

Counselling Services

Some counselling services answer general questions, others specialize in specific topics or life situations. Different regions offer different services. In general, first consultations are free of charge. In some cases, follow-up consultations are also free of charge. Some services offer consultations in foreign languages.

Information center for integration INFI

INFI is available to migrants for brief information on everyday issues.

In addition, INFI provides information to the administration, official structures, organizations, and specialized institutions.

Do you have a question?

Contact us by email at chancengleichheit@ar.ch or by phone at **071 353 64 26**.

Community Administration / Town Administration

In many situations the place of residence's administration (community administration, Gemeindeverwaltung / town administration, Stadtverwaltung) is a good first source of information. The staff may have answers to questions or recommend a suitable advisory service. All communities in Canton Appenzell Ausserrhoden have their own website. These websites provide contact information, office hours, and other information, in some cases including lists of advisory and integration services in the region.

Pro Bono Legal Services

The canton provides free legal consultations. These offer free advice to all residents on legal matters (short consultations). Consultation hours are held at regular intervals. Dates can be found online or inquired about at the local municipality. No telephone or written inquiries will be answered; you must visit in person.

Additionally, other organizations also offer mostly free legal advice on various topics (employment, housing, marriage/family), such as trade unions. If the consultation is time-consuming, costs may apply.

Advokatur + Notariat La Region, Heiden, Teufen, Herisau, Appenzell, T: +41 71 622 03 03

Grand & Nisple Rechtsanwälte, Oberer Graben 26, 9000 St. Gallen, T: +41 71 222 40 33

Race Discrimination

HEKS Advisory Center against Racism and Discrimination in St. Gallen is an independent advisory service for victims of racial discrimination.

The consultation is confidential and free of charge for residents of the canton of Appenzell Ausserrhoden. Both personal meetings and telephone consultations are possible.

find help Appenzell Ausserrhoden

Health and Social Affairs - Help Easily Found

Here, residents of the canton of Appenzell Ausserrhoden can find advisory and support services in the areas of health and social affairs.

Tip: Enter your place of residence when searching to find the services provided by the responsible authorities.

Additional information (links, addresses, information sheets, brochures)

www.hallo-ar.ch/en/emergencies-and-counselling-services/counselling-services