

Do you have questions on LGBTIAQ* topics, are you unsure oder do you need someone to talk to?


Our Counseling at Buntwäsche Hildesheim is here for you - free, confidential and based on solidarity. Whether it's about Coming Out, questions around Identity, experience of discrimination or conflicts in your social circle: we will be there on your journey. Without judgement. Without constraint. Without expectations.

Are you a relative, friend, assistant of a queer person? You too can come to us.

Contact



 buntwaesche-hildesheim.de

 05121 – 9348893

 beratung@buntwaesche-hildesheim.de



Counseling

On LGBTIAQ* Topics

Who are we?

We are queer people who work in social fields. Our counseling is on a voluntary basis.

We listen, without judgement.

In our counseling, you can tell us what moves you. We take you seriously – with all your questions, feelings and experiences.

You decide what we talk about. We only go as far as you want. We support you in finding your own way.

We won't tell you what to do. Instead, we help you discover your own next step.

Sometimes, that's just a conversation. Sometimes, we will look together where you can find further help.

Our conversations are confidential and respectful.

- everything you say stays with us – we won't tell anybody else
- Anonymously possible: you don't have to tell us your name
- No judgement: your topics are welcome – just like you.
- Open attitude: we are discrimination-sensitive, queer friendly and solidary
- No finished solutions: you are the expert for your life. We support you.
- Company: you don't want to come alone? Bring a friend, relative or companion.

What we can and can't offer:

We listen, we give orientation, we accompany.

We can give information e.g. about medical or legal questions. If we don't know or can't do something we do research or recommend organizations that can help.

We can offer several counseling sessions, but we can't offer therapy.

Our Goal:

We want you to feel heard, seen and empowered. For that, we create a safer space – with clear rules, respect and a stance that supports self-determination.

How can you make an appointment with us?

Send us an email:

beratung@buntwaesche-hildesheim.de

Or you can leave a message on our mailbox. Please leave your contact details where we can reach you.

Our phone number: 05121 – 9348893.

Within a few days you will get an answer with suggestions for a personal counseling appointment.

