

in cooperation with

## Information leaflet

# Trauma outpatient clinics in Bremerhaven

### Immediate support for victims of violence

After experiencing physical or psychological violence, symptoms of severe psychological distress such as despondency, nightmares, anxiety, restlessness or flashbacks may occur. These symptoms are part of a normal stress response. However, sometimes these symptoms persist for a longer period of time and may lead to secondary conditions such as post-traumatic stress disorder or depression.

For many of those experiencing trauma, the period immediately following the traumatic event is very distressing. In such cases, trauma outpatient clinics offer the necessary support.

### Target groups

Trauma outpatient clinics offer psychotherapeutic support for children, adolescents and adults who have been victims of violent crime. In particular, this includes cases involving serious crimes (assault, grievous bodily harm), sexual violence (which since 2024 also includes the production, distribution or public dissemination of child pornography), severe child neglect, or mental health issues due to psychological shock (e.g. witnesses to murder, manslaughter and grievous bodily harm) and psychological violence (e.g. stalking).

Support is also available to relatives, next of kin, life partners and bereaved persons.

### Services

The services offered by the trauma outpatient clinics include the following:

- Provision of information and counselling regarding trauma and its potential consequences
- Support in coping with particularly challenging life situations
- Diagnosis of existing symptoms and further recommendations
- Crisis intervention and acute measures to stabilise the patient
- Acute psychotherapeutic care
- Referral to further support services

If the criteria are met, up to five treatment sessions (eight for children and adolescents) can initially be provided, which may be extended by an additional ten sessions.

### Costs

The service is free of charge. During the initial consultation, a short application form will be completed and sent to the Bremen Office for Social Compensation and Inclusion.

### Further information

Further details regarding entitlement to services from the Trauma Outpatient Clinic under Book XIV of the Social Code and other support services are available from the Bremen Office for Social Care and Inclusion, Doventorscontrescarpe 172 D, 28195 Bremen.

They can be contacted by email at [office.ser@avib.bremen.de](mailto:office.ser@avib.bremen.de) or by telephone at 0421 361-5541.

## **Appointments**

We will try to offer you an appointment as soon as possible (within a few days). To do so, please contact one of the trauma outpatient clinics directly.

Please remember to cancel your appointment if you are unable to attend. Where available, the email addresses of the trauma outpatient clinics are also provided for this purpose.

### **Trauma outpatient clinics in the city of Bremen:**

for children and adolescents:

**ARCHE Klinik für Kinder- und Jugendpsychiatrie und -psychotherapie**  
Robert-Blum-Str. 7  
27574 Bremerhaven  
Tel.: 0471 / 924090

for adults:

**Klinikum Bremerhaven Reinkenheide**  
**Klinik für Psychiatrie, Psychotherapie und Psychosomatik**  
Postbrookstraße 103  
27574 Bremerhaven  
Tel.: 0471 / 2993508 oder 0471 / 2993400