliniken.de/schweizer-  
wiese/

## 2 Treatment

### Clinics



### Child and Adolescent Psychiatry

The clinic for child and adolescent psychiatry in Böblingen has an inpatient area for children ages 4 to 14 and an adolescent ward. The clinic takes care of early detection, diagnosis, therapy, and arranges aftercare if needed.



Clinic for Child and Adolescent Psychiatry and Psychotherapy in Böblingen

#### **Calw Psychiatric Center Klinikum Nordschwarzwald**

Clinic for Child and Adolescent Psychiatry and Psychotherapy  
Bunsenstr. 120, 71032 Böblingen

**Phone**

+49 7031 / 20443-0

**Website**

[www.kn-calw.de](http://www.kn-calw.de)

#### **Klinikum Stuttgart**

Center for Mental Health  
Clinic for Child and Adolescent Psychiatry and Psychotherapy  
Prießnitzweg 24, 70374 Stuttgart

**Phone**

+49 711 / 278- 72471

**Website**

[www.klinikum-stuttgart.de](http://www.klinikum-stuttgart.de)

#### **University Hospital Tübingen**

Osianderstraße 14-16, 72076 Tübingen

**Phone**

+49 7071 / 29-82338 (Info)

**Website**

[www.medizin.uni-tuebingen.de](http://www.medizin.uni-tuebingen.de)

#### **Who can contact us?**

Parents, doctors, teachers, caregivers for mentally ill children and young people

#### **What help do we offer?**

Outpatient and inpatient treatment, diagnostics

#### **Contact person for initial contacts**

Main office (telephone number above)

#### **Office hours**

Available all day

#### **What are the costs?**

Normally, you are referred to the clinic by your general practitioner and the treatment costs are then covered by your health insurance.

#### **Operator of the facility**

Various



## Day clinics

Patients are in the day clinic during the day and then go home again. This maintains contact with their familiar surroundings. In the district of Böblingen, there is a day clinic for adults at Haus am Maienplatz and a day clinic for child and adolescent psychiatry and psychotherapy at Böblingen Hospital.

### **Böblingen Psychiatric Day Clinic Haus am Maienplatz**

Waldburgstraße 1, 71032 Böblingen

**Phone**

+49 7031 / 49152-0

**Email**

tk-boeblingen@kn-calw.de

**Website**

www.kn-calw.de

### **Center for Psychosomatic Medicine & Day Clinic Leonberg**

Rutesheimer Straße 50, 71229 Leonberg

**Phone**

07152 / 20269200

**Email**

pms-leonberg@kn-calw.de

**Website**

www.kn-calw.de

### **Who can contact us?**

The day clinic is suitable for people with mental health problems who need more than outpatient help, but for whom full inpatient treatment is not or is no longer necessary. Those seeking help should be over 18 years of age.

### **What help do we offer?**

The Böblingen Psychiatric Day Clinic is a day clinic facility with 40 treatment places. Treatment offerings are available on weekdays from 8:00 am to 4:30 pm. Patients come to the clinic from home each day and return to their familiar surroundings in the evening. We offer:

- Psychiatric/psychotherapeutic individual and group consultations
- Test psychological examinations
- Drug treatment
- Social Advice
- Practical life training
- Occupational therapy, sports and movement therapy
- Dance and art therapy and musical experience
- Stress management training, problem-solving, and relaxation methods

### **Office hours**

Monday - Friday from 8:00 am to 4:30 pm. Outside of these times, you can leave a message on the answering machine.

## 2 Treatment

Day clinics



### What are the costs?

Funding comes from the respective health insurance companies. Travel costs are usually covered by the health insurance company. In some cases, the patient is responsible for the travel costs.

### Operator of the facility

Calw Psychiatric Center –  
Klinikum Nordschwarzwald



Center for Psychosomatic Medicine & Day  
Clinic Leonberg



## **Day Clinic for Child & Adolescent Psychiatry & Psychotherapy Böblingen**

Calw Psychiatric Center – Klinikum Nordschwarzwald  
Bunsenstrasse 120, 71032 Böblingen

### **Phone**

+49 7031 / 20443-0

### **Email**

tk-kiju-boeblingen.de@kn-calw.de

### **Website**

www.kn-calw.de

- Psychotherapeutic discussions in individual and group settings
- Nutritional therapy
- Practical life and social practice-oriented training
- Community-building activities
- Crisis management

### **Contact person for initial contacts**

Doctor on duty, contact by a doctor in private practice

### **What are the costs?**

Funding comes from the respective health insurance companies. The travel costs incurred are usually borne by the families themselves. In justified individual cases, the health insurance company will cover the travel costs.

These must then be applied for from the relevant health insurance companies.

### **Operator of the facility**

Calw Psychiatric Center – Klinikum Nordschwarzwald

### **Who can contact us?**

The day clinic is suitable for children and adolescents from primary school age to 18 years with mental health problems who need more than outpatient help, but for whom full inpatient treatment is not or is no longer necessary.

### **What help do we offer?**

The following is offered in the day clinic facility:

- Occupational therapy, movement and sports therapy
- Family and parent discussions
- Music therapy, art therapy
- Relaxation training
- Attention and concentration training
- Training for children and young people with socially insecure and anxious behavior
- Anti-aggression training



## 2 Treatment

Rehabilitation centers

### Rehabilitation centers

The aim of rehabilitation for the mentally ill (RPK) is to prepare them for an independent life and a return to work. The initial aim of medical rehabilitation is to stabilize the patient's health, overcome the consequences of the illness, and prevent a relapse. Together with the treatment team, the rehabilitants develop new prospects for a self-reliant and independent life. The Rudolf-Sophien-Stift Rehabilitation Center in Stuttgart is responsible for the Böblingen district. Re-  
habilitationszentrum grund.stein (grund.stein Rehabilitation Center) in Tübingen offers another rehabilitation option.

#### **Rehabilitation Center Rudolf-Sophien-Stift**

Rudolf-Sophien-Stift gGmbH  
Leonberger Straße 220, 70199 Stuttgart

Telephone (RPK admissions department)  
+49 711 / 6011-311

Email  
info-rpk@rrss.de

Website  
www.rrss.de

training in basic work skills, assessment of professional aptitude and inclination, job application training, support for work placements in preparation for training, retraining or returning to work

#### **Contact person for initial contacts**

RPK recording service

#### **Funded by**

Health insurance companies, German pension insurance, the employment agency, social welfare agencies

#### **Operator of the facility**

Rudolf-Sophien-Stift gGmbH

#### **Who can contact us?**

Mentally ill adults with the motivation for medical and vocational rehabilitation with the aim of reintegration into the general labor market

#### **What help do we offer?**

Inpatient and outpatient RPK measures: Specialist psychiatric treatment, psychotherapy, psycho-education and practical training for everyday life as individual and group sessions, training for family members,

**Rehabilitation center grund.stein,  
RPK**

Landkutscherweg 13, 72072 Tübingen

**Phone**

+49 7071 / 74506

**Email**

info@reha-grundstein.de

**Website**

www.reha-grundstein.de

**Operator of the facility**

Tübingen Association for Social Psychiatry and Rehabilitation e. V.

**Who can contact us?**

Young adults with psychotic illnesses, personality disorders, or severe neurotic illnesses who are at risk of reduced participation (social contacts, employment, etc.).

**What help do we offer?**

- Medical rehabilitation with an intensive socio-, ergo-, and psychotherapeutic program.
- Regular individual and group discussions, work therapy and empowerment groups, stress tests (therapeutic work trials) in the second half of treatment.

**Contact person for initial contacts**

Team members and doctor

**What are the costs?**

Funding comes from the health insurance companies, and in some cases the pension insurance provider.

## 2 Treatment

Psychiatric outpatient clinics (PIA)



### Psychiatric outpatient clinics (PIA)

Psychiatric outpatient clinics treat patients who are dependent on treatment by the institute's outpatient clinic due to the type, severity, or duration of their mental illness or because they are too far away from suitable contract doctors. PIAs also regularly avoid inpatient admissions and shorten inpatient treatment. Emergency patients are admitted immediately.

There are five outpatient clinics in the Böblingen district. The main location of the PIA is at the Calw Psychiatric Center. From there, the district is served by external consultation hours at the community psychiatric centers (GPZ) in Leonberg, Sindelfingen, and Herrenberg, as well as at the day clinic in Böblingen.

The Rudolf-Sophien-Stift in Stuttgart also offers PIAs, as does the Adult Psychiatric Outpatient Clinic (PIA) St. Damiano of the Liebenau Foundation in Stuttgart-Bad-Cannstatt. This PIA is aimed at people with intellectual and multiple disabilities.





## Calw Psychiatric Center - Klinikum Nordschwarzwald

Im Lützenhardter Hof, 75365  
Calw-Hirsau

### Phone

+49 7051 / 586-2233

### Email

[pia@kn-calw.de](mailto:pia@kn-calw.de)

### Website

[www.kn-calw.de](http://www.kn-calw.de)

### Who can contact us?

Mentally ill people in need of outpatient treatment who are dependent on treatment by the institute's outpatient clinic due to the type, severity, or duration of their mental illness or because they are too far away from suitable contract doctors.

### What help do we offer?

The range of treatments includes

- Basic psychiatric care including specialist and psychological testing
- Specialist psychiatric care
- Psychopharmacotherapy
- Psychotherapy as part of an overall treatment plan
- Outreach outpatient help (home visits)
- Crisis intervention and emergency care for patients already being cared for by the outpatient clinic
- Inclusion of relatives and support persons

### Making an appointment

You or your treating general practitioner or ward doctor can make an appointment with the psychiatric outpatient clinic via the main office of the outpatient clinic at the Klinikum Nordschwarzwald, reachable by phone at +49 7051 / 586-2233. The Psychiatric Outpatient Clinic offers consultation hours at the community psychiatric centers in Herrenberg, Leonberg, and Sindelfingen, as well as at the day clinic in Böblingen.

### What are the costs?

The costs are covered by the health insurance companies. A referral slip from the specialist or general practitioner who has treated you so far and your health insurance card must be brought to the first appointment.

### Operator of the facility

Calw Psychiatric Center –  
Klinikum Nordschwarzwald



## 2 Treatment

Psychiatric outpatient clinics (PIA)



### Psychiatric Outpatient Clinic (PIA) – Rehabilitation Center Rudolf-Sophien-Stift

Rudolf-Sophien-Stift gGmbH  
Leonberger Straße 220, 70199 Stuttgart

**Phone**  
+49 711 / 6011-104 (main office)

**Email**  
klinik-Sekretariat@rrss.de

**Website**  
www.rrss.de

### Who can contact us?

This service is primarily aimed at people with severe and long-term mental disorders who are dependent on comprehensive care close to home. This includes both outpatient aftercare following a hospital stay and emergency psychiatry services.

PIA's aim is to avoid hospital admissions or shorten inpatient stays, to ensure continuity of treatment, and to optimize therapeutic processes.

The PIA works closely with the other departments of the Rudolf-Sophien-Stift. These include the psychiatric clinic, the rehabilitation of mentally ill people (RPK), the workshops for disabled people, and our residential homes.

### What help do we offer?

Specialist psychiatric assessment and diagnostics; individual, family, and couples consultations, psychosocial counseling, prescription and administration of medication, discussion of rehabilitation needs, crisis intervention, body-oriented procedures, nutritional counseling, psychoeducation, day-structuring measures, and blood samples and laboratory diagnostics if necessary.

### Funded by

All health insurance companies

### Operator of the facility

Rudolf-Sophien-Stift gGmbH

## Autism-specific support / autism therapy

### Autism-specific support / autism therapy

Autism Center  
Lebenshilfe Böblingen gGmbH  
Stuttgarter Straße 10, 71032 Böblingen  
Claudia Vicente Antunes (counseling,  
autism-specific support)

**Phone**

+49 7031 / 63302-40

**Email**

autismuszentrum@lebenshilfe-  
boeblingen.de

**Website**

www.lebenshilfe-boeblingen.de

understood as a “cure”, but as highly individualized, autism-specific support that both directly addresses the client and takes their living environment into account.

### What are the costs?

Funding after application via the integration assistance provider (Youth Welfare Office or Social Welfare Office)

### Operator of the facility

Lebenshilfe Böblingen gGmbH

### Who can contact us?

Our therapeutic services are aimed at clients of all ages with a confirmed diagnosis across the entire autism spectrum and their relatives in the Böblingen district.

### What help do we offer?

Autism-specific support / autism therapy

Autism therapy refers to various approaches and methods aimed at accepting, understanding, and dealing with the diagnosis in the best possible way.

Here, “therapy” – as it is generally carried out in the autism therapy centers throughout Germany according to the guidelines of autism Deutschland e.V. – is expressly not



## 2 Treatment

Psychiatrists, therapists, doctors

### Psychiatrists, therapists, doctors

The guide does not contain the addresses of psychiatrists, therapists, and doctors in private practice.

These can be obtained from the Baden-Württemberg Association of Statutory Health Insurance Physicians and the State Chamber of Psychotherapists or on the Internet at:

- [www.arztsuche-bw.de](http://www.arztsuche-bw.de) and
- [www.lpk-bw.de](http://www.lpk-bw.de) (> Patients > Psychotherapist Search).

General facilities and counseling and care for people suffering from addiction can be found at:

- [www.sozialministerium-bw.de](http://www.sozialministerium-bw.de) (> Health & Care > Addiction > Help Centers)

## Notes

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# 3

## Living

In the Böblingen district, there are various housing options and the possibility of receiving support in private homes.



## Assistance in your own living and social space (AWS)

Assistance in your own living and social space (AWS) is aimed at adults with chronic mental illness and significant mental disabilities who can live in their own home or in a shared apartment with support.

Support services are primarily provided for everyday living, household management, and leisure activities. In addition to providing direct advice and support to the person with a mental disability, the tasks of the educational professionals providing assistance in your own living and social space include coordinating support and working in the social space.

Service providers working with assistance in your own living and social space (AWS) include:

- Die Offene Herberge e. V. in Leonberg, [Page 64](#)
- Die Evangelische Gesellschaft Stuttgart e. V., [Page 65](#)
- Fortis e. V., [Page 66](#)
- Systemisches Institut-BW, [Page 68](#)
- Gemeinnützige Werkstätten und Wohnstätten GmbH, [Page 69](#)
- Synergeo Sozialdienste, [Page 70](#)
- Assistance in your own living and social space (AWS) at Lebenshilfe Böblingen gGmbH, [Page 71](#)

### 3 Living

Assistance in your own living and social space (AWS)

#### Assistance in your own living and social space (AWS) in the Leonberg residential community

Offene Herberge e. V.  
Hintere Str. 2, 71229 Leonberg  
Ms. Schiffler

**Phone**  
+49 15204 / 146956

**Email**  
schiffler@offene-herberge.de  
kontakt@offene-herberge.de

**Website**  
www.offene-herberge.de

#### Who can contact us?

People with mental illnesses (aged 18 and over) in the Böblingen district.

#### What help do we offer?

We offer you individual assistance services for your everyday life and support you in living in your own home or in a shared flat. The Offene Herberge team comprises specialists (social workers), recovery counselors, and volunteers. In addition to individual support, there are also group activities (cooking, games, and discussion groups) and other joint leisure activities.

- Shared apartment with 4 to 5 places for people with mental illnesses in Leonberg's Old Town.
- Assistance in your own living and social space in and around Leonberg.

#### Telephone consultation hours

Mon. - Fri. 9:00 am to 5:00 pm

#### What are the costs?

In Baden-Württemberg, assistance services in residential and social environments (AWS) for people with mental illness are mainly funded as integration assistance services in accordance with the Ninth Book of the German Social Code (SGB IX). The responsible integration assistance provider, the Böblingen District Office, covers the costs, provided that certain income and asset limits are not exceeded. In a shared flat, rent and bills are additional.

#### Operator of the facility

Offene Herberge e. V.



## Evangelische Gesellschaft Stuttgart e.V.

Leinenweberstr. 32, 70567 Stuttgart

### Phone

+49 711 / 9976089-0

### Email

[bwf@eva-stuttgart.de](mailto:bwf@eva-stuttgart.de)

### Website

[www.eva-stuttgart.de](http://www.eva-stuttgart.de)

### Who can contact us?

Adults with mental illness who want and need support in their own living space.

### What help do we offer?

- Assistance in your own living and social space (AWS) for individuals and couples
- Individual planning of specific support: for example, one-to-one meetings, organization of the day with work and leisure time, support in dealing with authorities, money and debts, access to medical care.
- Assistance in your own living and social space (AWS) can make a significant contribution to stabilizing the living situation of those entitled to benefits. This can shorten or avoid stays in residential homes and hospitals. The goal is to enable people to lead a self-determined life.

### Office hours

Mon. - Fri. 9:00 am to 12:00 pm  
12:30 pm to 5:00 pm

### What are the costs?

Depending on income and assets, a personal contribution may be required for this measure. An application must be submitted to the responsible service provider.

### Operator of the facility

Evangelische Gesellschaft Stuttgart e.V. (eva)



## 3 Living

Assistance in living and social spaces (AWS) or in a shared flat

### Community Psychiatric Assistance Fortis e.V.

#### **Sindelfingen/Leonberg region:**

Hinterweiler Straße 22  
71063 Sindelfingen

**Phone**

+49 7031 / 41038-44

**Email**

abv-nord@fortis-ev.org

**Website**

www.fortis-ev.org

#### **Böblingen/Gärtringen region**

##### **Herrenberg:**

Marienstraße 21/2, 71083 Herrenberg

**Phone**

+49 7032 / 954518-44

**Email**

abv-sued@fortis-ev.org

**Website**

www.fortis-ev.org

Support with living in your own home or in a shared flat.

#### **The focus of the assistance is on:**

- Regular contact, advice, and support.
- Support in crises.
- Coping with conflicts in the home, in the family, and at work.
- Strengthening and expanding your own skills.
- Organizing everyday life, daily structure, health, household, leisure, vacations, and finances.
- Planning career prospects.
- Accompanying you to visits to the authorities and doctors.

There are currently shared apartments in Böblingen, Herrenberg, Leonberg, Sindelfingen, and Ehningen.

#### **Who can contact us?**

Adults with mental illness who want and need individual help in their own home (living alone or as a couple) or in a shared flat.

#### **What help do we offer?**

Joint planning and agreement of objectives.

Support from specific support persons who are available for regular discussions.

#### **Office hours**

Mon. 10:00 am to 12:00 pm  
Thur. 4:00 pm to 6:00 pm  
and by arrangement

We can also be reached by telephone outside of our regular office hours on weekdays, and there is an answering machine for call-back requests.

### What are the costs?

If the requirements under social welfare law are met, the costs for assistance in the living and social space can be covered by the responsible social welfare provider as part of integration assistance. As part of the admission process, we will provide you information on the steps required to submit an application. In shared flats, rent and bills are additional.

### Operator of the facility

Fortis e.V.



## 3 Living

Assistance in your own living and social space (AWS)

### Systemisches Institut – BW Practice for Systemic Counseling, Therapy and Supervision, Sys- temic Psychosocial Counseling, and Support

Karlstraße 23, 71034 Böblingen

Marina Pillwachs

**Phone**

+49 152 / 56838649

**Email**

marina.pillwachs@gmail.com

**Website**

www.systemisches-institut-bw.de

gological and systemic-therapeutic skills

- We offer practical support, for example in the areas of conflict and crisis management, structuring the day/week, health issues, help in dealing with doctors, medical assistance, leisure activities, finding resources, expanding and training skills, mobility training, use of public transport, motivation, establishing and maintaining social contacts, crisis intervention, everyday organization, help in dealing with authorities, and more.

### Who can contact us?

- Individuals, couples, and families in difficult situations or with various problems
- People with a (chronic) mental illness

### What help do we offer?

- Systemic counseling for individuals, couples, and families
- Trauma counseling and trauma pedagogy by specialists trained in trauma therapy
- Assistance in residential and social spaces for individuals and couples, advice in your own workplace, and support in social spaces
- Our philosophy and working methods are based on the systemic approach
- Clients benefit from specialist staff with a combination of socio-peda-

### Office hours

Mon. - Fri. 8:00 am to 4:00 pm  
by appointment.

### What are the costs?

Depending on income and assets, a personal contribution may be required for the assistance. This is checked by the funding provider responsible.

### Operator of the facility

Systemisches Institut – BW  
Systemic psychosocial counseling  
and assistance



## Gemeinnützige Werkstätten und Wohnstätten GmbH

Contact via the specialist advisory service

### Phone

+49 7034 / 27041311

### Email

fachberatung@campus-mensch.org

### Website

www.gww-netz.de

### Who can contact us?

People with mental and/or psychological illness. Feel free to contact us if you are looking for support in your own home or are looking for a shared flat with a social connection.

### What help do we offer?

We support you in all aspects of life:

Outpatient residential settings:  
Independent and self-determined living with individual support in your own home.

Your daily routine remains largely unchanged and you live in your home environment. You will receive as much help as necessary and your independence can be maintained in outpatient assisted living. Our staff will also provide you with guidance and support in shaping your personal life. This may enable you to prepare for independent living in the future.

You choose how and where you want to live: alone, as a couple, or in a shared apartment. You will receive support in outpatient assisted living whenever you want and need it. So that you can achieve the greatest possible independence.

Support as needed in:

- Household management
- Personal hygiene
- Health
- Nutrition
- Leisure activities
- Dealing with money
- Participation, integration
- Relationship building
- Personal lifestyle

### Contact person for initial contacts:

Specialist advisory service Campus Mensch

### Office hours:

Mon. - Fri. 8:00 am to 4:00 pm

### What are the costs?

This depends primarily on the need for services.  
Please feel free to contact us.

### Operator of the facility

GWG GmbH  
Robert-Bosch-Str. 15, 71116 Gärtringen

## 3 Living

Assistance in your own living and social space (AWS)

### Synergeo Sozialdienste (social services)

Alexanderstr. 4, 71063 Sindelfingen

Telephone switchboard  
+49 7141 / 2394722

Email  
info@synergeo-sozialdienste.de

Website  
www.synergeo-sozialdienste.de

Fabian Pöhler

Phone  
+49 1573 / 8168794

Email  
fabian.poehler@synergeo-sozialdienste.de

Damaris Fleischle

Phone  
+49 1575 / 3472038

Email  
damaris.fleischle@synergeo-sozialdienste.de

- Guidance on self-care, coping with everyday life, daily and leisure activities
- Help with dealing with money
- Promotion of social relationships
- Crisis and conflict management
- Instructions on how to be mindful of your own health
- Empowerment of practical life and professional skills and abilities
- Solution-oriented handling of the effects of the disability
- Stabilization and avoidance of acute situations
- Assistance in visiting public offices, doctors, etc.

### Office hours

Telephone availability

Mon. - Fri. 9:00 am to 4:00 pm

Sindelfingen office:

Appointment by arrangement

### Who can contact us?

Adults with mental disabilities who would like support in living independently and autonomously in their own home.

### What help do we offer?

We provide support according to individual needs, including:

- Support with independent living and finding accommodation

### What are the costs?

If the requirements of social law are met, the costs are covered by the responsible integration assistance provider. We offer non-binding and free support with the application process.

### Operator of the facility

Synergeo Sozialdienste gemeinnützige UG (limited liability)

 synergeo  
SOZIALE INKLUSION

## Assistance in your own living and social space (AWS)

### Assistance in your own living and social space (AWS) at Lebenshilfe Böblingen gGmbH

Stuttgarter Straße 10, 71032 Böblingen

Jonas Häfner

(Head of Department)

**Phone**

+49 178 / 1069934

**Email**

[j.haefner@lebenshilfe-boeblingen.de](mailto:j.haefner@lebenshilfe-boeblingen.de)

Thi Ngoc Bich Ngo

(Head of department/new inquiries)

**Phone**

+49 178 / 8760557

**Email**

[t.ngo@lebenshilfe-boeblingen.de](mailto:t.ngo@lebenshilfe-boeblingen.de)

**Website**

[www.lebenshilfe-boeblingen.de](http://www.lebenshilfe-boeblingen.de)

With regular appointments in your own living space or by assisting with appointments in social areas, people are supported by specific support persons. Individual needs and personal goals are the deciding factor in the content of the collaboration.

### Operator of the facility

Lebenshilfe Böblingen gGmbH



### Who can contact us?

People of legal age with mental illness in their own homes in the Böblingen district.

### What help do we offer?

The aim of the assistance is to enable people to lead as self-determined and independent a life as possible and to achieve their personal goals, taking into account their existing resources, abilities, and social environment.

The cooperation with the specialists in a multi-professional team is jointly developed and organized.

## 3 Living

Assistance in your own living and social space (AWS)

### Housing offer in Bondorf

BruderhausDiakonie operates an outpatient residential facility (WG) in Bondorf with two separate units. Residents take care of themselves as part of independent household management and receive additional educational, care, and domestic support services as needed.

#### Assistance in your own living and social space (AWS) – as part of a residential home in Bondorf

BruderhausDiakonie  
Nordschwarzwald/Böblingen  
Badstraße 41, 75365 Calw

**Phone**

+49 7051 / 9290-11 (Administration)

**Email**

[ingo.fechter@bruderhausdiakonie.de](mailto:ingo.fechter@bruderhausdiakonie.de)

**Website**

[www.bruederhausdiakonie.de](http://www.bruederhausdiakonie.de)

#### Who can contact us?

This offering is aimed at mentally ill people. The accessibility of the building means that it is also suitable for people with limited mobility or care needs.

#### What help do we offer?

BruderhausDiakonie rents out single units and apartments in a centrally located two-family house in Bondorf. In addition to housing services, we offer participation services as part of AWS.

#### Office hours

Telephone availability

Mon. - Thurs. 8:00 am to 12:00 pm

Nagold office:

Appointment by arrangement

#### What are the costs?

Depending on income and assets, a personal contribution may be required for the support portion. This is checked by the funding provider responsible. You must cover the costs for housing and bills yourself (or have these covered through social benefits).

#### Operator of the facility

BruderhausDiakonie  
Nordschwarzwald/Böblingen region

**bruderhaus** **DIAKONIE**  
Stiftung Gustav Werner und Haus am Berg



## 3 Living

Special form of housing

### Special form of housing

If people with significant mental disabilities require more extensive support due to their illness and are therefore not (yet) able to live privately or with assistance in their own living and social space (AWS), there is the option of living in a special form of housing.

In contrast to assistance in your own living and social space (AWS), the special form of housing offers a closer degree of care and on-call duty at night. In addition to the provision of living space, meals, housekeeping, leisure activities, support and assistance and – if necessary – medical care are also provided. The main features of the services on offer are intensive educational and therapeutic support and a structured daily routine.

There are three special forms of housing in the Böblingen district:

- Sindelfinger Wohnkolleg, [Page 75](#)
- Paul-Binder-Haus in Herrenberg, [Page 76](#)
- Martinshöhe in Böblingen, [Page 77](#)

### Special features of the respective facility:

#### **Sindelfingen residential college:**

Facility for people with temporary intensive assistance needs with the aim of achieving independence in terms of housing and developing vocational or educational prospects.

#### **Paul-Binder-Haus:**

Specializations for people who need long-term, intensive day-to-day support.

#### **Martinshöhe:**

Facility for adults with a dependency disorder who are ready to lead an abstinent life.

## Community Psychiatric Assistance Sindelfinger Wohnkolleg Fortis e.V.

Hinterweiler Straße 22,  
71063 Sindelfingen

### Phone

+49 7031 / 41038-30

### Email

[gph-region-sindelfingen@fortis-ev.org](mailto:gph-region-sindelfingen@fortis-ev.org)

### Website

[www.fortis-ev.org](http://www.fortis-ev.org)

### Who can contact us?

Adults with mental illness who want and need individual help in a communal form of living.

### What help do we offer?

- Joint planning and agreement of assistance in accordance with personal and professional participation goals.
- Training old and newly developed skills to lay the foundation for sustainable life planning.
- Support from specific support persons who are regularly available for discussions.
- Support in independently coping with everyday life through a wide range of assistance, including in shopping, preparing meals, room and laundry care and hygiene, finances, and dealing with official matters.
- Family discussions and specialist psychiatric counseling.

- Assistance and support with professional integration.
- Occupational therapy, such as clay workshops, renovations, and gardening
- Household training
- Practical life training
- Art therapy and creative activities
- Animal-assisted therapy
- Movement therapy and sports activities
- Cognitive training
- Topic-oriented discussion groups
- Leisure activities
- Individual support in different aspects of life

### Contact person for initial contacts

Carmen Fahrback

### Availability by telephone:

Mon. - Fri. 10:00 am to 4:00 pm

If you cannot reach us directly, there is an answering machine for call-back requests.

## 3 Living

Special form of housing

### What are the costs?

The cost of the stay depends on the personal need for assistance and the type of day structure.

If the requirements under social welfare law are met, the costs can be covered by the responsible social welfare provider as part of integration assistance.

### Operator of the facility

Fortis e.V.



Sindelfinger Wohnkolleg

### Community Psychiatric Assistance Paul-Binder-Haus Herrenberg Fortis e.V.

Marienstraße 21/2, 71083 Herrenberg

#### Phone

+49 7032 / 954518-10

#### Email

[gph-region-herrenberg@fortis-ev.org](mailto:gph-region-herrenberg@fortis-ev.org)

#### Website

[www.fortis-ev.org](http://www.fortis-ev.org)

### Who can contact us?

Adults with mental illnesses who want and need individual help in a communal form of living.

### What help do we offer?

- 17 residential places in various residential groups in conjunction with intensive care and day-structuring services
- Support from a specific support person who is available for regular discussions
- Joint planning and agreement of assistance in accordance with personal and professional participation goals
- Support in independently coping with everyday life through a variety of practical living aids
- Specialist psychiatric advice
- Occupational therapy group, household training, exercise programs, leisure activities
- Assistance and support with professional and social integration

- Support in crises
- Members of staff are present at the facility from Monday to Friday from 7:45 am to 8:00 pm and on weekends and public holidays from 10:00 am to 6:30 pm. We are also available in crisis situations during the night and will come to the facility if necessary.

### Contact person for initial contacts

Oliver Schuh

### Availability by telephone:

Mon. - Fri. 10:00 am to 4:00 pm

If you cannot reach us directly, there is an answering machine for call-back requests.

### What are the costs?

The cost of the stay depends on the personal need for assistance and the type of day structure.

If the requirements under social welfare law are met, the costs can be covered by the responsible social welfare provider as part of integration assistance.

### Operator of the facility

Fortis e.V.



Paul-Binder-Haus

3

### Community Psychiatric Assistance Martinshöhe Fortis e. V.

Diezenhaldenweg 6, 71034 Böblingen

#### Phone

+49 7031 / 41601-51

#### Email

[gph-region-boeblingen@fortis-ev.org](mailto:gph-region-boeblingen@fortis-ev.org)

#### Website

[www.fortis-ev.org](http://www.fortis-ev.org)

### Who can contact us?

Adults with a dependency disorder who are willing to lead an abstinent life and who want and need individual help in a communal form of living.

### What help do we offer?

There are a total of 24 single rooms in three residential groups, most of which have their own bathroom.

## 3 Living

Special form of housing

- Support from a specific support person who is available for regular discussions.
- Joint planning and agreement according to personal and professional goals.
- Support in independently coping with everyday life through a variety of practical living aids.
- Specialist psychiatric advice
- Medical and psychiatric treatment by registered specialists of your choice.
- Assistance and support with professional integration.
- Members of staff are present at the facility from Monday to Friday from 7:00 am to 9:00 pm and on weekends and public holidays from 8:00 am to 9:00 pm. We are also available in crisis situations during the night and will come to the facility if necessary.

### Contact person for initial contacts

Diana Hauff

### Availability by telephone:

Mon. - Fri. 10:00 am to 4:00 pm

If you cannot reach us directly, there is an answering machine for call-back requests.

### What are the costs?

The cost of the stay depends on the personal need for assistance and the type of day structure.

If the requirements under social welfare law are met, the costs can be covered by the responsible social welfare provider as part of integration assistance.

### Operator of the facility

Fortis e.V.



Martinshöhe

## Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page.

# 4

## Work and daily structure

Find out more about the many opportunities for professional integration and continuing education.



## Vocational Training Area

Qualification in the Vocational Training Area (BBB) of the Workshop for Disabled People (WfbM) usually lasts two years and includes a wide range of services for participation in working life. In addition to practical work activities, theoretical content and cultural techniques are also taught. Internships in the work area of the WfbM, with other service providers, with inclusive companies, or with companies in the general labor market are also possible.

Usually, a recognized vocational qualification cannot be obtained in the vocational training area. At the end of qualification in the Vocational Training Area, a decision is made as to whether subsequent employment with another service provider or with a WfbM is the most suitable form of participation in working life. (A move to the general labor market is also possible at a later date):

The Vocational Training Area offers:

- Atrio Leonberg gGmbH in Leonberg-Höfingen, [Page 82](#)
- Gemeinnützige Werkstätten und Wohnstätten GmbH, [Page 83](#)



## 4 Work and daily structure

### Vocational Training Area

#### Atrio Leonberg gGmbH Vocational training path for mentally ill people

Röntgenstraße 12,  
71229 Leonberg-Höfingen

**Phone**

+49 7152 / 9752-0

**Email**

info@atrio-leonberg.de

**Website**

www.atrio-leonberg.de

Mr. Kolbeck-Käfer

**Phone**

+49 7152 / 9752-24

**Email**

thomas.kolbeck@atrio-leonberg.de

#### Who can contact us?

People with a mental illness who have the goal of participating in working life through to professional reintegration into the general labor market or a permanent job in the workshop.

#### What do we offer?

In the Vocational Training Area (BBB), people with a mental illness can gain vocational orientation and qualifications in line with their abilities and aptitudes. They are supported by their training supervisors, who guide and advise them individually and work with them to develop career prospects.

#### Vocational Training Area content:

- Preparation and qualification for the job
- Qualification based on a jointly agreed training plan
- Training of cognitive abilities, motor skills, and social skills
- Internships in the workshop for people with disabilities or in companies in the primary labor market
- Education based on the content framework plan in one of the following areas: Assembly, warehouse, housekeeping, gardening, art, etc.
- Offerings in relaxation, therapy, exercise, and much more

The Vocational Training Area at Atrio Leonberg is a recognized measure of the German Federal Employment Agency and the German Pension Insurance. It is AZAV-certified.

#### Office hours

Mon. - Fri. 8:00 am to 3:45 pm

#### What are the costs?

The costs are covered by the vocational rehabilitation provider (German Employment Agency or German Pension Insurance) There are no costs for the participants.

#### Operator of the facility

Atrio Leonberg gGmbH

## Gemeinnützige Werkstätten und Wohnstätten GmbH

Vocational Training Area  
Robert-Bosch-Str. 15, 71116 Gärtringen

### Phone

+49 7034 / 27041311 (central telephone number for specialist advice)

### Email

fachberatung@campus-mensch.org

### Website

[www.gww-netz.de/de/bildung-arbeit/bildung.html](http://www.gww-netz.de/de/bildung-arbeit/bildung.html)

### Who can contact us?

People with a mental illness who have the goal of participating in working life through to professional reintegration into the general labor market or a permanent job in the workshop

### What do we offer?

- Our specialist advice supports getting started in the “Participation in working life” vocational rehabilitation measure
- It is possible to do preliminary work shadowing for trial purposes in the Vocational Training Area
- People with mental illnesses are supported individually by educational guides according to their wishes and needs with the goal of creating professional orientation and prospects

In the Vocational Training Area, we offer:

- Qualification & education in line with personal needs and opportunities
- Training programs based on

apprenticeships in warehouse logistics; metal & wood processing; office management; housekeeping; gardening & landscaping; 2-wheel mechanic), as well as in the creative and media sector

- Trial internships in the WfbM, at inclusion companies FEMOS & 1a Zugang, and in the central and residential areas of GWW
- Socio-emotional and personal development courses (such as ZERA and stress management) and media skills training
- Low-stimulus, adapted educational environments & retreats
- Relief talks by social and psychological services
- Inclusive soccer training, sports activities, art therapy
- Practical qualification, for example in office management
- If interested, preparation and support for external internships by means of job coaching

We are a recognized and AZAV-certified training provider.

### Contact person for initial contacts:

If you have any questions about admissions or financing, please contact our specialist advisory service using the contact details above.

### What are the costs?

There are no costs for the participants. The costs are covered by the German Employment Agency or German Pension Insurance.

## 4 Work and daily structure

Workshops for people with disabilities

### Workshops for people with disabilities

Workshops for people with disabilities (WfbM) are facilities for the participation of people who are significantly restricted in their social participation. People who, due to the nature or severity of their disability, are not, are not yet, or are not yet again able to work in the general labor market receive appropriate vocational training and employment here. The workshops enable them to develop, increase, or regain their capacity and earn a wage.

Workshops for people with disabilities include:

- Atrio Leonberg gGmbH, Werkstatt Pfad in Höfingen, [Page 85](#)
- Gemeinnützige Werkstätten und Wohnstätten GmbH, [Page 86](#)



## Atrio Leonberg gGmbH

Werkstatt Pfad  
Röntgenstraße 12,  
71229 Leonberg-Höfingen

### Phone

+49 7152 / 9752-0

### Email

info@atrio-leonberg.de

### Website

www.atrio-leonberg.de

Mr. Kolbeck-Käfer

### Phone

+49 7152 / 9752-24

### Email

thomas.kolbeck@atrio-leonberg.de

- Education and qualification program, for example relaxation, therapy offers, exercise, and much more
- Work in various fields, including: Production and assembly, packaging and order picking, metalworking, electrical assembly, house-keeping, laundry, creative work, warehouse, office work, and work groups in external companies, for example at Porsche or Gärtnerei Häußermann

### Office hours

Mon. - Fri. 8:00 am to 3:45 pm

### What are the costs?

The costs are covered by the vocational rehabilitation provider of the respective district office responsible. There are no costs for the employees.

### Operator of the facility

Atrio Leonberg gGmbH

### Who can contact us?

People with a mental illness who have the goal of participating in working life through to professional reintegration into the general labor market or a permanent job in the workshop.

### What do we offer?

- Jobs for people with a mental illness
- Job opportunities in various fields of work depending on personal interests
- Work opportunities in external companies



Atrio ist bunt...

...auch deine Farbe passt!



## 4 Work and daily structure

Workshops for people with disabilities

### Gemeinnützige Werkstätten und Wohnstätten GmbH

**Phone**

+49 7034-27041311

**Email**

fachberatung@campus-mensch.org

**Website**

www.gww-netz.de

#### **Werk Gärtringen**

Robert-Bosch-Str. 15,  
71116 Gärtringen

#### **Werk Böblingen**

Schickardstr. 25, 71034 Böblingen

#### **Werk Herrenberg**

Adlerstr. 3, 71083 Herrenberg

#### **Werk Holzgerlingen**

Max-Eyth-Str. 30, 71088 Holzgerlingen

#### **Werk Magstadt**

Hutwiesenstr. 20/1, 71106 Magstadt

#### **Werk Sindelfingen**

Waldenbucher Str. 34, 71065 Sindelfingen

### Who can contact us?

People with a mental illness who cannot (or can no longer) work in the general labor market who have the goal of participating in working life through to professional reintegration into the general labor market or a permanent job at the workshop

### What help do we offer?

- Jobs for people with a mental illness in various fields of work, depending on their professional interests, such as industrial production and assembly, file digitization and destruction, mechanical production, welding and woodwork, and office/administrative activities.
- Work-related measures such as art therapy and training courses, for example social skills training.
- IHK-certified qualification modules, for example in office management and warehouse logistics.
- Working groups in external companies, for example at the Böblingen animal shelter or IKEA Sindelfingen.

### Contact person for initial contacts:

Our specialist advisors will be happy to answer any questions you may have about admissions or financing at the contact details above.

### Operator of the facility

Gemeinnützige Werkstätten und Wohnstätten GmbH



Inclusive companies

## Inclusive companies

Inclusive companies are companies in the general labor market with a special social mission. They offer training opportunities and employment subject to social insurance contributions for people with disabilities whose professional participation is particularly difficult.

There are three inclusive companies in the Böblingen district:

- FEMOS gemeinnützige GmbH in Gärtringen, [Page 87](#)
- 1a Zugang Beratungsgesellschaft mbH in Gärtringen, [Page 88](#)
- LEDA Leonberger Dienstleistungsagentur gemeinnützige GmbH in Leonberg, [Page 89](#)

### FEMOS gemeinnützige GmbH

Robert-Bosch-Straße 15  
71116 Gärtringen

**Phone**

+49 7034 / 2796-0

**Email**

post@femos-zenit.de

**Website**

www.femos-zenit.de

of employment: Assembly, electrical assembly, CAP stores, and various services. Jobs are also offered for mentally ill people.

Locations in Gärtringen, Böblingen, Sindelfingen, Herrenberg, Malmsheim, Nufringen, and Holzgerlingen

### Operator of the facility

Stiftung Zenit, Stiftung bürgerlichen Rechts, and Gemeinnützige Werkstätten und Wohnstätten GmbH (GWV)

### Who can contact us?

People with severe disabilities and those with legally recognized equivalent status.

### What help do we offer?

Femos was founded in 1989 to create jobs for people with disabilities. Fields

## 4 Work and daily structure

Workshops for people with disabilities

### 1a Zugang Beratungs- gesellschaft mbH

Robert-Bosch-Str. 15, 71116 Gärtringen

**Phone**

+49 7034 / 27041-300

**Email**

zugang@1a-zugang.de

**Website**

www.1a-zugang.de

tunities, and jobs as an inclusive company.

Jobs are also offered for mentally ill people.

### Who can contact us?

1a Zugang Beratungsgesellschaft mbH qualifies people with disadvantages and creates interesting and challenging jobs. For people from a protected field of work, opportunities for testing and transition are provided. Our fields of activity are: Advice on inclusion and accessibility, evaluation of social services, creation of accessible media products, and design of digital media.

1a Zugang has several partners with whom it works, such as Stiftung Zenit, GWW GmbH, and Femos gGmbH.

### What help do we offer?

We shape the professional and social participation of people with disadvantages to enable them to lead independent lives in social relationships and to develop ideas, knowledge, and courage for their own path.

To this end, we offer training measures, coaching, internship oppor-

**LEDA Leonberger Dienstleistungsgesellschaft gemeinnützige GmbH**  
Böblinger Str. 19/1, 71229 Leonberg

**Phone**

+49 7152 / 9752-9620

**Email**

info@leda-leonberg.de

**Website**

www.leda-leonberg.de

**Operator of the facility**

Atrio Leonberg e.V.



**Who can contact us?**

People with disabilities who are looking for a job, particularly including people with a mental illness who have a severely disabled person's pass.

**What help do we offer?**

LEDA gemeinnützige GmbH is a social enterprise in the general labor market and is recognized as an inclusive company. At LEDA, people with and without disabilities work together on an equal footing. At least 40% of employees are severely disabled. Fields of work include building cleaning, building services, Acheck (inspection of portable electrical equipment), and other services.

**Office hours**

Mon. - Fri. 8:00 am to 4:00 pm  
by arrangement

**What are the costs?**

This service is free of charge.

## 4 Work and daily structure

### Day centers

#### Day centers

Day centers are contact and advice centers that offer people with a mental illness opportunities to meet and provide a daily structure. In addition to exchanging ideas and being together with other affected people, individual meetings are offered and, if necessary, referrals are made to other specialist services within the community psychiatric network. The day centers can be visited at your own convenience and discretion. The visit is voluntary and free of charge.

There are day centers in:

- Sindelfingen, [Page 91](#)
- Leonberg, [Page 92](#)
- Herrenberg, [Page 93](#)



## Sindelfingen Day Center in the Sindelfingen Community Psychiatric Center

Protestant Deaconry Association in the Böblingen District  
Stiftstraße 4, 71063 Sindelfingen

### Phone

+49 7031 / 787 000

### Email

tagesstaette@diakonie-boeblingen.de

### Website

[www.edivbb.de](http://www.edivbb.de)

## Who can contact us?

The day center is an open meeting place for mentally ill people aged 18 and over.

## What help do we offer?

- Mentally ill people can make contact with other people in the day center.
- Meet people and be a part of a community
- Keep busy or relax
- Organize your free time
- Have discussions with members of staff
- Receive information about help offerings

## What are the costs?

The visit is voluntary and free of charge. Registration is not required. Drinks and meals can be consumed at cost.

## Opening hours

Mon.	1:00 pm to 5:00 pm
Tues.	10:00 am to 5:00 pm
Wed.	1:00 pm to 7:00 pm
Thurs.	1:00 pm to 5:00 pm
Fri.	9:00 am to 1:00 pm

Individual offerings also take place outside opening hours. The current times and offerings are displayed in the day center. You are also welcome to inquire by telephone.

## Operator of the facility

Protestant Deaconry Association in the Böblingen District



## 4 Work and daily structure

### Day centers

#### Day Center “Oase am Engelberg” in the Leonberg Community Psychiatric Center

Protestant Deaconry Association in  
the Böblingen District  
Agnes-Miegel-Straße 5, 71229 Leonberg

**Phone**

+49 7152 / 33 29 40 14

**Email**

tagesstaette@diakonie-leonberg.de

**Website**

www.edivbb.de

#### Who can contact us?

“Oase am Engelberg” is an open meeting place for mentally ill people of all ages.

#### What help do we offer?

- People with mental illnesses can make contact with other people at the “Oase am Engelberg” day center.
- Meet people and be a part of a community
- Occupy yourself or relax, organize your leisure time
- Have discussions with members of staff
- Receive information about help offerings

#### What are the costs?

The visit is voluntary and free of charge. Registration is not required. Drinks and meals can be consumed at cost.

#### Opening hours

Mon.	9:00 am to 3:00 pm
Tue.	11:00 am to 4:00 pm
Wed.	9:00 am to 4:00 pm
Thur.	10:00 am to 4:00 pm
Fri.	9:00 am to 1:00 pm

Last Sunday of the month 2:30 pm to 5:00 pm Sunday meeting “Offene Herberge e.V.”

Individual offerings also take place outside opening hours. The current times and offerings are displayed in the day center. You are also welcome to inquire by telephone.

#### Operator of the facility

Protestant Deaconry Association in the Böblingen District

 **Evang. Diakonie Verband**  
im Landkreis Böblingen

## “Lichtblick” Day Center in the Herrenberg Community Psychiatric Center

Fortis e.V.

Marienstraße 21/2, 71083 Herrenberg

### Phone

+49 7032 / 954518-40

### Email

tagesstaette-lichtblick@fortis-ev.org

### Website

www.fortis-ev.org

Drinks and meals can be consumed at cost.

### Opening hours

Mon.	2:00 pm to 5:00 pm
Tue.	10:00 am to 5:00 pm
Wed.	2:00 pm to 5:00 pm
Thurs.	2:00 pm to 5:30 pm
Fri.	10:00 am to 5:00 pm

Please inquire about weekend opening hours.

Individual offerings also take place outside opening hours. The current times and offerings are displayed in the Day Center. You are also welcome to inquire by telephone.

### Operator of the facility

Fortis e.V.



### Who can contact us?

“Lichtblick” is an open meeting place for mentally ill people of all ages.

### What help do we offer?

- People with mental illnesses can make contact with other people at the “Lichtblick” Day Center.
- Meet people and be a part of a community
- Keep busy or relax
- Organize your free time
- Have discussions with members of staff
- Receive information about help offerings

### Contact person for initial contacts

Ms. von Jan, Ms. Widmann

### What are the costs?

The visit is voluntary and free of charge. Registration is not required.

## 4 Work and daily structure

Specialist integration service

### Specialist integration service

Inclusion and Integration Services – IFD in German for short – advise people with disabilities who are looking for work or in employment and their employers with the aim of long-term employment on the general labor market.

#### Inclusion and Integration Service (IFD)

Calwer Str. 1, 71034 Böblingen

Phone

+49 711 / 250831300

Email

info.boeblingen@ifd.3in.de

Website

www.ifd-bw.de

#### Who can contact us?

- People who are at risk of disability or who have a severe disability and need support in the workplace or are unemployed.
- People who are employed in a workshop for disabled people (WfbM) or students who have special support needs and are looking for a job in the general labor market.
- Employers who employ/train or wish to employ people with disabilities.
- All company-elected trusted third parties, such as the representative body for severely disabled employees

#### What help do we offer?

- Support with all issues relating to job security, including reintegration after a long illness, difficulties at work, performance restrictions, internal transfer to a suitable job, initiation of medical, curative, or rehabilitative measures, etc.
- Support in finding a job by explaining opportunities and skills, by initiating and accompanying internships, and by providing assistance before and after starting work.
- Support for employers in all matters relating to the recruitment and employment of people with disabilities.

#### What are the costs?

None, the IFD is funded by the equalization levy.

#### Operator of the facility

The Böblingen Inclusion and Integration Service is a facility sponsored by clusioNA gGmbH on behalf of the Baden-Württemberg Integrationsamt (Integration Office).



## Employment Agency

The Employment Agency is legally obliged to arrange or carry out measures to promote employment and vocational training for physically, mentally, or emotionally disabled people (vocational rehabilitation). The Employment Agency advises people with disabilities on vocational integration or reintegration measures. Unless other institutions come into consideration, the Employment Agency will cover the expenses required for permanent professional integration. If other sources of funding are responsible, they will be involved in order to ensure that the rehabilitation measures are as successful as possible in line with labor market conditions.

### Employment assistance

Employment Agency Stuttgart

#### Website

[www.arbeitsagentur.de](http://www.arbeitsagentur.de)

### Böblingen office

Consultation hours within opening hours  
Calwer Straße 6, 71034 Böblingen

#### Service number

+49 800 / 45555-00

Opening hours for the Böblingen office:

Mon. - Fri. 8:00 am to 11:30 am

Thur. 2:00 pm to 5:00 pm

and by appointment

### Leonberg office

Consultation hours by appointment only  
Eltinger Straße 61, 71229 Leonberg

#### Service number

+49 800 / 45555-00

### Herrenberg office

Consultation hours by appointment only  
Stuttgarter Straße 35, 71083 Herrenberg

#### Service number

+49 800 / 45555-00

Telephone availability for all offices:

Mon. - Thur. 8:00 am to 6:00 pm

Fri. 8:00 am to 2:00 pm

### Who can contact us?

Jobseekers, the unemployed, the severely disabled, and those with legally recognized equivalent status in the Böblingen, Herrenberg, and Leonberg areas

### What help do we offer?

Employment assistance

### Contact person for initial contacts

Various, depending on where you live and the type of request

### Office hours

By arrangement

### Operator of the facility

Federal Employment Agency

# 5

## Meetings

The contact groups, the relatives' group, and the self-help groups offer a wide range of opportunities to meet and spend leisure time together and exchange ideas.



## Contact groups

The Protestant Deaconry Association offers several contact groups in various locations in the Böblingen district. The groups are led by volunteers and have permanent contact persons from the Social Psychiatric Service team. The groups have 2 to 10 participants and meet at fixed times.

Depending on the location, people meet for breakfast, go on excursions in the surrounding area, or take part in a varied program of board games, singing, discussions, cooking, and baking together.



# 5 Meetings

Contact groups

## Social Psychiatric Service of the Protestant Deaconry Association in the Böblingen District

Landhausstraße 58, 71032 Böblingen

**Phone**

+49 7031 / 21 65 11

**Email**

info@diakonie-boeblingen.de

**Website**

www.edivbb.de

Office hours for the main office:

Mon. - Thur. 9:00 am to 12:00 pm

2:00 pm to 5:00 pm

Fri 9:00 am to 12:00 pm

### What are the costs?

The services offered by the Social Psychiatric Service are free of charge and non-denominational.

### Operator of the facility

Protestant Deaconry Association in the Böblingen District



### Who can contact us?

Chronically mentally ill people and their relatives who live in the Böblingen district.

### What help do we offer?

Contact group offerings (contacts and leisure activities) at the following locations in the district: Gärtringen, Holzgerlingen, Leonberg, Sindelfingen, Weil der Stadt.

### Contact person for initial contacts

The main office will put you in touch with the appropriate SpDi employee.

### Office hours

The dates of the respective contact group meetings can be obtained from the main office.

## Relatives' Group

The Relatives' Group is – like the other relatives groups in Baden-Württemberg – a group sponsored by the Landesverband Baden-Württemberg der Angehörigen psychisch Kranker e.V. (Baden-Württemberg Association of Relatives of the Mentally Ill).

The group gets together to talk about current issues, share personal experiences, and simply to support each other in everyday life. The activities comprise group meetings and joint activities. For many participants, the group meetings are the first opportunity to talk about their relative's illness and the associated consequences. The group can therefore also be an important source of information about the support system.

### Association of Relatives of the Mentally Ill for the Böblingen District

Janet Cunningham-Kricke

**Phone**

+49 7051 / 9608377

**Email**

janet.c-k@web.de

#### Who can contact us?

Relatives and friends of mentally ill people.

#### What help do we offer?

A meeting place for relatives with the opportunity to exchange experiences about the disease, dealing with the ill, and the needs of relatives. Invitation of speakers on requested specialist topics. Participation in regional, state, and national meetings.

#### Meetings

Every first Thursday of the month from 7:00 pm to 9:00 pm (if the first Thursday is a public holiday, one week later) at the GPZ Tagestreff, Stiftstraße 4, 71063 Sindelfingen

#### What are the costs?

This service is free of charge. The group is open to everyone, not just members.

#### Operator of the facility

Self-help group.

The relatives group is also a member of the state association and the federal association of Angehörigen psychisch erkrankter Menschen e. V. in Bonn.

## 5 Meetings

### Self-help groups

#### Self-help groups

The people involved in self-help groups are affected themselves or indirectly, for example as relatives, friends, or neighbors.

The specific topics for each group are varied: They can involve counseling for people with the same condition, a visiting, transport, or care service, the organization of a specialist event, the production of information material, a magazine or a website, press work, a lecture or speaker event, or participation in a self-help day.

Some self-help groups are listed in the guide.



## Contact office for self-help groups

**Böblingen District Office  
Public Health Department**  
Dornierstr. 3, 71034 Böblingen

### Phone

+49 7031 / 663-1751

### Email

selbsthilfebuero@lrabb.de

### Website

www.selbsthilfe-bb.de

## What are the costs?

This service is free of charge.

## Operator of the facility

Böblingen district



## Who can contact us?

- People who are seeking a self-help group
- People who would like to start a group.
- Members of self-help groups

## What help do we offer?

- Mediation in groups.
- Information and advice on all aspects of self-help group work in the Böblingen district.
- Support in setting up new groups.

## Telephone consultation hours

Mon.	2:00 pm to 4:00 pm
Tue.	8:30 am to 10:30 am
Thurs.	3:00 pm to 5:00 pm
Fri.	10:00 am to 12:00 pm

## One-on-one meetings

by appointment

## 5 Meetings

Self-help groups

**Self-help group on Mondays for mental health at Lichtblick Community Psychiatric Center (GPZ) Herrenberg**

**“Lichtblick” Day Center**

Marienstraße 21/2, 71083 Herrenberg

Cornelia Silcher

**Phone**

+49 176 / 62189858

**Email**

shg-Montag@web.de

### **What are the costs?**

This service is free of charge.

### **Operator of the facility**

Self-help group

### **Who can contact us?**

Affected people who suffer from a mental illness themselves. The group is open to everyone.

### **What help do we offer?**

A meeting place for those affected/experienced in psychiatry to exchange experiences, mindfulness, and relaxation exercises for everyday life. Joint leisure activities on request.

### **Meetings**

Usually every first Monday of the month from 5:30 pm to 7:00 pm in the common room of the “Lichtblick” day center. Different dates, sometimes due to public holidays, are listed in the flyer and can be requested by telephone or email.

## Discussion group for people with depression

### Community Psychiatric Center (GPZ)

Day Center „Lichtblick“/ Fortis e.V.  
Marienstraße 21/2, 71083 Herrenberg

#### Phone

+49 7032 / 954518-40

#### Email

tagesstaette-lichtblick@fortis-ev.org

## Self-help group for Depression and Anxiety

### Community Psychiatric Center (GPZ)

Day Center Lichtblick, Fortis e.V.,  
Marienstraße 21/2, 71083 Herrenberg

#### Email

rueckmeldung.shg@tutanota.com

**Please always contact us by email before your first visit.**

### Who can contact us?

People who suffer from depression.

### Meetings

Usually every second Thursday of the month from 7:30 pm to 8:40 pm at the Lichtblick Day Center.

### What are the costs?

This service is free of charge.

### Owner of the facility?

Fortis e.V.

### Meetings

Always on the fourth Thursday of the month in the café of the Lichtblick Day Center from 7:00 pm to 8:40 pm.

### What are the costs?

This service is free of charge.

### Owner of the facility?

Self-help group

## 5 Meetings

### Self-help group for autistic adults

Marienstraße 21/2, 71083 Herrenberg, in the “Lichtblick” Fortis e.V. Day Center, ground floor left

**Phone**

+49 7032 / 9545-1840

**Email**

shg-herrenberg@autismus-dialog.de

**Email**

www.autismus-dialog.de

### What are the costs?

This service is free of charge.

### Meetings

The group meets every first Thursday of the month from 6:30 pm to 8:00 pm.

### Operator of the facility

Self-help group

### Who can contact us?

People with autism spectrum disorders. Anyone interested can simply drop by the next meeting or make an appointment by email or telephone.

### What help do we offer?

- Sharing experiences in the group
- Discussion of current difficulties group participants are having

### Contact person for initial contacts

Sarah Geiselhart

### Office hours

Contact via email from the self-help group or via the “Lichtblick” Day Center in the afternoon between 2 and 5 pm or by answering machine.

### **Self-help group for people with bipolar disorders in Herrenberg**

Marienstraße 21/2, 71083 Herrenberg  
in the “Lichtblick” Fortis e.V. Day Center,  
ground floor left

**Phone**

+49 7032 / 9545-1840

**Email**

shbipolar.herrenberg@gmail.com

**Email**

www.fortis-ev.org

### **Operator of the facility**

Self-help group

The group meets every third Tuesday  
of the month from 6:00 pm to 7:30 pm

### **Who can contact us?**

People suffering from bipolar disorder  
and their relatives. Anyone interested  
can simply drop by the next meeting  
or make an appointment by email or  
telephone.

### **What help do we offer?**

- Sharing experiences in the group
- Discussion of current difficulties  
group participants are having

### **Contact person for initial contacts**

E. Schwamb and Cornelia Silcher

### **Office hours**

Contact via email from the self-help  
group or via the “Lichtblick” Day Cen-  
ter in the afternoon between 2 and  
5 pm or by answering machine

### **What are the costs?**

This service is free of charge.

## Legal notice

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Supported by the Ministry of Social Affairs, Health and Integration with state funds approved by the Baden-Württemberg state parliament.

This booklet is a non-judgmental presentation of the services available to help care for people with a mental illness and their relatives. It does not claim to be exhaustive.

For equality purposes, you will find both male and female designations in this guide. However, this does not mean that these offers are reserved exclusively for members of the respective gender.



# The guide is available from:

Landratsamt Böblingen

**Stabsstelle Sozialplanung**

Parkstraße 16,  
71034 Böblingen,  
T 07031 - 663 1397

sozialplanung@lrabb.de

www.lrabb.de

You can also find more  
information on

