

**ENGLISH**

Marktgemeinde  
**GRATKORN** 

# GOING THROUGH A CRISIS? YOU'RE NOT ALONE!

GET HELP FROM THE  
COUNSELLING CENTRES NEARBY

**REALIZE.  
TELL.  
SOLVE.**

**WHERE DO YOU GET  
PROTECTION AND SUPPORT?**

Information on counselling  
centers for crisis situations

Release November 2024

 **Gemeinsam  
stark  
Gratkorn**

### Free counselling for families

#### Early childhood interventions

Information and help during pregnancy and after birth.  
Call +43 676 845 278 888 for an appointment.

#### Parents café and parental counselling in Gratkorn

every Wednesday from 09.00 - 11.30 a.m. (children 1-3 years)  
every Friday from 09.00 - 12.00 a.m. (children from 0-12 month)  
Social workers are on hand to help you!  
Haus im Park, Dr. Karl Renner Straße 17a, 8101 Gratkorn

#### Social workers consultation hours in Gratkorn

with Nicole Lane (social worker BH-GU for families with children from 0-3 years).  
Starting november 2024 every Monday from 08.00 - 09.30 a.m.  
call +43 676 866 40 031 for an appointment.  
Haus im Park, Dr. Karl Renner Straße 17a, 8101 Gratkorn

#### Family and social counselling in Gratwein

every Tuesday, Wednesday und Thursday  
Social workers are on hand from 09.00 - 05.00 p.m.  
Call +43 676 866 30 222 for an appointment.  
Generationenhaus Gratwein, Hauptplatz 5, 8112 Gratwein-Strassengel

### Free counselling for girls and women

#### Weitblick

A free and anonymous counselling for girls and women.  
Consultation hours regularly in Gratwein, Generationenhaus  
Call +43 650 300 47 19 for an appointment.

### Free counselling for livelihood security

#### Volkshilfe

Counselling and support for people in need.  
Consultation hours regularly in Gratwein, Generationenhaus  
Call +43 676 870 83 15 05 for an appointment.

#### Caritas counselling for livelihood security

Advice, guidance and support for people in financial and social difficulties. Consultation hours regularly in Gratwein, Generationenhaus  
Call +43 676 880 15 85 57 for an appointment.

### Free counselling for kids and teens

**kija** (children's and youth advocacy) Styria  
call +43 676 866 60 609  
**GFSG** - psychosocial support for kids and youth in Graz/GU  
call +43 316 22 55 80  
**Rat auf Draht**, hotline call 147

### Free psychosocial support for adults

**Psychosocial counselling for adults Frohnleiten**  
Hauptplatz 27, 8130 Frohnleiten, call +43 3126 42 25

### Free hotline for people with psychosocial problems

Hotline **PSYnot** call 0800 44 99 33

### Free hotline and onlinechat in cases of violence against girls and women

**Helpline for women against violence**  
call 0800 222 555 (24/7)  
**helpch@t** onlinechat check out [www.haltdergewalt.at](http://www.haltdergewalt.at)

### Free advice and support for people experiencing violence

**Gewaltschutz Zentrum Steiermark** call +43 316 77 41 99

### Free hotline for men in crisis

**MÄNNERINFO** helpline call 0800 400 777  
**männernotruf** call 0800 246 247 (24/7)

### Free counselling for refugees

**ZEBRA** Intercultural Center for Counselling and Therapy,  
call +43 316 83 56 30

### Free counselling for disabled people

**Counselling center for disabled people**  
Consultation hours regularly in Gratwein, Generationenhaus  
Contact: [www.behindertenanwaltschaft.steiermark.at](http://www.behindertenanwaltschaft.steiermark.at)

### Free counselling for LGBTIQ+ people

**Courage\*** Counselling Graz call +43 699 166 166 62  
**RosaLila** PantherInnen Counselling Graz call +43 316 36 66 01

### Free counselling for addiction and dependencies

**DB Drug counselling Styria**  
call +43 316 32 60 44  
**b.a.s** - Styrian society for addiction issues  
call +43 316 82 11 99

### Free counselling for family care

#### Chamber of Labour care counselling

call +43 5 77 99 22 73  
**Caritas Competence Center** - Counselling of elderly people and their relatives  
call +43 676 88 015 81 20  
[kompetenzzentrum@caritas-steiermark.at](mailto:kompetenzzentrum@caritas-steiermark.at)  
**Caritas Styria Care-Helpline**  
call +43 800 500 176

### Free counselling and self-help for people with dementia and their relatives

#### SALZ Styrian alzheimer aid

Talk about alzheimer and the effects on the family.  
Consultation hours regularly in Gratwein, Generationenhaus  
call +43 664 45 20 400 or [info@steirische-alzheimerhilfe.at](mailto:info@steirische-alzheimerhilfe.at)  
**needs Network Dementia Styria**  
Check out the online guide:  
<https://wegweiser.demenz-steiermark.at/>

### Free counselling and self-help for people with parkinson disease and their relatives

#### Parkinson Self-help Styria

Self-help group Graz, call +43 664 49 32 662 or  
+43 664 34 95 152

### Free counselling and self help for people with diabetes

#### ÖDV Austrian Diabetes Association

**Self-help group Graz,**  
Elfriede Dörfler, +43 664 23 72 551  
**ÖDV Austrian Diabetes Association for kids in Styria**  
Kathrin Freinschlag, +43 660 461 06 39  
Christian Taucher, +43 680 143 66 56

### Free counselling for people suffering from cancer and their relatives

#### Austrian Cancer Aid Styria

Counselling Graz  
+ 43 316 47 44 33 0  
[beratung@krebshilfe.at](mailto:beratung@krebshilfe.at)

**Check out for more information about self-help groups:**  
<https://selbsthilfe-stmk.at/gruppenverzeichnis-a-z/>