

Psychological counselling

also in Turkish

Sometimes life becomes too much – worries, conflicts or exhaustion can affect anyone. In such cases, it can help to talk to someone who listens, understands and opens up new perspectives. Our psychological counselling gives you space to calm down, sort out your thoughts and find new ways forward.

What we can do for you:

- **Gaining clarity on personal issues**
- **Understanding stress better and reacting more calmly in everyday life**
- **Building self-confidence and strengthening relationships**
- **Support in difficult times – so you don't feel alone**
- **Looking ahead: discovering new perspectives and solutions**

Counselling is free of charge, confidential and anonymous if desired. It takes place in a protected environment where respect and appreciation are a matter of course.

Counselling appointments are available at our locations in Wilhelmsburg and Altona – or via video call.



Psychological counselling – in person or via video call

Crises and conflicts are part of life. Especially when you are far from home, it is good to talk to someone in a familiar language. Our Turkish and English-speaking psychological counselling service offers a safe space and understanding for your cultural and family values. Here you can talk openly about your experiences and develop new solutions together.

What we offer:

- Intercultural counselling and awareness-raising
- Strategies for coping with stress and anxiety
- Support in crises and conflicts
- Promotion of social skills
- Development of new perspectives

As we want to take sufficient time for you, consultations are only possible by prior appointment. Please feel free to contact us by telephone on +49 (0)40 33 39 88 30 or book your appointment here via our **online portal**. If you are unable to attend your appointment, please cancel it so that others can take your place.

via the QR code
to our online portal



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