Starting in May 2026, the HOME project will offer the *Problem Management Plus* (PM+) programme for the first time in Bremen. The programme helps refugees learn how to reduce stress and cope better with everyday challenges. Its aim is to provide accessible support in the participant's first language.

Where does PM+ take place?

Gesundheitshaus
Pawel-Adamowicz-Str. 2, 28327 Bremen
3rd floor (lift available)

How to get there by public transport

BSAG

Bus Line 25: Einkaufszentrum Blockdiek

Tram Line 1: Düsseldorfer Straße



Leibniz Living Lab
Gesundheitswerkstatt Osterholz

Further information about the project can be found here:
www.refugio-bremen.de/projekte
www.bips-institut.de/homestudie

Project partners:

BIPS Leibniz

Refugio
Beratungs- und Behandlungszentrum für Flüchtlinge und Folteropfer in Bremen und Bremerhaven

Kofinanziert von der Europäischen Union

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HOME

Problem Management Plus (PM+)



Information for Study Participants

What does the PM+ programme include?

Before the PM+ sessions begin, an initial consultation is conducted to determine whether the PM+ programme is suitable for you. The PM+ programme consists of 5 individual sessions of 90 minutes each and takes place at the Leibniz Living Lab.



Who can participate?

- Persons aged 18 years or older residing in Bremen,
- Considered first languages: Arabic, Dari, English, Ukrainian, Farsi, Turkish, Kurdish, or Russian,
- People with an asylum-seeker permit (Aufenthaltsgestattung) or a residence permit under Sections 22, 23, 24, 25(1) or 25(2) of the German Residence Act,
- Willingness to participate in the research project,
- Grounds for exclusion: severe mental health conditions (e.g. acute suicidal ideation or psychosis).

PM+ does not replace professional medical treatment or psychological therapy.

What can you expect?

- You will learn simple strategies to reduce everyday stress and address practical problems.
- You will receive psychosocial support in your native language.
- Participation in the PM+ programme is free of charge and voluntary. You may withdraw at any time if you do not wish to continue.
- You will take part in a research project aimed at improving psychosocial support services for refugees.

PM+ was developed by the World Health Organization (WHO) and has already helped many people.

We look forward to your participation!

Registration

Telephone: 0421-1766770 (German/English)
E-Mail: home@refugio-bremen.de

Subject of the letter (important!):
“PM+/HOME”

