



**PRÉFET
DE LA MOSELLE**

*Liberté
Égalité
Fraternité*



S.O.S SOLIDARITY

Useful addresses guide



English version

2024

USEFUL NUMBERS

(Freephone numbers from landlines, 7 days a week, 24 hours a day)

EUROPEAN EMERGENCY CALL **112**



SAMU SOCIAL - SOS SANS ABRI

*(Referral to accommodation services)
Integrated reception and orientation service (SIAO)*

115

CHILDREN IN DANGER

119

VIOLENCE AGAINST WOMEN INFO

39 19

DRUG INFO SERVICE

**0 800 23 13 13
ou 01 70 23 13 13**

ALCOHOL LISTENING

0 811 91 30 30



Sexually Transmitted Disease (STD)

0 800 840 800



SUMMARY



Where to sleep?



Where to eat?



Where can I find clothing?



Where to wash?



Food aid



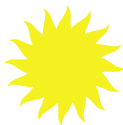
Mobile distribution



Where can I wash my clothes?



Welcome - listening - orientation



Day care

*Find all this information
in alphabetical order by
city, **from page 4 to
page 34.***



Où se soigner ?

- Hospitals_____ From page 36 to 38
- Alcohol addiction_____ From page 39 to 40
- Drug addiction_____ On page 41
- CPAM_____ From page 42 to
- 44
- Point Accueil Ecoute des Jeunes_____ From page 45 à 46



How can I get specific help? _____ From page 47 to 57

LEGEND

Public:



Men



Women



Couple

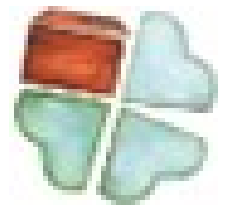


Children



Dogs
welcome

Associations :



ALGRANGE



Rue Jeanne d'Arc

Phone : 07 50 50 36 61

Times and days: Friday and Saturday from 10am to 12pm



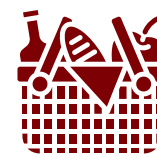
ARS-SUR-MOSELLE



5 rue des haies

Phone : 03 87 30 42 93

*Times and days: Tuesdays and Fridays, 10am to 12pm and 1:30pm to 4pm
Thursdays, 9 to 11 am*



1 rue de l'Abbé Thouvenin

Phone : 07 48 15 88 52

Times and days: Monday, 2 to 4 pm by appointment



1 rue de l'Abbé Thouvenin

Phone : 03 87 21 48 83

Times and days: Tuesday, 2pm to 5pm



AUDIN-LE-TICHE



96 rue Salvadore Allende

Times and days: Wednesday and Friday, 3:30 to 5pm

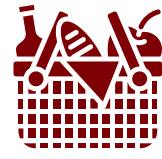


BEHREN-LES-FORBACH



Annexe Chateaubriand

Times and days: Tuesday, 2pm to 5pm



BETTING



CHRS - Grands Marginaux device

89 Ancienne route de Betting

Phone : 03 87 81 19 65

Times and days: Every day, 24 hours a day

Men of legal age only welcome



BITCHE



13 Glacis du Château

Phone : 09 83 08 41 77

Times and days: Thursday, 10am to 12pm and 1:30pm to 5pm



BOULAY



8 rue du Général Newinger

Phone : 07 57 45 84 89

Times and days: Tuesday, 9:30 to 11am





8 rue du Général Newinger

Phone : 03 87 35 04 78

Times and days: Tuesday, 8:30am to 12:30pm and 1:15pm to 4:30pm

Wednesday, 8:30am to 12pm



**SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL**
FONDÉE PAR FRÉDÉRIC OZANAM



8 rue du Gal Newinger

Phone : 06 52 15 68 33

Times and days: By appointment

BOUZONVILLE



3 place du Gaulle

Phone : 03 87 57 98 03

Times and days: Monday, 2 to 4pm



6 cours de l'Abbaye

Phone : 07 57 46 74 40

Times and days: Tuesday, 9:30 to 11am



Rue d'Eller

Phone : 03 87 63 72 21

Times and days: Wednesdays, 9am to 12pm

Fridays, 2 to 5 pm



CHÂTEAU-SALINS



Place de la Saline

Phone : 06 83 87 91 58

Times and days: Tuesdays, 8am to 5pm

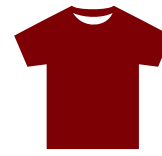


CREUTZWALD



6 rue de Bretagne

Times and days: Mondays and Fridays, 8:30am to 11:30am



**SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL**
FONDÉE PAR FRÉDÉRIC OZANAM

6 rue de Bretagne

Phone : 06 62 51 49 05

Times and days: By appointment



**SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL**
FONDÉE PAR FRÉDÉRIC OZANAM

22 rue de Rouen

Phone : 06 61 02 01 71

Times and days: To be redirected to Creutzwalds social worker





Phone: 06 74 30 57 84

Heure et jours : Odd week from 1pm to 4pm



DELME



Presbytère - Rue Général Nassooy

Phone : 07 84 27 89 51

Times and days: By appointment



DIEUZE



114 chemin du Calvaire

Phone : 03 87 86 92 08

Times and days: Thursdays, 2 to 4pm



114 chemin du Calvaire

Phone : 03 55 14 09 79

Times and days: Thursdays, 9am to 12pm

Wednesdays, 1pm to 5pm (personal assistance)



2 Bis rue du Prel

Phone : 06 75 80 67 79

Times and days: By appointment



FAMECK



Association d'information et d'entraide mosellane

CHE Orne Fensch

2A Avenue de Gascogne

Phone : 03 82 59 47 47

*Times and days: Mondays, Tuesdays, Thursdays and Fridays,
8:30 am to 12:30 pm and 1:30 pm to 5:30 pm
Wednesdays, 8:30 am to 12:30 pm*



7c rue du Général Henry

Phone : 09 60 50 43 00

Times and days: Tuesdays, 1:30 to 6:30pm



FARÉBERSVILLER



Rue de la Fontaine

Phone : 09 83 22 09 95

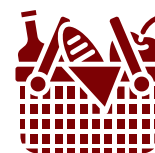
Times and days: Monday, 9am to 12pm and 1pm to 5pm



1 rue de Cocheren

Phone : 03 87 75 11 22

Times and days: Wednesday, 2 to 4pm



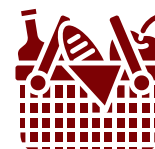
FAULQUEMONT



7 rue de Nancy

Phone : 09 83 20 12 64

Times and days: Wednesdays, 1:30 to 3pm





7 rue de Nancy

Phone : 03 87 91 56 32

*Times and days: Fridays, 1:45pm to 3:45pm Tuesdays, 9am to 12pm and
Wednesdays, 2pm to 4:30pm (clothing)*



FOLSCHVILLER



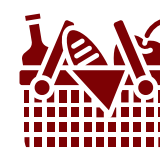
Espace Patrick Gehl - rue Lamartine

Phone : 09 87 90 30 30

Times and days: 2nd Thursday of the month (distribution)

Tuesday, 2:30 to 4pm (clothing)

Closed in August and September



FLORANGE



41 rue de l'Argonne

Phone : 03 82 58 89 61

Times and days: Laundromat Monday to Friday, 9am to 12pm



CHRS

8 rue René Descartes

Phone : 03 82 87 75 00

Times and days: Every day 24 hours a day / Reception until 6:30pm

Overnight stop during the cold season



Presbytère de Florange

Phone : 06 81 05 84 02

Times and days: Fridays from 2 to 5pm every 15 days



FLORANGE - Rosselange



Foyer AMLI - 75 rue du Buswald

Phone : 07 62 73 15 75

FORBACH



34 rue du Rempart

Phone : 03 87 85 31 25

Times and days: Office: Monday to Friday, 8am to 5pm

Store: Tuesday to Saturday, 2pm to 6pm

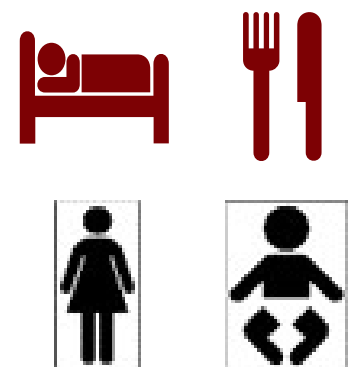


CHRS - Espoir

2D rue Nationale

Phone : 03 87 85 31 25

Times and days: Every day, 24 hours a day



15 rue de Remsing

Phone : 03 87 88 57 17

Times and days: Tuesdays, 9 to 11am.



56 Avenue Saint Rémy

Phone : 09 83 08 60 18

Times and days: Thursdays and Fridays, 8am to 12pm and 2pm to 5pm





Avenue St-Rémy-Mairie

Phone : 07 89 26 13 20

Times and days: Wednesdays, 2pm to 4pm (reception)

Food aid - By appointment



11 rue Bellevue

Phone : 07 81 18 06 69

Times and days: Wednesday even week from 2pm to 4pm



SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL
FONDÉE PAR FRÉDÉRIC OZANAM



Presbytère - 22 rue de l'Eglise

Phone : 06 03 19 44 06

Times and days: By appointment



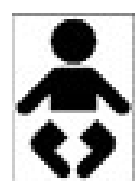
CHE

19C rue Nationale

Phone : 03 87 87 27 62

*Times and days: Every day from 8:45 to 11:45am
and from 1:45 to 4:45pm*

*Couples or single people with at least one child
at least one child aged +3*

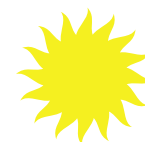


64 avenue Saint Rémy

Phone : 07 60 05 44 96

Times and days: Monday to Friday, 8:30am to 12:30pm

Open to all publics



FREYMING-MERLEBACH



2 avenue mile Huchet

Times and days: Thursdays, 2pm to 4pm (reception)

Tuesdays and Wednesdays, 2pm to 4pm (clothing)



GANDRANGE



81 rue Louis Jost

Phone : 03 87 58 64 77

Times and days: Tuesdays and Thursdays, 10 to 11:30am and 1:30 to 5pm



GUEBENHOUSE



28 rue Clémenceau

Phone : 07 57 48 77 28

Times and days: Saturdays, 9am to 12pm



GUENANGE



11 boulevard Pont

Phone : 03 82 83 74 95

Times and days: Tuesdays from 2 to 4pm



HAGONDANGE

ASSOCIATION FAMILIALE PROTESTANTE AMITIE EN ACTION



5 rue des Dinandiers

Phone : 03 87 60 00 63

Times and days: Mondays and Fridays from 2 to 6pm



37 rue de Metz

Phone : 03 87 71 21 02

Times and days: Tuesday to Friday, 2pm to 5pm



Place de l'Eglise

Phone : 06 72 70 28 95

Times and days: Mondays, 2pm to 4pm (food aid)

Tuesdays, 2pm to 4pm (personal assistance)



HAYANGE



10 rue Jean Jaurès

Phone : 03 82 58 42 76

Times and days: Mondays, 8am to 11am

Fridays 8am to 12pm and 1:15pm to 5pm



1 rue René Israël

Phone : 03 82 54 82 99 or 07 57 44 29 59

Times and days: By appointment on Mondays from 2:30 to 4:30 pm

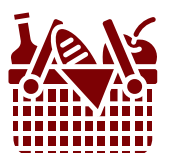
Breakfast on Tuesday morning



10 rue Jean Jaurès

Phone : 03 82 54 15 65

Times and days: Wednesday, 2 to 4:30 pm



HOMBOURG-HAUT



33 rue Principale-HELLERING

Phone : 06 83 46 64 63

Times and days: By appointment

IMLING



15 route de Nancy - Zone cap Ouest

Times and days: Tuesdays, 2 to 5pm

Fridays, 2 to 5:30pm

2nd Saturday of the month, 1pm to 5:30pm



L'HOPITAL



Rue des sports

Phone : 06 31 28 69 99

Times and days: By appointment



8 rue Jean de Conti

Phone : 09 83 65 22 96

Times and days: Tuesdays, 2 to 5pm



LE BAN ST MARTIN



28 avenue de la Liberté

Phone : 06 74 78 81 99

Times and days: By appointment

MAIZIERES-LES-METZ



47 Grande Rue

Phone : 03 87 51 95 62

Times and days: Mondays, 2 to 5pm

Thursdays, 9 to 11am and 2 to 5pm



MARANGE-SILVANGE



Place des Anciens Combattants

Phone : 06 76 12 72 73

Times and days: Tuesdays, 2 to 5pm



METZ



1 avenue de Blida

Phone : 03 87 30 51 33

*Times and days: Monday to Saturday, 9 to 11:30am
and from 1:30 to 4:30 pm
Minors are not welcome
For lunches, please call 115*



CHRS

17 bis avenue de Blida

Phone : 03 87 32 33 07

Times and days: 24 hours a day, every day

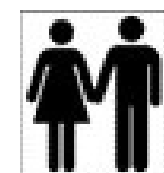


CHU - Couples

17 ter avenue de Blida

Phone : 03 87 32 33 07

Times and days: Open every day



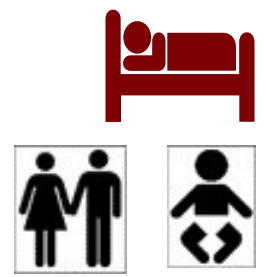
CAHU CHRS

4 place Sainte Croix

Phone : 03 87 37 00 35

Times and days: Call 115 to be taken in





CHEM

16-18 Rue du Stoxey

Phone : 03 87 37 99 50

Times and days: Monday to Friday, 8am to 12:30pm and 1:30pm to 5:30pm



4 rue de Stoxey

Phone : 09 53 19 54 84 (Standard)

06 29 02 45 26 (President)

06 13 36 48 48 (Vice-president)

Times and days: Fridays, 1 to 4pm



Metz — Borny : 11 rue de Champagne

Phone : 03 87 75 59 10

Times and days: Wednesdays and Fridays from 2 to 5pm



Caribout'chou

6A boulevard Paixhans

Phone : 03 87 36 83 58

Times and days: Monday to Friday, 9am to 12pm and 2pm to 5pm (by appointment)



CHRS Young girls

6 rue marchand

Phone : 03 87 75 07 26

Times and days: Every day, 24 hours a day Audience: 16 to 30 years old





17 place Sainte Glossinde

Phone : 03 87 75 77 55

Times and days: Thursdays, 9 to 11:30am

Saturdays from 9 to 11am for French courses (online registration)



7 rue Clovis

Phone : 03 87 18 45 00

Times and days: Monday to Friday, 8am to 1pm



CHRS Young men

15 en Nexirue

Phone : 03 87 37 79 60

Times and days: Call 115 to be taken in

Open to 18-25 year olds



Place de la Comédie and place Charles de Gaulle

Phone : 03 87 75 59 10

Times and days: Saturday from 6:30pm to 8:15pm



ORDRE DE MALTE
FRANCE

Au pied de la Cathédrale de St Etienne de Metz

Phone : 06 86 23 89 04

Times and days: Sundays from mid-November to end of May, 9am to 12pm



Metz - Bellecroix : 2 avenue de Lyon

Phone : 09 82 61 55 10

Times and days: Monday, Tuesday and Wednesday, 9am to 12pm and 1:30pm to 4:30pm

Thursday, 9am to 12pm

Friday by appointment



Metz — Borny : 20 rue du Dauphiné

Phone : 09 82 61 55 10

Times and days: Monday, 1:30 to 4:30 pm (for students, 5 to 6:45 pm)

Wednesday, 9:30 am to 12 pm and 1:30 pm to 4:30 pm

Friday, 1:30 to 4:30 pm





Metz — Nord : 69 rue Pierre et Marie Curie

Phone : 03 87 32 20 61

Times and days: Wednesday, 2 to 4:45 pm

Thursday, 9 am to 11:45 am and 2 pm to 4:45 pm



Metz — Sud : 191 Avenue André Malraux

Phone : 03 87 62 37 83

Times and days: Monday, 1:30pm to 4pm (registration)

Tuesday, 8:30am to 11:30am

Thursday, 8:30am to 11:30am and 1:30pm to 4:30pm

Friday, 8:30am to 11:30am



Place de la Comédie (bus)

Phone : 06 03 70 90 09

Times and days: Every working day from 6pm to 9pm in winter

Wednesdays from 6pm to 9pm in summer except July and August



5 rue des Augustins

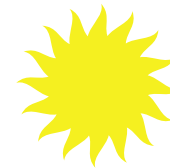
Phone : 03 87 36 49 16

Times and days: By appointment

Breakfast from 8:30 to 11:30 every day

Showers Monday to Friday mornings

Laundry Tuesday to Friday, 8:30am to 12:30pm



Metz — Borny : 21 boulevard de Provence

Phone : 03 87 76 21 56

Times and days: Breakfast on Wednesdays from 9:30 to 11:30am



Metz — Centre : 35 rue des Allemands

Phone : 06 38 78 04 65

Times and days: Tuesday, Wednesday and Thursday afternoons





12 rue aux Ossons

Phone : 03 87 75 08 16

Times and days: Open every day from 1:30pm to 4pm



Metz - Borny : 7 rue du Dauphiné

Phone : 07 69 66 33 82

Times and days: Wednesday even week



Metz - Patrotte: 1 rue Paul Chevreux

Phone : 07 83 84 91 05

Times and days: Friday, 8:30am to 10:30am



SOLIDARIBUS - Students

Phone : 06 73 17 97 93

Times and days: On campus, Wednesday afternoons



**SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL**
FONDÉE PAR FRÉDÉRIC OZANAM



4-5-6 rue de Toulouse

Phone : 06 65 57 16 73

Times and days: By appointment

METZERVISSE



Presbytère de Metzervisse

Phone : 07 89 30 65 27

Times and days: By appointment



MONTIGNY-LES-METZ



3 Bis rue de l'Abbé Châtelain

Phone : 06 49 47 97 14

Times and days: Monday, Tuesday, Wednesday by appointment



73 rue Franiatte

Phone : 06 49 28 97 99

Times and days: By appointment



MORHANGE



1 avenue du Maréchal Leclerc

Phone : 03 87 86 23 07

Times and days: 3rd Tuesday of the month from 1 to 5pm



1 rue Robert Schumann

Phone : 03 87 01 45 51

Times and days: Mondays, 9am to 12pm and 1:30pm to 5pm



24 rue Pasteur

Phone : 06 85 39 34 98

Times and days: By appointment



MOYEUVRE-GRANDE



24 rue Poincaré

Phone : 06 33 09 83 22

Times and days: once a month on Tuesday and Wednesday afternoons



NILVANGE



12 rue Victor Hugo

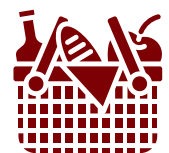
*Times and days: Tuesdays, 2 to 5pm
Thursdays, 2 to 4:30pm*



2 rue Victor Hugo

Phone : 06 82 86 58 82

Times and days: Wednesday mornings, every 3 weeks



OTTANGE



Rue de la Digue

Phone : 06 87 32 75 09

Times and days: Wednesday, 1:30 to 4pm

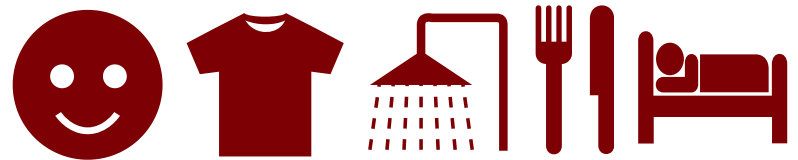


PELTRE



chemin d'Emmaüs Peltre

Tél : 03 87 74 95 88



Times and days: Tuesdays, 1:30pm to 5:30pm (Shop)

*Wednesday, Friday and Saturday, 9:30am to 12pm and
1:30pm to 5:30pm (Shop)*

*Monday to Friday, 9:30am to 12pm and 1:30pm to 4pm
(administrative department)*

PETITE-ROSSELLE



Rue Alexandre Hoffmann

Phone : 06 84 44 57 51

Times and days: By appointment

PHALSBOURG



Épicerie — 4 rue du Tour de France Deux enfants

Phone : 07 57 44 29 59

*Times and days: By appointment on Wednesdays from 2 to 4pm
and Saturdays from 9am to 12pm*



ROHRBACH-LES-BITCHE



Presbytère - 8 rue Pasteur

Phone : 06 01 95 28 54

Times and days: By appointment

ROMBAS



Maison du lien social - 2A rue du Maréchal Liautey

Phone : 07 85 85 03 74

Times and days: By appointment from 10am to 12pm



ST AVOLD



1 route de Porcelette

Phone : 03 87 92 32 62

*Times and days: Open Thursdays from 2 to 5:30pm
Once a month on Mondays from 2 to 5:30pm
(food distribution)*



21 rue de Brack

Phone : 09 61 36 25 40

Times and days: Friday and Saturday, 8am to 11:30am



5 rue des Américains

Phone : 09 63 57 1588

Times and days: Mondays, 2 to 4pm

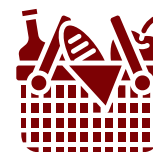




Maison des associations - 2 rue de Dudweiler

Phone : 03 87 91 05 34

*Time and days: 3rd Thursday of the month from October to July
Closed in August and September*



**SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL**
FONDÉE PAR FRÉDÉRIC OZANAM



1 rue Mangin

Phone : 06 86 06 82 38

Times and dates: By appointment

SAINTE-MARIE-AUX-CHÊNES



2C rue des Glycines

Phone : 07 44 88 46 25

Times and days: Tuesdays, 1:30 to 4:30pm



SARRALBE



Rue St Philippe

Phone : 03 87 97 82 34

Times and days: Wednesdays, 2 to 6pm



Maison des associations (salle 2) - Rue St Philippe

Time and date: Thursdays, 9:30 to 11am



SARREBOURG



1 rue basse

Phone : 03 87 23 77 47

Times and days: Thursdays, 1:45 to 5pm



Rue de l'Auvergne

Phone : 09 82 25 05 11

*Times and days: Monday and Tuesday, 1 to 4pm
Friday, 9am to 5pm*



Centre Malleray

Phone : 07 57 40 40 25

Times and days: Mondays, 1 to 2:30pm



SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL
FONDÉE PAR FRÉDÉRIC OZANAM

Avenue Clémenceau

Phone : 06 34 46 64 01

Times and dates: By appointment



SARREGUEMINES



22 rue Fulrad

Phone : 03 87 28 03 86

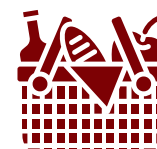
*Times and days: Tuesdays and Fridays, 9am to 12pm (by appointment)
Saturday, 2pm to 5pm (clothing)*



22 rue Fulrad

Phone : 09 83 49 81 27

*Times and days: Tuesdays, 9am to 12pm and 1pm to 5pm
Fridays, 2 to 4pm*



SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL
FONDÉE PAR FRÉDÉRIC OZANAM



63 rue Clémenceau

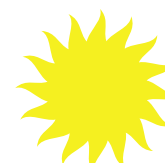
Phone : 07 62 73 57 12

Times and dates: By appointment



Udaf
Moselle

CHRS



22A rue Claire Oster

Phone : 03 87 95 27 96

Times and days: Mondays, Wednesdays and Fridays, 8:30am to 12:30pm



SEREMANGE-HERZANGE



171 rue Charles de Gaulle

Phone : 09 60 50 43 00

Times and days: Tuesdays, 2 to 4:30pm



SCHORBACH



Fermes des 2 sources

Phone : 03 87 06 15 00

Times and days: Open Monday to Friday



SIERCK-LES-BAINS



24 rue de l'Europe

Phone : 03 82 83 61 24

Times and days: Tuesdays and Thursdays, 9 to 11am



21 Passage Antoine de Lorraine

Phone : 06 83 46 73 14

Time and date: Fridays from 2 to 6pm



STIRING-WENDEL



Rue St Théodore

Phone : 09 83 07 05 32

Times and days: Thursdays, 8am to 12pm and 2pm to 5pm



**SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL**
FONDÉE PAR FRÉDÉRIC OZANAM



47 rue St Théodore

Phone : 06 08 02 23 29

Times and dates: By appointment

TALANGE



Rue Henri Barbusse

Phone : 07 57 41 34 16

Times and dates: By appointment



Ecole de musique — Rue Joliot Curie

Phone : 06 85 49 87 00

Times and days: Saturday, 9am to 12pm



THIONVILLE



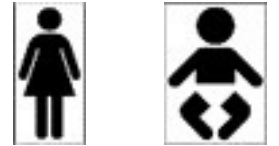
CHRS LE GITE FAMILIAL



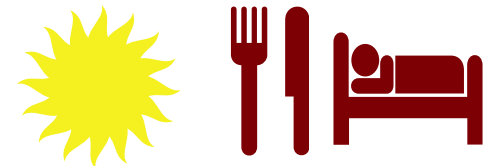
46 route de Metz

Phone : 03 82 34 91 55

Times and days: Every day, 24 hours a day



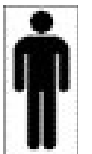
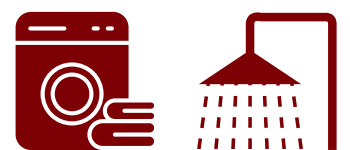
CHRS LE PHARE



5 rue des Écluses

Phone : 03 82 56 22 00

Times and days: Every day, 24 hours a day



CHE

4 rue Sainte Elisabeth

Phone : 03 82 53 92 65

*Times and days: Open to the public Monday to Friday, 8:30am to 12pm
and from 1 to 4:45 pm by appointment*

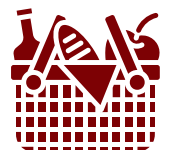


COLLECTIF THIONVILLOIS D'ACTION HUMANITAIRE

39 allée du Château de Gassion

Phone : 06 02 71 55 68

Times and days: Every 15 days from 8:30 to 11 am and from 2:30 to 4:30pm





Passage du dispensaire

Phone : 03 82 53 3766

Times and days: Monday, Tuesday, Thursday and Friday from 2 to 4pm



Avenue Comte de Bertier

Phone : 09 71 45 8929

*Times and days: Tuesday and Wednesday, 2 to 4:30pm
Thursday, 2 to 4pm*



5 impasse des Anciens Hauts Fourneaux

Phone : 03 82 82 35 21

Times and days: Monday, Wednesday, Thursday and Friday, 1:30 pm to 5 pm



27 rue de Strasbourg

Phone : 07 57 45 40 50

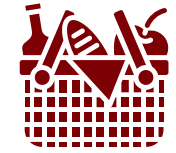
Times and dates: By appointment



7 rue du Moulins

Phone : 03 82 88 55 31 or 07 89 29 72 59

Times and days: Monday from 1 to 6pm and Wednesday from 2 to 5pm



SOCIÉTÉ DE
SAINT-VINCENT-DE-PAUL
FONDÉE PAR FRÉDÉRIC OZANAM



17 rue de la Perdrix

Phone : 06 14 06 12 00

Times and dates: By appointment

UCKANGE



21 avenue des Tilleuls

*Times and days: Mondays, Tuesdays, Thursdays and Fridays, 8:30am to 12:30pm and 1:30pm to 5:30pm
Wednesdays, 8:30am to 12:30pm*



Rue Anatole France

Phone : 03 82 56 42 63



*Times and days: Tuesdays and Fridays, 8:30am to 11am (reception and food aid)
Thursdays, 2pm to 5pm (reception and food aid)
Mondays, Tuesdays and Thursdays, 8am to 10:30am and 2pm to 4pm
(clothing)*

WOIPPY



15 place Jean Perrin

Times and days: Tuesdays and Thursdays, 2 to 5pm



20 avenue de Thionville

Times and days: Mondays, 2 to 5pm



20 route de Thionville

Phone : 03 87 33 19 25

*Times and days: Thursday, 8:30am to 12pm and 2pm to 4:30pm
Fridays, 8:30 am to 12 pm*





20 route de Thionville

Phone : 06 87 51 96 58

Times and days: Monday and Friday, 2 to 4:30pm



20 avenue de Thionville

Phone : 03 87 32 83 92

Times and days: Tuesdays, 10:30 to 11:30am



YUTZ



Place de l'Arc-en-Ciel

Phone : 03 82 54 51 82

Times and days: Thursday and Friday, 1 to 5pm



Rue du vieux Bourg

Phone : 03 82 56 61 75

*Times and days: twice a month on Saturdays from 1:30 to 5 pm
Closed during summer school vacations*



Where to go for treatment?



Only hospitals with an emergency department are listed.

For any physical or medical emergency, please dial 112.

Health care access offices are medical and social care services for people in precarious social and medical and medical needs. They facilitate access to the healthcare system, and support you in the process.



FORBACH



Hôpital Marie Madeleine

2 rue Thérèse

Phone : 03 87 88 80 00

Open 24/7



Health Care Access Permanence (PASS) :

2 rue Thérèse

Phone : 03 87 88 85 18

Open Monday to Friday, 8am to 4pm

METZ



Hôpital MERCY

1 allée du Château - Zone de Grigy

Phone : 03 87 55 34 91 (*Emergency reception*)

03 87 55 36 20 (*emergency secretariat*)

Open 24/7



Health Care Access Permanence (PASS) :

Phone : 03 87 55 77 60

Permanence médicale : By appointment

Permanence sociale : Monday to Friday, 8:30am to 4pm and by appointment

Permanence psychologue : Monday to Friday, 8:30am to 12pm and by appointment

Secretariat SAMU - Center 15

Phone : 03 87 55 34 95

SARREBOURG



Centre Hospitalier de Sarrebourg

25 avenue du Général de Gaulle

Phone : 03 87 23 24 30 (emergency department)

Open 24/7



Health Care Access Permanence (PASS) :

25 avenue du Général de Gaulle

Phone : 03 87 23 23 37

SARREGUEMINES



Centre Hospitalier de Sarreguemines

2 rue René François Jolly

Phone : emergency services dial 112

Open 24/7



Health Care Access Permanence (PASS) :

2 rue René François Jolly

Phone : 03 87 27 35 19

Permanence médicale : Patients are referred to the emergency department

Permanence sociale : Monday to Friday, 8:30 am to 4:30 pm

ST AVOLD



Hôpital de St AVOLD

Rue Ambroise paré

Phone : 03 87 91 81 69

Open 24/7

THIONVILLE



Hôpital BEL AIR

2 rue de Friscaty

Phone : 03 82 55 85 02

Open 24/7



Health Care Access Permanence (PASS) :

Phone : 03 82 88 15 03

*Permanence médicale : Mondays, Tuesdays, Thursdays and Fridays, 8:30am to 3:30pm
(by appointment)*

Permanence sociale : Monday to Friday, 8:30am to 3:30pm (by appointment only)

WOIPPY

MEDIGARDE 57

Phone : 08 20 33 20 20

Addiction - Alcohol

FREYMING - MERLEBACH

- **Hôpital Filieris**

2 rue de France

Phone : 03 87 81 80 00

Times and days: Thursdays, 9:30am to 12pm by appointment

METZ

- **Departmental Committee for Alcohol Prevention**

5 rue Thomas Edison

Phone : 03 87 66 41 50

E-mail : info@cdpa57.asso.fr

Times and days: Mondays from 1:30 to 5:00 pm by appointment

Tuesday to Thursday, 9am to 12pm and 1:30pm to 5:30pm

Fridays, 9 am to 12 pm and 1:30 pm to 5 pm

- **Service d'addictologie**

1 allée du Chateau - Hopital de Mercy

Phone : 03 87 55 31 55

ST AVOLD

- **Hôpital Civil Lemire (4th floor)**

7 rue Lemire

Phone : 03 87 29 50 99

Times and days: Fridays from 8:30am to 12pm by appointment

SARREBOURG

- **Hôpital St Nicolas (*first floor*)**

25 avenue du Général de Gaulle

Phone : 03 87 23 24 25

Times and days: Wednesdays, 9am to 12pm

SARREGUEMINES

- **Unité Hospitalière Addictologie**

22 rue Poincaré

Phone : 03 87 27 70 32

Times and days: Monday and Thursday, 8am to 12pm and 1pm to 6pm

Tuesday 8am to 12pm and 1pm to 4pm

Wednesday and Friday 8am to 12pm and 1pm to 5pm

Addiction - Drugs

FORBACH

- **Centre des WADS : CSAPA - CAARUD**

Place Robert Schuman

Phone : 03 87 88 53 79 (CSAPA)

03 87 74 41 58 (CCARUD)

E-mail : rdrsoinforbach.wads@cmsea.asso.fr

Times and days: Consultation by appointment

Monday to Thursday, 8:30am to 12pm and 1:30pm to 6pm

Friday, 8:30am to 12pm and 1:30pm to 3:30pm (secretariat)

METZ

- **SERVICE EN AMONT (CASAPA " LES WADS" - CMSEA)**

26 rue du Wad Billy

Phone : 03 87 75 15 28

Times and days: Monday to Friday by appointment

- **CAARUD et CSAPA " LES WADS " - CMSEA (Accueil collectif)**

26 rue du Wad Billy

Phone : 03 87 74 41 58

Times and days: Tuesdays and Thursdays from 4pm to 7pm

Wednesdays and Saturdays, 2pm to 5pm

Fridays, 2:30 to 5pm

- **CAARUD et CSAPA " LES WADS " - CMSEA (Service Accueil & soin)**

26 rue du Wad Billy

Phone : 03 87 74 41 58

Times and days: Mondays from 2 to 5pm

Tuesdays and Wednesdays, 10 am to 12 pm and 2 pm to 5 pm

Thursdays, 10am to 12pm

Fridays, 2:30 to 5 pm



CAISSES PRIMAIRES D'ASSURANCE MALADIE (Complémentaire santé solidaire)

Anyone who works or resides in France on a stable and regular basis is covered by health insurance.

Health insurance helps you pay for medical expenses (doctors, pharmacies, some eyeglasses) and other benefits related to your physical and mental health.

The CPAM telephone number is 36 46.

CHATEAU-SALINS (57170)

- 6 rue de Metz

Times and days: Monday to Friday, 8am to 12pm and 1pm to 5pm

Information: Reception open by appointment only

Telephone service Monday to Friday, 8:30am to 5:30pm

FORBACH (57600)

- 65 avenue Saint-Rémy

Times and days: Monday to Friday, 8am to 12pm and 1pm to 5pm

Information: Reception open mornings only on the 2nd Thursday of the month and by appointment only

Telephone service Monday to Friday, 8:30am to 5:30pm

HAGONDANGE (57300)

- 33 rue de la Gare

Times and days: Tuesdays from 1 to 5pm and Thursdays from 9am to 12pm and from 1 to 5pm

Information: Reception open by appointment only

Telephone service Monday to Friday, 8:30am to 5:30pm

METZ (57000)

- 27 rue des messageries

Times and days: Monday to Thursday, 8am to 12pm and 1pm to 5pm

Fridays 8am to 12pm and 1pm to 4pm

Information: Reception open by appointment only

Telephone service Monday to Friday, 8:30am to 5:30pm

METZ - BORNAY (57070)

- 7 rue d'Anjou

Times and days: Monday to Thursday, 8am to 12pm and 1:45pm to 4pm

Information: Reception open on the morning of the 2nd Thursday of the month by appointment only.

Telephone service Monday to Friday, 8:30am to 5:30pm

SARREBOURG (57400)

- 13 avenue du Général de Gaulle

Times and days: Mondays, Wednesdays and Thursdays, 8am to 12pm and 1pm to 5pm

Information: Reception open on the morning of the 2nd Thursday of the month by appointment only.

Telephone service Monday to Friday, 8:30am to 4:30pm

SARREGUEMINES (57200)

- 2 rue de l'école

Times and days: Monday to Thursday, 8am to 12pm and 1pm to 5pm

Fridays 8am to 12pm and 1pm to 4pm

Information: Reception open on the morning of the 2nd Thursday of the month by appointment only.

Telephone service Monday to Friday, 8:30am to 5:30pm

THIONVILLE (57100)

- 2 allée Bel-Air

Times and days: Monday to Thursday, 8am to 12pm and 1pm to 5pm

Fridays 8am to 12pm and 1pm to 4pm

Information: Reception open on the morning of the 2nd Thursday of the month by appointment only.

Telephone service Monday to Friday, 8:30 am to 5:30 pm

Point Accueil Ecoute des Jeunes en Moselle

FORBACH



Place de Robert Schuman - Bâtiment voyageur

Phone : 03 87 85 88 99

*Times and days: Monday to Friday, 8:30am to 12pm and 1:30pm to 4:30pm
(Open to 10 - 21 year olds)*

METZ

École des parents et des éducateurs

1 rue des Coetlosquet

Phone : 03 87 69 04 65

Times and days: Monday to Friday, 8:30am to 12pm and 1:30 pm to 5pm



PAEJEP

33 bis boulevard André Maginot

Phone : 03 87 76 23 26

*Times and days: Monday to Friday, 9am to 12pm and 2pm to 5pm and Fridays, 9am to 12pm
(Open to 18-25 year olds)*

ST QUIRIN



Rue de la Chapelle

Phone : 03 87 03 78 00

Times and days: Monday to Friday, 8:30am to 12:30pm and 1:30pm to 5pm

Open to the public aged 6 to 18

THIONVILLE



PAEJEP

25 rue de la Vieille Porte

Phone : 03 82 84 61 12

Times and days: Mondays, Tuesdays and Thursdays from 1pm to 7pm

Wednesdays from 9am to 12pm and from 1pm to 7pm

and Fridays from 1pm to 6pm

Open to young people aged 10 to 25 for psychological support

HOW CAN I GET SPECIAL ASSISTANCE?



1. WOMEN VICTIMS OF VIOLENCE :

- **LEGAL INFORMATION :**

- **CIDFF to Metz-Thionville in METZ**

24 rue du Wad Billy

Phone : 03 87 76 03 48

E-mail : contact@cidffmetz.fr

Times and days: Monday to Friday, 9am to 12:30pm and 1:30pm to 5pm

*Local offices at : Amnéville, Château-Salins, Delme, Entringe, Faulquemont, Hayange, LéA, Metz-Borny, Montigny-lès-Metz, Phalsbourg, Sarrebourg, Thionville and Yutz (CCAS)
(contact CIDFF)*

- **CIDFF to Moselle Est in FORBACH**

12 place Robert Schumann

Phone : 09 74 71 55 55

E-mail : cidffmoselleest@gmail.com

cidff57juristes@gmail.com

*Times and days: Mondays, Tuesdays and Thursdays, 8am to 12pm and 1:30pm to 5:30pm
Fridays, 8am to 1pm*

*Local offices at : Stiring-Wendel, Behren-lès-Forbach, Freyming-Merlebach, Farébersviller, Hombourg-Haut, Saint-Avold, Folschviller, Valmont, Morhange and Puttrelange-aux-Lacs
(contact CIDFF)*

- **Antenne in Sarreguemines**

Phone : 03 87 28 71 90

E-mail : Cidff.antenne.sarreg@free.fr

*Times and days: Monday to Thursday, 9am to 12pm and 2pm to 5pm
Fridays, 9am to 12pm*

➤ **Association Thionvillois d'Aide aux Victimes (ATAV)**

(if space left)

Phone : 03 82 59 20 03

Local offices: contact ATAV

➤ **Association de Proximité** *(if space left)*

Phone : 03 87 95 06 06

• **RECEPTION AND LISTENING AREAS :**

➤ **INFORM'ELLES – AIEM to METZ**

Phone : 03 87 35 05 64

E-mail : informelles@association-aiem.fr

*Times and days: Mondays, Tuesdays, Thursdays and Fridays, 9am to 12pm and 2pm to 5pm
Wednesdays, 9 to 11:30am*

Local offices in : Ars-Sur-Moselle, Bouzonville, Courcelles-Chaussy, Dieuze and Maizières-lès-Metz

➤ **LÉA – ATHENES to THIONVILLE**

By appointment

Phone : 06 80 66 57 05

E-mail : Athenes.lea@gmail.com

*Times and days: Monday to Friday, 9 am to 12:30 pm
Mondays, Tuesdays and Thursdays from 2 to 4:30 pm*

Local offices in : Entrange and Ottange

➤ **SERVICE D'ACCUEIL ET DE PREVENTION DES VIOLENCES
CONJUGALES (SAPVC) to FORBACH :**

Phone : 03 87 84 83 29

E-mail : Apvc.espoir@cmsea.asso.fr

Times and days: Mondays, Tuesdays and Thursdays, 9am to 12:30pm and 1pm to 4pm

Local office in Sarralbe

- **SUPPORT FOR VICTIMS OF RAPE OR SEXUAL ASSAULT :**

- **CENTRE D'EDUCATION OU DE PLANIFICATION FAMILIALE (CPEF)**

Phone : 03 87 37 83 35

Times and days: Monday to Friday, 9am to 12pm and 1:30pm to 5pm

- **LE MOUVEMENT FRANÇAIS POUR LE PLANNING FAMILIAL**

Phone : 03 87 69 04 77 or 06 35 10 45 81

Times and days: Tuesdays from 2 to 4 pm

Wednesdays from 11am to 1pm and Fridays by appointment from 12pm to 2pm

- **CIDFF DE METZ-THIONVILLE in METZ**

Phone : 03 87 76 03 48

- **CIDFF DE MOSELLE Est in FORBACH**

Phone : 09 74 71 55 55

- **SUPPORT FOR VICTIMS OF PROSTITUTION :**

- **CIDFF DE METZ-THIONVILLE in METZ**

Phone : 03 87 76 03 48

- **CIDFF DE MOSELLE-Est in FORBACH**

Phone : 09 74 71 55 55

- **SEXUAL HEALTH :**

- **CENTRE D'EDUCATION OU DE PLANIFICATION FAMILIALE (CPEF)**

Phone : 03 87 37 83 35

Their role: to provide information and advice on contraception, sexuality, pregnancy, STIs, emergency contraception and abortion.

- **ESPACE DE VIE AFFECTIVE, RELATIONNELLE ET SEXUELLE (EVARS)**

their missions:

- *Inform and educate about rights in terms of affective, relational and sexual life ;*
- *Accompany people in their affective, relational and sexual life.*

2. LES MISSIONS LOCALES :

The local missions are open free of charge to all young people aged 16 to 25 who have left the school system or are unemployed. They help them to integrate into professional and social life: employment, training, housing, mobility, health, sport, etc.

FREYMING-MERLEBACH

MISSION LOCALE du Bassin Houiller

31 avenue Roosevelt

Phone: 03 87 00 24 90

Times and days: Monday, 1:30 to 4:45pm

Tuesday to Thursday, 8:30am to 12pm and 1:30pm to 4:45pm

METZ

MISSION LOCALE du Pays Messin

3 bis rue d'Anjou

Phone: 03 87 74 56 40

Times and days: Monday, 2pm to 5pm

Tuesday to Friday, 9am to 12pm and 2pm to 5pm

ST-AVOLD

MISSION LOCALE

44 boulevard de Lorraine

Phone : 03 87 93 97 27

Times and days: Monday, 1:15pm to 4:45pm

Tuesday to Thursday 8:15am to 11:45am and 1:15pm to 4:45pm and Friday 8:15am to 11:45am and 1:15pm to 3:45pm

SARREBOURG

MISSION LOCALE

11 rue Erckmann Chatrian

Phone : 03 87 23 63 36

*Times and days: Monday to Friday, 8:30am to 12pm and 1:30pm to 5pm
Thursday afternoon closed*

SARREGUEMINES

MISSION LOCALE

26 rue de la Grande Armée

Phone : 03 87 95 72 74

*Times and days: Tuesday to Thursday, 8am to 12pm and 1:30pm to 5:30pm
Monday, 1:30 pm to 5:30 pm
Friday 8am to 12pm and 1:30pm to 4:30pm*

THIONVILLE

MISSION LOCALE du Nord Mosellan

Route d'ILLANGE

Phone : 03 82 82 85 15

*Times and days: Monday, Wednesday, Thursday and Friday, 8:30am to 12pm and 1:30pm to 5pm
Tuesday, 1:30 pm to 5:30pm*

3. POINT CONSEIL BUDGET (PCB) :

*If you need information or assistance
budget advice points are available in Moselle.
in Moselle.*

*Four associations are at your disposal in différentes
communes du département. To make an appointment at one of the centers nearest you, please
contact the head office of one of the associations listed below:*

ARS-LAQUENEXI / Proche de pôle Hospitalier de Mercy

- **UDAF - Metz**

Rue Royal Canadian Air Force

Phone : 03 87 89 95 00

E-mail: pcb@udaf57.fr

*Times and days: Monday to Thursday, 8:45am to 11:45am and 1:45pm to 4:45pm
Friday, 8:45am to 11:45am*

FAMECK

- **CS Jean Morette**

Place Roger Claude

Phone : 03 82 58 11 04

Times and days: Monday, 9 a.m. to 12 p.m.

Tuesday, 2 to 5 p.m.

METZ - BORNY

- **CRESUS**

Pôle des Lauriers

3 bis rue d'Anjou

Phone : 03 87 55 55 98

Times and days: Wednesday, 9 a.m. to 12 p.m.

*Local offices : Bouzonville, Carling, Château Salins, Creutzwald, Dieuze, Forbach, Hayange,
Montigny-lès-Metz, Morhange, Phalsbourg, St Avold, Sarrebourg, Thionville et Woyppy*

ST AVOLD

- **UDAF**

29 boulevard de Lorraine

Phone : 03 87 89 95 00

*Times and days: Monday to Thursday, 8.45 a.m. to 11.45 a.m. and 1.45 p.m. to 4.45 p.m.
Fridays, 8.45 a.m. to 11.45 a.m.*

Local offices in Forbach and Sarreguemines

THIONVILLE

- **CSC Jacques Prévert**

10 Boucle des Prés Saint Pierre

Phone : 03 82 34 08 09 or 07 88 54 68 50

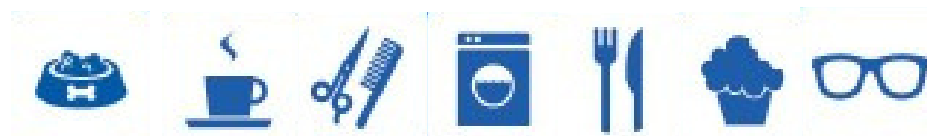
Times and days: Monday to Friday, 9 a.m. to 12 p.m. and 2 p.m. to 6 p.m.

RÉSEAU DE COMMERÇANTS SOLIDAIRES

Le Carillon à Metz is a network of caring, supportive citizens. All the merchants on the list are committed to welcoming you and providing small, everyday services. You'll find the Carillon logo and pictograms to help you recognize the shopkeeper who's doing you a favor.



➤ PICTOGRAMS :



➤ INTERNET SITES (*scan QR Code*) :



La cloche.org



Secours-catholique.org

LE CARILLON
UN PROGRAMME DE LA CLOCHE

For information, lists or vouchers, please contact us:

03 87 37 06 65
carillon.metz@gmail.com

You can also meet us :

Accueil de jour Secours catholique
5 rue des Augustins in Metz
Monday to Friday, 8.30am to 12.30pm

ALISOL GRAND EST

The Alisol Grand Est application allows you to meet your food needs. On a map, you'll find hot meals, food baskets, emergency assistance, cooking workshops, grocery stores, vouchers and cheques.



Visit the site via this link :
alimentaon-solidaire.org/



Scan the QR code with
your smartphone

Ligne TER Fluo Région Grand Est

If you would like to travel with TER Fluo in the Grand Est region, please find below the official TER Fluo website to buy your tickets and find the routes.



Visit the site via this link :
www.ter.sncf.com/grand-est



Scan the QR code with
your smartphone

Ligne de bus Fluo urbaines

If you'd like to travel with the Fluo urban buses in Moselle, please find the official website below.
You'll find the routes and timetables.



Visit the site via this link :
www.fluo.eu



Scan the QR code
with your smartphone



*Scan the QR code with your smartphone
for the digital version*