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RUHR-UNIVERSITÄT BOCHUM

# REFUGE RELIEF

## Counselling & Psychotherapy

# RUBiss

INTERNATIONAL STUDENT SERVICES



ZENTRUM  
FÜR  
PSYCHOTHERAPIE



## ZPT-FLÜCHTLINGSHILFE

Many refugees are traumatised, suffer from depression and/or anxiety. In collaboration with the RUBiss International Student Services at the International Office at Ruhr-Universität Bochum, Zentrum für Psychotherapie (ZPT) at Ruhr-Universität Bochum provides support.

They offer their services to **refugees**,

- who suffer from symptoms of a mental disorder,
- who require support to overcome traumatic experiences,
- who are currently experiencing an acute crisis.

You can contact us at the following email address:

**refugees+zpt-ambulanz@rub.de**

or under the phone number: **0234 -3227788**

In the first step, we offer 5 individual sessions to each applicant which take place once or several times a week, as previously arranged. During those sessions, the participants will be assessed to determine if long-term therapy is required. The interviews take approx. 50 minutes and are conducted by a psychologist. All associated costs are borne by us.

A translator (Arabic, Persian, French) will be likewise provided.

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