AVIB
Amt für Versorgung und Inklusion Bremen

Freie Hansestadt Bremen

in cooperation with

AMEOS

GESUNDHEIT NORD
KLINIKVERBUND BREMEN

Kinder- und Jugendpsychiatrie
Psychotherapie
Sozialpsychiatrie

Gemeinschaftspraxis
Dr. med. Carsten Edert
Andreas Hahn
& Team

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

Information leaflet

Trauma outpatient clinics in Bremen

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 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:

Klinikum Bremen-Ost
Department of Child and Adolescent Psychiatry, Psychotherapy and Psychosomatics
Züricher Str. 40
28325 Bremen
Tel.: 0421 / 408-2677
Email: kiju.ambulanz.kbo@gesundheitnord.de

Gemeinschaftspraxis (Joint Practice)
Dr Carsten Edert, Dr Gerda Schwendner & Team
Child and Adolescent Psychiatry, Psychotherapy, Social Psychiatry
Tresckowstr. 1
28203 Bremen
Tel.: 0421 / 792840
Book an appointment at www.kinderpsychiater-bremen.de
(Under 'Service', please use this reference: Registration AVIB / Trauma Outpatient Clinic.)

for adults:

AMEOS Klinikum Bremen
Specialist Clinic for Psychiatry, Psychotherapy and
Psychosomatics Rockwinkeler Landstraße 110
28325 Bremen
Tel.: 0421 / 4289-145
Email: ambulanz.bremen@ameos.de

Klinikum Bremen-Ost
Clinic for Psychosomatic Medicine and Psychotherapy
Züricher Straße 40
28325 Bremen
Tel.: 0421 / 408-2101
Email: Info.Psychosomatik@gesundheitnord.de

Dr Martin Bührig
at the following location:
Klinikum Bremen-Ost, Centre for Psychosocial Medicine,
Department of Psychiatry and Psychotherapy
Züricher Straße 40
28325 Bremen
Tel.: 0421 / 408-1363

At the following location:
Psychiatric Treatment Centre Bremen Nord
Aumunder Heerweg 83-85
28757 Bremen
Tel.: 0421 / 66061220

Email: Martin.Buehrig@Klinikum-Bremen-Nord.de

REFUGIO Bremen
Counseling and Treatment Center for Refugees and Victims of Torturte
Außer der Schleifmühle 53
28203 Bremen
Tel.: 0421 / 176677-0
(Please use this reference: Registration AVIB / Trauma Outpatient Clinic.)
E-Mail: traumaambulanz@refugio-bremen.de
(Please also note that, in accordance with the association's statutes, Refugio accepts only individuals who have a history of fleeing their home country but do not yet hold the German citizenship.)

(As of August 2026)