

Contact

Psychosocial Counselling for traumatised people with a migrant background

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Gefördert durch die

**Aktion
MENSCH**

Website:
www.die-bruecke.de



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DIE BRÜCKE Lübeck und Ostholstein gGmbH

Sitz der Gesellschaft: Engelsgrube 47 · 23552 Lübeck · HRB 1326

Geschäftsführer: Frank Nüsse · Diplom-Kaufmann

Hauptgeschäftsstelle: Schwartauer Allee 10 · 23554 Lübeck

Tel.: 0451 140 08-48 · Fax: 0451 140 08-40

Niederlassung Ostholstein: Bahnhofstraße 18 · 23701 Eutin

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Psychosocial Counselling for traumatised people with a migrant background



Background

According to studies and research, it can be assumed that among those with a migrant background, there are people who have been traumatised by war, persecution, torture and/or sexual abuse. As well as suffering from a post-traumatic stress disorder, they may also suffer from illnesses such as depressions, anxieties and may, as a consequence, be suicidal. Traumatization after severely stressful experiences or crises is an illness which requires treatment and professional help. To prevent critical developments, and to accurately shape the help necessary, those affected need early psychosocial support.

The Counselling Center

We offer counselling in Lübeck to adults with a migrant background who have a mental illness, and to relatives seeking help, doctors, volunteers, other interested parties.

Counselling Service

- Personal counselling for mental problems, e.g.
 - problems sleeping, nightmares
 - worrying/ obsessive thoughts
 - sadness, loss, loneliness
 - feeling of helplessness
 - anxieties
- advice on statutory rights to assistance
- a personal consultation to clarify whether help is needed
- support with dealing with authorities and filling out forms
- arranging suitable help through qualified providers and consultants in the region

Counselling

Counselling is free of charge. All consultations are confidential and covered by personal confidentiality.

Our focus is on:

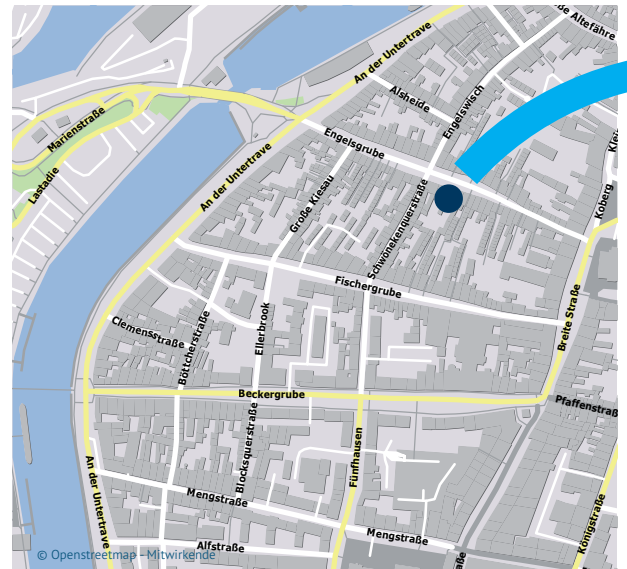
- your wishes
- the individual assistance you require
- the development of your abilities and strengths

You can contact us in person or by telephone at our counselling centre in the Engelsgrube 49.

You can reach us by phone on Monday and Tuesday from 10am – 12pm. It is also possible to make appointments for times outside these hours.

Our Qualifications

The counselling centres of the BRÜCKE have experienced, qualified social workers with social-psychiatric expertise.



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