

■ LV Selbsthilfe ADB

[LV Selbsthilfe is short for Landesvereinigung Selbsthilfe = Berlin State Self-Help Association, and ADB is Anti-Diskriminierungs-Beratung = anti-discrimination counselling.]

We have been a project of LV Selbsthilfe since 2012. We aim for overcoming discrimination and for equal treatment.

In addition to providing individual advice to those affected by discrimination, we provide:

- › **Education and public relations**
- › **awareness**
- › **information**
- › **and networking**

to cause a change on a social level.

We aim for a society in which discrimination has no place!

According to section 10 of the Berlin State Anti-Discrimination Act we are recognised as an anti-discrimination organisation with the right to bring collective claims.

We are a member of the Anti-Discrimination Association Germany (Antidiskriminierungsverband Deutschland, abbreviated advd) and are funded by the State Office for Equal Treatment – Against Discrimination.



**Landesstelle
für Gleichbehandlung –
gegen Diskriminierung**

Our goal is to enforce your rights!

We advise free of charge.

Interpreters can be brought in.

Please contact us:

**Antidiskriminierungsberatung
Alter, Behinderung, Chronische Erkrankung**

Ein Projekt der

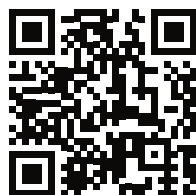
Landesvereinigung Selbsthilfe Berlin e.V.

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› **telephone: 030 / 27 59 25 27**

› **email: adb@lv-selbsthilfe-berlin.de**

www.diskriminierung-berlin.de



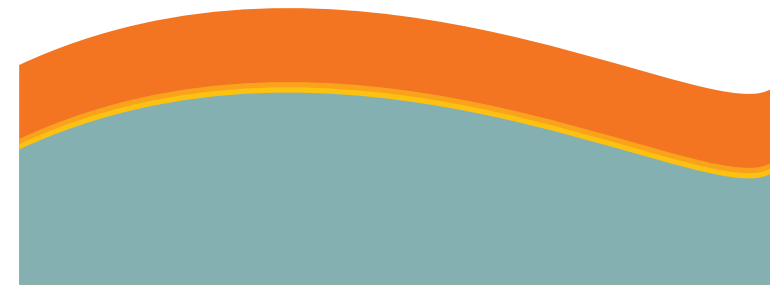
diskriminierung-berlin.de



Landesvereinigung
Selbsthilfe Berlin e.V.



**anti
discrimination
counselling**
*age, disability,
chronic disease*



Counselling

We advise and support people in Berlin who are discriminated against due to

- › *disabilities*
- › *chronic diseases*
- › *or age*

Discrimination

Discrimination can be understood as:

- › *disadvantage*
- › *exclusion*
- › *or unequal treatment of people*

Examples can be:

- › *access obstacles and barriers,*
- › *pejorative behavior,*
- › *incomprehensible language*
- › *or the refusal of social security benefits.*

We work on the basis of the General Equal Treatment Act.

Principles

We work

- › *confidentially*
- › *independently*
- › *and we take your side*

Your perspective, your interests and goals are always the focus of the counselling!

Ways we help

We give advice

- › *by phone*
- › *online*
- › *via mail*
- › *in person in our consulting rooms*
- › *or, if necessary, in your home environment.*

In consultation with you

- › *we write letters of complaint*
- › *we accompany you to important appointments*
- › *and give advice in possible legal action.*

Examples of discrimination

I just can't find an apartment that is wheelchair accessible. I cannot visit relatives or friends either if I cannot get to them in my wheelchair!

„Young, dynamic team is looking for...“ – when looking for work I get the feeling that I am not wanted.

I have a learning disability. But that does not mean that someone has to take care of me all the time or make decisions on my behalf!

Mental illness is still fraught with prejudice. During my studies I had to keep explaining that I am ill – and not just lazy.

Because I have a chronic disease, people think I am not productive. Shortage of qualified workers?! I don't notice anything about this when I apply for work.

