

Refugio Bremen e.V. | Außer der Schleifmühle 53 | 28203 Bremen | Phone: +49 421- 1766770

**REFUGIO Bremen e.V. is a psychosocial and therapeutic treatment center for refugees and torture survivors – “A safe place for the soul”.**

For more than 25 years we have been a contact point for people who have fled war, persecution and discrimination in the crisis areas of this world. We offer different counseling and therapeutic options so that survivors can reconcile with their past and use the chance for a life in peace with a recovered mental health. The cultural, ethnic, and religious identity of each patient will be appreciated and accepted wholeheartedly.

In recent years, we have also placed an emphasis on the recovery of children and adolescent refugees. Their burdens differ from those of adults. They need special treatment options in order to increase their future successes, despite their previous experiences.

Refugio Bremen e.V. offers suitable counseling and creative options for adolescent refugees to promote positive growth, giving them the opportunity to finally have the confidence to eagerly look into their futures.

**REFUGIO's main targets:**

- offer free of charge psychotherapeutic treatment for traumatized and other psychologically scarred refugees in their mother tongue (supported by interpreters)
- further referral to the existing health care system
- further training and networking of employees in health care system and refugee work
- networking and public relations

**Information for patients:**

In order to be **admitted** at REFUGIO and for the **diagnosis**, an initial appointment with one of our therapists is necessary. Please call first to set an appointment with us. Please note that waiting times of up to 8 weeks are possible **before the first appointment**. Please call to set an appointment

**REFUGIO Bremen: Phone: +49 421- 1766770**

Monday, Wednesday, Friday: 10:30 – 14:00, Tuesday: 10:30 – 13:00

In urgent situations and/or in situations of crisis, please call:

**Sozialpsychiatrische Dienste (sociopsychiatric services), Bremen (Mitte)**

Phone: 0421/ 790333-10

**Klinikum Bremen-Ost** -> Phone: 0421/ 408-1850

If you live in **Lower Saxony (Niedersachsen)**, we advise you to contact the following information centers:

Netzwerk für traumatisierte Flüchtlinge in Niedersachsen e.V. (Network for Traumatized Refugees in Lower Saxony)

Marienstraße 28 | 30171 Hannover | Email: [ntfn-ev@web.de](mailto:ntfn-ev@web.de)

Phone: 0511/ 856445- 0

Ibis e.V.

Klävemannstr. 16 | 26122 Oldenburg | Email: [asyl@ibis-ev.de](mailto:asyl@ibis-ev.de)

Phone: 0441 – 39 03 89 43

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## **REFUGIO Background**

Experiences of persecution, war, flight and exile affect both body and soul. In many cases, an ongoing and deep-rooted physiological suffering has developed. Diagnosis and treatment require a wide range of expertise and specific therapeutic experiences.

People visiting REFUGIO Bremen frequently point out that adequate care for psychologically diseased refugees and torture survivors is not sufficiently provided by the existing regular care in Germany.

REFUGIO Bremen was founded in 1989 as a mental health counseling- and treatment center for refugees and torture survivors in order to provide the necessary support. REFUGIO is a member of the federal network „Bundesweite Arbeitsgemeinschaft der psychosozialen Zentren für Flüchtlinge und Folteropfer e.V.“ (BAFF). [National Working Group of Psychosocial Centers for Refugees and Torture Survivors]

## **The team of the treatment center REFUGIO Bremen is intercultural and multidisciplinary.**

As well as freelance employees and volunteers in different fields as interpreters, therapists and other supporters.

**For further information about refugees, their mental health situation and the negative impact of torture see the following pages:**

<http://www.unhcr.org/>

<http://www.ohchr.org/EN/HRBodies/CAT/Pages/CATIndex.aspx>

[http://www.who.int/hac/techguidance/pht/mental\\_health\\_refugees/en/](http://www.who.int/hac/techguidance/pht/mental_health_refugees/en/)

<http://www.proasyl.de/en/home/>

## **Support us with your donation!**

Support us with your donation and help preserve the engaged and professional work of REFUGIO Bremen e.V. Your help will provide the necessary and specific treatment to: adults, children and adolescents from Iran, Iraq, Syria, Afghanistan, West-African states, Turkey, Sri Lanka and other countries who come to us for help, some as unaccompanied minors.

Your donation is tax-deductible and you will receive a donation receipt. Our bank details:

### **Sparkasse in Bremen**

Account No.: 107 12 81 | IBAN: DE93290501010001071281 | SWIFT-BIC: SBREDE22XXX