

Do you have any concerns or questions? Would you like to speak with someone?

There are various helplines and support services available in the canton of Solothurn.

Here is an overview for you, organised by topic and target group. Please do not hesitate to ask for advice or help if you find yourself in a difficult situation. Interpreters can also be brought in by the counselling centres if necessary.

Helplines

Helpline for young people

Free 24-hour advice and help for children and young people in need.
Pro Juventute: www.147.ch | beratung@147.ch | ☎ 147 | SMS 147

Helpline for parents

Free 24-hour advice and help for parents, families and caregivers relating to parenting issues, conflicts or crises in the family.
Elternnotruf: www.elternnotruf.ch | 24h@elternnotruf.ch
☎ 0848 35 45 55

Helpline for adults

Free 24-hour counselling, help and support for adults in difficult situations.
Dargebotene Hand: www.143.ch | ☎ 143

Children and young people

Kinder- und Jugendpsychiatrischer Dienst (Child and youth psychiatric service)

Support and therapy for overcoming psychological crises involving children and adolescents up to 18 years, counselling for parents, family members and other involved individuals.
Solothurn: kjpd.solothurn@spital.so.ch | ☎ 032 627 17 00
Olten: kjpd.olten@spital.so.ch | ☎ 032 627 18 50
Grenchen: kjpd.grenchen@spital.so.ch | Contact via Ambulatorium Solothurn outpatient clinic: ☎ 032 627 17 00
Balsthal: kjpd.balsthal@spital.so.ch | Contact via Ambulatorium Solothurn outpatient clinic: ☎ 032 627 17 00

Beratungsstelle für Jugendfragen (Counselling centre for youth)

Free support for young people between 14 and 25 years experiencing various difficult phases of life, crises or conflicts.
Perspektive Solothurn-Grenchen: perspektive-so.ch
jugendberatung@perspektive-so.ch | ☎ 032 626 56 20

Parents, families and couples

Mütter- und Väterberatung (Counselling for mothers and fathers)

Free counselling on matters such as health, development and parenting for families with infants and young children.
muetterberatung-so.ch | info@muetterberatung-so.ch

Kompass

Free support and advice for parents, families and caregivers regarding parenting and everyday issues.
www.kompass-so.ch | mail@kompass-so.ch | ☎ 032 624 49 39

Fachstelle für Beziehungsfragen Kanton Solothurn (Canton of Solothurn specialist centres for relationship issues)

Counselling and support in various areas of life regarding relationships, family planning, pregnancy, and sex education.
www.fabeso.ch
Solothurn: solothurn@fabeso.ch | ☎ 032 622 44 33
Grenchen: grenchen@fabeso.ch | ☎ 032 652 19 22
Olten: olten@fabeso.ch | ☎ 062 212 61 61
Breitenbach: breitenbach@fabeso.ch | ☎ 061 781 34 49

Beratungsstelle für Ausländerinnen und Ausländer (Counselling centre for immigrants)

Legal information and social counselling on issues relating to binational relationships, laws concerning foreigners, social security law, marriage and family law, and protection against discrimination.
www.frabina.ch | info@frabina.ch | ☎ 032 621 68 60

Mental/physical challenges

Adult psychiatric support

Support and treatment of mental illnesses and serious life crises in adults aged 18 and over.
Clinics for psychiatry, psychotherapy and psychosomatic disorders:
info.pd@spital.so.ch | ☎ 032 627 11 11
Solothurn: ambi-solothurn.pd@spital.so.ch | ☎ 032 627 14 60
Olten: ambi-olten.pd@spital.so.ch | ☎ 062 311 52 10
Grenchen: ambi-grenchen.pd@spital.so.ch | ☎ 032 627 18 20

Krebsliga Solothurn (Cancer League)

Counselling, support and care for people with cancer and their relatives.
solothurn.krebsliga.ch | info@krebssliga-so.ch
Solothurn/Grenchen: ☎ 032 628 68 10
Olten: ☎ 032 628 68 18
Breitenbach: ☎ 061 781 19 54

Lungenliga Solothurn (Lung Association)

Counselling and support for people with lung and respiratory diseases and their relatives.
www.lungenliga-so.ch | info@lungenliga-so.ch
Solothurn/Grenchen: ☎ 032 628 68 28
Olten: ☎ 062 206 77 55
Breitenbach: ☎ 061 785 70 10

Issues relating to old age and ageing

Pro Senectute Solothurn

Projects, services and free counselling on issues concerning old age and ageing.
so.prosenectute.ch
info@so.prosenectute.ch | ☎ 032 626 59 59

Addiction problems

Perspektive Solothurn-Grenchen (Addiction counselling)

Free support for people with addictions, their relatives and their social environment in the Solothurn and Grenchen region.
perspektive-so.ch
beratungstellen@perspektive-so.ch | ☎ 032 626 56 30

Suchthilfe Ost (Addiction counselling)

Free support for people with addictions, their relatives and their social environment in the Dorneck, Gäu, Gösigen, Olten, Thal and Thierstein region.
suchthilfe-ost.ch
info@suchthilfe-ost.ch | ☎ 0800 061 535 or ☎ 062 206 15 35

Violence

Beratungsstelle Gewalt für Tatpersonen (Counselling centre for perpetrators of violence)

A confidential and free counselling service for people who have perpetrated violence or sense that they have the potential to do so.
beratungsgewalt.so.ch
beratungsgewalt@ddi.so.ch | ☎ 032 627 29 92

Beratungsstelle Opferhilfe Aargau Solothurn (Counselling centre for victim support)

Free support and counselling for victims of physical, psychological or sexual violence and their relatives.
opferhilfe-ag-so.ch
beratungsstelle@opferhilfe-ag-so.ch | ☎ 062 835 47 90

Frauenhaus Aargau Solothurn (Women's shelter)

Counselling, care, support and accommodations for women and their children who have been affected by domestic violence.
frauenhaus-ag-so.ch | beratung@frauenhaus-ag-so.ch
24-hr hotline: ☎ 062 823 86 00

Financial difficulties

Schulden- und Budgetberatung Aargau Solothurn (Debt and budget counselling)

Free counselling and support for those experiencing financial difficulties.
schulden-ag-so.ch
ag-so@schulden.ch | ☎ 0800 061 535 or ☎ 062 206 15 35

Debt counselling:
Aarau / Solothurn: ☎ 062 822 82 11 (Mon–Fri, 8:30 am – 12:30 pm)
Grenchen: ☎ 032 653 09 15

Budget counselling:
Aarau: info@budgetberatung-aargau.ch | ☎ 062 822 84 34 (Mon–Fri, 8:30 am – 12:30 pm)
Solothurn: info@budgetberatung-so.ch | ☎ 062 822 84 34 (Mon–Fri, 8:30 am – 12:30 pm)

Sozialberatung Caritas Solothurn (Social counselling)

Free counselling on everyday life, managing skills, partnerships and money issues, regardless of religious affiliation or nationality.
caritas-solothurn.ch
Solothurn / Grenchen:
sozialberatung@caritas-solothurn.ch | ☎ 032 623 08 91
Olten/Starrkirch-Wil:
sozialdienst.katholten@st.-marien-olten.ch | ☎ 032 287 23 14

Important websites

www.hebsorg.ch Website with information and support services in the areas of mental health, physical health, nutrition, exercise, violence, addictions, budgeting and debt.

www.wie-gehts-dir.ch Website with information, tips and support services relating to mental health.

so.feel-ok.ch Web platform for young people and parents addressing topics such as recreational activities, jobs, addictions, crises, violence, body image, legal matters, etc.

www.maedchenbeschneidung.ch Counselling for families to prevent female genital mutilation.

www.zwangsheirat.ch Free support and advice for private individuals affected by forced marriages as well as professionals working in this area.

safezone.ch Online counselling on addiction issues for affected individuals, their relatives and others with a specific interest in this area.



corona.so.ch