

Counselling Services in the Canton of Solothurn



Counselling Services

There are many counselling services in the canton of Solothurn. This flyer provides you with an overview of contact details and information to help you to quickly find the right person to talk to.

Can't find what you're looking for?

This free hotline provides you with the appropriate address: 062 207 02 49 or integration@srk-solothurn.ch

Crises and Emergencies – 24/7

Emergency- and Crises Ambulance (NoKiA) for Adults (Psychiatric Services of the Solothurn Hospitals soH)

Helps with psychiatric emergencies of adults.

Location Solothurn: ☎ 032 627 11 11

Location Olten: ☎ 062 311 52 10 from Monday to Friday
8am to 5pm, after 5pm and at weekends: ☎ 032 627 11 11

Outpatient Clinics for Children and Young People (Psychiatric Services of the Solothurn Hospitals soH)

Helps with psychiatric emergencies of children and adolescents.

Locations Solothurn and Grenchen: ☎ 032 627 17 00

Locations Olten and Balsthal: ☎ 032 627 18 50

Parents' Emergency Helpline

Helps parents and guardians in case of emergency.

Contact: ☎ 0848 35 45 55 | 24h@elternnotruf.ch
elternnotruf.ch

Phone 143 – Heart2Heart (Die Dargebotene Hand)

Offers phone, chat and email counselling in case of crises and problems in your everyday life.

Contact: ☎ 143 | 143.ch

The English line is available on 0800 143 000 daily from 6pm to 11pm.

Police

Helps in emergencies – day and night, 24/7.

Contact: ☎ 117

Pro Juventute 147.ch – Counselling and Support for Children and Young People

Offers counselling and support for children and young people on the phone, chat, email or text message.

Contact: ☎ 147 | text to 147 | beratung@147.ch | 147.ch

Women's Shelter Aargau-Solothurn

A safe place for women experiencing violence.

Contact: ☎ 062 823 86 00 | info@frauenhaus-ag-so.ch
frauenhaus-ag-so.ch

Good to know

Confidential

All consultations are confidential. No information will be shared with third parties.

Costs

Many offers are free of charge.

Languages

Many counsellors speak several languages. If necessary, interpreters can translate into your language.

Addiction

Addiction Counselling in the eastern part of the canton (Suchthilfe Ost)

Helps people with addiction problems and their loved ones.

Locations: Olten, Balsthal, Breitenbach, Dornach

Contact: ☎ 0800 061 535, 062 206 15 35 | info@suchthilfe-ost.ch
suchthilfe-ost.ch

Addiction Counselling in the western part of the canton (Perspektive)

Helps people with addiction problems (e.g. drugs, alcohol or other addictive substances) and their loved ones.

Locations: Solothurn, Grenchen

Contact: ☎ 032 626 56 30 | beratungsstellen@perspektive-so.ch
perspektive-so.ch

Quitting Smoking Counselling Solothurn Hospitals

Supports people who want to quit smoking.

Locations: Bürgerspital Solothurn, Kantonsspital Olten

Contact Solothurn: ☎ 032 627 38 07

rauchstoppberatung.bss@spital.so.ch

Contact Olten: ☎ 032 311 45 14

rauchstoppberatung.kso@spital.so.ch

Websites on the Topic

alterundsucht.ch (old age and addiction)

A specialised platform for elderly people, their families and professionals on the topic of addiction in old age.

nahestehende-und-sucht.ch (loved ones and addiction)

Information for loved ones of those affected by addiction.

safezone.ch

Online counselling on addiction for those affected, their loved ones and anyone interested.

sos-spielsucht.ch (compulsive gambling)

Help and information on the topic of compulsive gambling for those affected, their loved ones and professionals.

stopsmoking.ch

Support and information for people who want to stop smoking.

Adolescents

Child and Youth Psychiatric Service (Psychiatric Services of the Solothurn Hospitals soH)

Support and management of mental crises in children and young people up to the age of 18 and their loved ones.

Solothurn: ☎ 032 627 17 00 | kjpd.solothurn@spital.so.ch

Olten: ☎ 032 627 18 50 | kjpd.olten@spital.so.ch

Grenchen: ☎ 032 627 17 00 | kjpd.grenchen@spital.so.ch

Balsthal: ☎ 032 627 18 50 | kjpd.balsthal@spital.so.ch

Counselling for Young People in the eastern part of the canton (Suchthilfe Ost) Jugendberatung Ost)

Counselling for teenagers and young adults and their families on addiction-related topics and in a wide range of life situations.

Locations: Olten, Balsthal, Breitenbach, Dornach

Contact: ☎ 079 676 01 02 | info@jugendberatungost.ch
jugendberatungost.ch

Counselling for Young People in the western part of the canton (Perspektive)

Counselling for young people in crises, conflicts and on questions about life.

Locations: Solothurn, Grenchen

Contact: ☎ 032 626 56 20 | jugendberatung@perspektive-so.ch
perspektive-so.ch

Multisystemic Counselling Arkadis

Supports and advises young people in issues relating to identity, development, sexuality and peer relationships.

Locations: Olten and Breitenbach

Contact: ☎ 062 287 00 00 | msb@arkadis.ch | arkadis.ch

Pro Juventute 147.ch – Counselling and Help for Children and Young People

Offers advice and support for children and young people by phone, chat, email or text message.

Contact: ☎ 147 | text to 147 | beratung@147.ch | 147.ch

School Psychological Service

Cantonal office for school and educational matters.

Contact: ☎ 032 627 29 61 | spd@dbk.so.ch

School Social Work

School social work is a service offered by the school that advises and supports children, young people and their caregivers in the event of worries, stress and disputes. Ask your local authority or school about school social work or visit the relevant websites.

Youth Police (JUPO)

The youth police work with young people of 18 with a view to prevention. They educate school

classes about violence and risks on the internet, visit youth centres and conduct investigations against young people.

Moreover, they are responsible for cases of missing children and young people

Couples and Families

Centre for Relationships Matters Canton of Solothurn (FABESO)

Offers counselling on relationships, family, pregnancy and sexuality. The first counselling session is free of charge. FABESO adjusts the costs of further sessions to your salary.

Locations: Solothurn, Grenchen, Olten, Breitenbach

Contact: fabeso.ch

Location Solothurn: ☎ 032 622 44 33 | solothurn@fabeso.ch

Location Grenchen: ☎ 032 652 19 22 | grenchen@fabeso.ch

Location Olten: ☎ 062 212 61 61 | olten@fabeso.ch

Location Breitenbach: ☎ 061 781 34 49 | breitenbach@fabeso.ch

Family Counselling Bucheggberg Wasseramt

Offers advice on relationships, separation, maintenance agreements, education, money or insurance.

Contact: familienberatung-bw.ch

☎ 032 628 20 60 | marlise.flueckiger@fabebw.ch

☎ 032 628 20 61 | franziska.binz@fabebw.ch

☎ 032 628 20 62 | alina.hasler@fabebw.ch

Frabina – Counselling Office for Binational Couples and Families, Female and Male Migrants

Offers advice on marriage, family reunification and divorce.

Locations: Solothurn, Olten

Contact: ☎ 032 621 68 60 | info@frabina.ch | frabina.ch

Multisystemic Counselling Arkadis

Offers advice on issues related to families/couples and in challenging situations (e. g. separation).

Locations: Olten and Breitenbach

Contact: ☎ 062 287 00 00 | msb@arkadis.ch | arkadis.ch

Websites on the Topic

so.feel-ok.ch

Information for young people on topics such as leisure, work, addiction, nutrition, sexuality and more.

Health

Alzheimer's Solothurn

Offers support for people with dementia, their families and their carers.

Contact: ☎ 062 212 00 80 | solothurn@alz.ch
alzheimer-schweiz.ch/so

Association palliative.so

Palliative care includes all measures for the support, care, and treatment of people with incurable, life-threatening, and/or chronically progressive diseases.

The Palliative Care Helpline of the Canton of Solothurn answers your questions about palliative care in the Canton of Solothurn: ☎ 079 894 17 89 (24/7)

On the Pallianet platform, you will find a selection of professional and volunteer services as well as event information.

Contact: ☎ 077 522 29 84 | info@palliative-so.ch
palliative-so.ch | pallianet.ch

Dementia Care Coordination Centre

Counselling and support for those affected and their loved ones in the Canton of Solothurn.

Contact: ☎ 062 212 31 73 | info@demenzleben-so.ch
demenzleben-so.ch

diabetessolothurn

Advises, supports and connects people with diabetes and their families.

Location: Olten: ☎ 062 296 80 82 | info@diabetessolothurn.ch
diabetessolothurn.ch

Leuchtturm Demenz (Lighthouse Dementia)

Supports people with dementia and their families as a counselling and coordination centre in the districts of Thierstein, Dorneck and Laufental.

Contact: ☎ 061 785 31 31 | susanne.tosch@leuchtturm-demenz.ch
leuchtturm-demenz.ch

Lung League Solothurn

Advises and supports people with lung diseases and their loved ones. Helps people who want to stop smoking.

Locations: Solothurn, Olten, Breitenbach

Contact: info@lungenliga-so.ch | lungenliga-so.ch

Location Solothurn: ☎ 032 628 68 28

Location Olten: ☎ 062 206 77 55

Location Breitenbach: ☎ 061 785 70 10

Patients' Centre Aargau Solothurn

Advises and supports patients in all areas of the healthcare system (e.g. in insurance matters, in the event of conflicts or medical errors, and before planned operations).

Contact: ☎ 062 823 11 66 | patientenstelle-ag-so@hin.ch
patientenstelle-aargau-solothurn.ch

Rheumatism League Solothurn

Supports and advises people with rheumatism and their loved ones. Offers exercise classes and aids for people with rheumatism.

Contact: ☎ 032 623 51 71 | rheumaliga.so@bluewin.ch
rheumaliga.ch/so

Solothurn Cancer League

Advises and supports people with cancer and their loved ones.

Locations: Solothurn, Olten, Dornach

Contact: info@krebsliga-so.ch | solothurn.krebsliga.ch

Location Solothurn and Dornach: ☎ 032 628 68 10

Location Olten: ☎ 032 628 68 13

Websites on Topic

hebsorg.ch (take care)

Information and support on topics such as health, nutrition, exercise, violence and addiction.

Migrants

Frabina – Counselling Office for Binational Couples and Families, Female and Male Migrants

Offers advice on immigration law, integration, family reunification, marriage, relationships and separation.

Locations: Solothurn, Olten

Contact: ☎ 032 621 68 60 | info@frabina.ch | frabina.ch

Legal Advice Office for Asylum Seekers Solothurn (REBASO)

Advises and supports asylum seekers on legal matters related to asylum law (e.g. asylum procedures, family reunification, hardship cases, change of canton, persons required to leave the country). In certain cases, REBASO will provide the legal representation.

Contact: ☎ 032 621 22 29 | rebaso@heks.ch | heks.ch

Money, Debts, Budget

Budget Counselling Aargau-Solothurn

Helps you manage your finances or get them back under control.

Locations: Solothurn, Grenchen

Contact: ☎ 062 822 84 34 | info@budgetberatung-so.ch
schulden-ag-so.ch

Debt Counselling Aargau-Solothurn

Helps and advises on issues related to debt. Free of charge for residents of the municipalities of Bettlach, Grenchen, Selzach and Lommiswil.

Locations: Solothurn, Grenchen

Contact: ☎ 0800 708 708, 062 822 82 11

info@schulden-ag-so.ch | schulden-ag-so.ch

Parents and Upbringing

kompass

Advises parents in matters relating to upbringing.

Contact: ☎ 032 624 49 39 | mail@kompass-so.ch | kompass-so.ch

Mother and Father Counselling

Advises parents on the health, nutrition and upbringing of babies and toddlers.

Contact: info@muetterberatung-so.ch | muetterberatung-so.ch

Multisystemic Counselling Arkadis

Offers advice and support on topics related to parenting, school, and challenging behaviour.

Locations: Olten and Breitenbach

Contact: ☎ 062 287 00 00 | msb@arkadis.ch | arkadis.ch

Parents' Emergency Helpline

Helps parents and guardians in matters relating to upbringing.

Contact: ☎ 0848 35 45 55 | 24h@elternnotruf.ch
elternnotruf.ch

Pro Juventute Mother and Father Counselling

Offers help for parents and caregivers of toddlers up to the age of 5 by phone and chat. Counselling is available from Monday to Friday, 7pm to 10pm and on Saturday from 9am to 11am.

Contact: ☎ 044 256 77 99

projuventute.ch/muetterberatung-vaeterberatung

Websites on the Topic

meinteenager.ch

Information and videos for parents of teenage children.

parentu.ch

Info app for smartphones for parents on education and upbringing.

People with Disabilities

Procap Kanton Solothurn

Advises people with disabilities on matters of social insurance law and offers legal representation if needed. Procap also offers leisure and sports programmes. The first counselling session is free of charge.

Location: Olten

Contact: ☎ 062 206 88 92 | procap.so@bluewin.ch | procap-nws.ch

Pro Infirmis Aargau-Solothurn

Supports people with disabilities and their families.

Contact: ☎ 058 775 10 50 | ag.so@proinfirmis.ch | proinfirmis.ch

Pregnancy and Birth

Centre for Relationship Matters Canton of Solothurn (FABESO)

Offers counselling on relationships, family, pregnancy and sexuality. The first counselling session is free of charge. FABESO adjusts the costs of further sessions to your salary.

Locations: Solothurn, Grenchen, Olten, Breitenbach

Contact: fabeso.ch

Location Solothurn: ☎ 032 622 44 33 | solothurn@fabeso.ch

Location Grenchen: ☎ 032 652 19 22 | grenchen@fabeso.ch

Location Olten: ☎ 062 212 61 61 | olten@fabeso.ch

Location Breitenbach: ☎ 061 781 34 49 | breitenbach@fabeso.ch

Specialist Centre for Child Loss

Supports parents and accompanying professionals in the event of the death of a child during pregnancy, birth and in the first months of its life.

Contact: ☎ 031 333 33 60 | fachstelle@kindsverlust.ch
kindsverlust.ch

Mamamundo Solothurn

Offers prenatal classes in many languages.

Contact: ☎ 077 504 85 48 | solothurn@mamamundo.ch
mamamundo.ch

Websites on the Topic

hebammensuche.ch (looking for a midwife)

The midwife supports parents during family planning and before and after the birth.

You can find a midwife near you on the hebammensuche.ch website.

schwangerschaft-ohne-alkohol.ch (pregnancy without alcohol)

Alcohol can harm the unborn child. Information and support for a pregnancy without alcohol.

Psychological Health

Adult Psychiatry (Psychiatric Services of the Solothurn Hospitals soH)

Support and treatment of mental illnesses and severe life crises in adults aged 18 and over.

Solothurn: ☎ 032 627 14 60 | ambi-solothurn.pd@spital.so.ch

Olten: ☎ 062 311 52 10 | ambi-olten.pd@spital.so.ch

Grenchen: ☎ 032 627 18 20 | ambi-grenchen.pd@spital.so.ch

Counselling for Relatives and Friends (Psychiatric Services of the Solothurn Hospitals soH)

Counselling for relatives and friends of people with mental illnesses.

Contact: ☎ 032 627 11 11

angehoerigen-beratung.pd@spital.so.ch

Emergency and Crisis Ambulance (NoKiA) for Adults (Psychiatric Services of the Solothurn Hospitals soH)

Helps with psychiatric emergencies involving adults.

Location Solothurn: ☎ 032 627 11 11

Location Olten: ☎ 062 311 52 10 from Monday to Friday

8am to 5pm, after 5pm and at the weekend: ☎ 032 627 11 11

Outpatient Clinics for Children and Young People (Psychiatric Services of the Solothurn Hospitals soH)

Helps with psychiatric emergencies involving children and adolescents.

Locations Solothurn and Grenchen: ☎ 032 627 17 00

Locations Olten and Balsthal: ☎ 032 627 18 50

Suicide Prevention Centre (Psychiatric Services of the Solothurn Hospitals soH)

Advises and supports those affected, their loved ones, surviving dependents and professionals on issues related to suicidal tendencies (e.g. thoughts of taking one's own life, a case of suicide in the class, etc.).

Solothurn: ☎ 032 627 14 44 | suizidpraevention@spital.so.ch

In case of emergency: ☎ 032 627 11 11 | contact the emergency and crisis ambulance service (NoKiA) around the clock at Psychiatric Services of the Solothurn Hospitals soH.

Websites on the Topic

inCLOUSiv.ch

Platform for sharing information and experiences on psychological health.

promentesana.ch

Free counselling on legal or psychosocial issues for people with a mental impairment and other caregivers.

reden-kann-retten.ch (talking can save lives)

Infos and support around the topic of suicide.

wie-gehts-dir.ch (how are you)

Information website around the topic of psychological health.

Racism and Discrimination

Frabina – Contact Point for Racism and Discrimination Canton of Solothurn

Offers information and advice for victims and witnesses of racism and racial discrimination.

Locations: Solothurn, Olten

Contact: ☎ 032 621 68 60 | info@frabina.ch | frabina.ch

Relief

Active Domestic Help Pro Senectute

Supports elderly people in their own home and cares for them at home, for example, as a relief for caregiving loved ones.

Contact: ☎ 032 626 59 59 | info@so.prosenectute.ch

so.prosenectute.ch

Childcare at Home Red Cross Solothurn

Supports and relieves the burden on families in need by taking care of their children.

Contact: ☎ 032 653 33 74 | roki@srk-solothurn.ch

srk-solothurn.ch

Relief Service Red Cross Solothurn

Supports and provides relief for people caring for loved ones.

Contact: ☎ 032 622 37 20 | entlastung@srk-solothurn.ch

srk-solothurn.ch

Relief Service Switzerland, Aargau-Solothurn

Offers care for children, adults and the elderly.

Contact: ☎ 058 680 21 50 | ag-so@entlastungsdienst.ch

entlastungsdienst.ch/aargau-solothurn

Transport Service Red Cross Solothurn

Affordable transport service for elderly, sick or disabled people who cannot drive a car themselves.

Contact: ☎ 0848 084 899 | fahrdienst@srk-solothurn.ch

srk-solothurn.ch

Self-Help

Contact Point Self-Help Canton of Solothurn

Provides advice on self-help and facilitates self-help groups on over 80 topics.

Contact: ☎ 062 296 93 91 | info@selbsthilfesolothurn.ch

selbsthilfesolothurn.ch

Further groups are listed on selbsthilfes Schweiz.ch.

Queer Mittelland

Organises meeting places and offers support and discussion services for queer people. Queer people are people who are not clearly male or female or who love people of the same sex.

Contact: info@queer-mittelland.ch | queer-mittelland.ch

Solothurn Lesbisch Schwul So-lesch.ch (Lesbian-Gay)

Meets every Tuesday for joint activities and discussions.

Contact: info@so-lesch.ch | so-lesch.ch

Seniors

Pro Senectute Canton of Solothurn

Provides advice to seniors on all topics related to aging, such as money, housing, moving into a care home, retirement planning, health and more.

Contact: ☎ 032 626 59 59 | info@so.prosenectute.ch
so.prosenectute.ch

Social Counselling Service

Pro Senectute Canton of Solothurn

Advises and supports elderly people and their loved ones.

Contact: info@so.prosenectute.ch | so.prosenectute.ch

Dorneck-Thierstein: ☎ 061 781 12 75

Grenchen-Bucheggberg: ☎ 032 653 60 60

Olten-Gösigen: ☎ 062 287 10 20

Solothurn, Wasseramt, Thal, Gäu: ☎ 032 626 59 79

Regional Church Social Counselling Caritas Solothurn

Offers advice on topics such as everyday life, integration, partnership or money and provides support with administrative or digital matters.

Locations: Solothurn, Grenchen

Contact: ☎ 032 623 08 91 | sozialberatung@caritas-solothurn.ch
caritas-solothurn.ch

Administrative support and Digi-meeting each Thursday from 4pm to 6pm.

Social Counselling in the Municipalities

Free initial counselling and referral to other specialist services to help with personal difficulties.

Social Region of Bucheggberg/Biberist/Lohn – Location Biberist:

☎ 032 671 12 60

Social Region of Dorneck – Location Dornach:

☎ 061 706 25 50

Social Region of Mittlerer/Unterer Leberberg – Location Solothurn:

☎ 032 625 60 80

Social Region of Oberes Niederamt – Location Dulliken:

☎ 062 285 57 55

Social Region of Unteres Niederamt – Location Däniken:

☎ 062 858 26 00

Social Region of Olten/Trimbach – Location Olten:

☎ 062 206 12 26

Social Region of Solothurn – Location Solothurn:

☎ 032 626 92 57

Social Region of Thal-Gäu – Locations Balsthal and Oensingen:

☎ 062 531 01 00

Social Region of Thierstein – Location Breitenbach:

☎ 061 785 90 00

Social Region of Untergäu – Location Hägendorf:

☎ 062 209 17 50

Social Region of Wasseramt – Location: Zuchwil:

☎ 032 681 74 00

Social Region of Zuchwil/Luterbach – Location Zuchwil:

☎ 032 686 52 32

Spiritual Guidance

Christkatholischer Synodalverband des Kantons Solothurn (Christ Catholic Synodal Association of the Canton of Solothurn)

Contact: erika.schranz@christkatholisch.ch

Evangelisch-reformierte Kirche Kanton Solothurn (Reformed Evangelical Church Canton Solothurn)

Contact: ☎ 077 502 31 46 | sekretariat@ref-so.ch

Islamischer Kantonalverband Solothurn (Islamic Cantonal Association)

Contact: info@ikso.ch

Römisch-katholische Kirche: Bistum Basel (Roman Catholic Church: Diocese of Basel)

Contact: ☎ 032 625 58 25 | generalvikariat@bistum-basel.ch

Violence

Centre for Cantonal Threat Management (KBM)

Point of contact for private individuals, employees of the canton, municipalities, schools and institutions who are the target of threats, violence or stalking or who have questions or concerns regarding such issues.

Location: Police Station Biberist

Contact: ☎ 032 627 86 86

bedrohungsmanagement@kapo.so.ch | so.ch/kbm

Centre for prevention and counselling in cases of paedophilia and child sexual abuse

Counsels people with a sexual preference for minors, as well as relatives and professionals.

Contact: ☎ 031 543 44 99 | info@beforemore.ch

beforemore.ch

Centre Radicalisation and Extremism

Helps people dealing with radicalised individuals or where radicalisation is suspected. Also helps people who want to quit radicalised circles. Anonymous if requested.

Contact: ☎ 032 627 98 29 | brueckenbauer@kapo.so.ch

Counselling Centre Female Genital Cutting (FABESO)

Counselling for women and girls as well as family members affected by female genital cutting.

Professional female interpreters are available if required.

The counselling service is free of charge.

Locations: Solothurn, Grenchen, Olten, Breitenbach

Contact: fabeso.ch

Location Solothurn: ☎ 032 622 44 33 | solothurn@fabeso.ch

Location Grenchen: ☎ 032 652 19 22 | grenchen@fabeso.ch

Location Olten: ☎ 062 212 61 61 | olten@fabeso.ch

Location Breitenbach: ☎ 061 781 34 49 | breitenbach@fabeso.ch

Counselling Centre Victim Support Solothurn

Supports and advises victims of violence and accidents.

The Solothurn victim support centre works with both female and male interpreters. They are able to translate into all languages.

Contact: ☎ 062 311 86 66 | opferberatung@ddi.so.ch

opferhilfe.so.ch

Counselling Centre Violence for Offenders

Counselling for people who have used violence or who fear they may use violence.

Contact: ☎ 032 627 29 92 | beratunggewalt@ddi.so.ch

beratunggewalt.so.ch

Women's Shelter Aargau-Solothurn

Here women find protection from violence.

Contact: ☎ 062 823 86 00 | info@frauenhaus-ag-so.ch

frauenhaus-ag-so.ch

Websites on the Topic

female-genital-cutting.ch

Online-Counselling for families, to help prevent the cutting of girls.

zwangsheirat.ch (forced marriage)

Support and advice for those affected and professionals.

Gesundheitsamt
(Public Health Authority)
Health Promotion & Prevention

*Ambassadors'hof
Riedholzplatz 3
4509 Solothurn
Phone 032 627 93 71
praevention@ddi.so.ch
so.ch/praevention*



so.ch/beratungsangebote

