

Information Leaflet

Trauma Outpatient Clinics in Bremen

Help for Victims of Violence

Victims of violence often suffer physical, emotional and also economic consequences. The German Act on Compensation to Crime Victims (OEG) governs individual services such as therapy and medical treatment on application until a disablement/surviving dependent's pension is granted.

The office which is responsible for you in the federal state of Bremen is the

Amt für Versorgung und Integration Bremen
Friedrich-Rauers-Strasse 26
28195 Bremen

After an experience of violence

In some cases following an experience of physical or psychological violence symptoms such as severe psychological stress like despondency, nightmares, anxiety, restlessness or flashbacks can occur. These are initially part of a normal stress reaction. Sometimes these symptoms persist for longer however and in a worst case scenario can lead to secondary effects such as post-traumatic stress disorder or depression.

The time immediately after a traumatic experience is very stressful for many people affected. The trauma outpatient clinics offer the necessary support in such situations.

Target Group

The trauma outpatient clinics offer psychotherapeutic support within the scope of the Act on Compensation to Crime Victims (OEG) for adults who have been the victims of violent acts. In particular, cases of serious crimes come into question (assault, grievous bodily harm), as do sexual violence or so-called shock effects (e.g. witnesses of murder, manslaughter or grievous bodily harm).

What is on offer

The trauma outpatient clinics offer the following in particular:

- Information and counselling regarding trauma and the possible consequences of trauma
- Help in dealing with this particular situation in life
- Diagnosis of existing symptoms and further referrals
- Crisis intervention and emergency measures for stabilisation
- Acute psychotherapeutic treatment
- Arrangement of additional assistance that is on offer

Costs

The assistance is offered to you free of charge. During the initial contact a short application form is filled out, which the Amt für Versorgung und Integration receives. With this initially the costs for five hours of treatment are paid by the State of Bremen in every case.

Appointments

The aim is to offer you an appointment as soon as possible (within a few days). Please contact one of the trauma outpatient clinics directly to arrange this.

Trauma Outpatient Clinics in the City of Bremen:

AMEOS Klinikum Dr. Heines Bremen
Fachklinik für Psychiatrie, Psychotherapie und Psychosomatik
Rockwinkeler Landstrasse 110
28325 Bremen
Tel.: 0421 / 4289-145

Klinikum Bremen-Ost
Klinik für Psychotherapeutische Medizin und Psychosomatik
Züricher Strasse 40
28325 Bremen
Tel.: 0421 / 408-2101