



HELP 4 YOU

Mental Safety First Aid

●● mental
disorders

●● anxiety / fears

●● sleep disorders
and nightmares

●● trauma

●● irritability and
aggression

●● violence

●● seeks
dependency

●● depression

●● upbringing
and relationship

Dr. Samina Taj-Plöger
(Psychologist)

Psychological counseling

Erstaufnahmeeinrichtung
Lindenstraße 110
28755 Bremen

Our daily office hours:
Monday – Friday
9 a.m. – 12 p.m.
and 1 p.m. – 4 p.m.
First floor, room M101

You can email or call us as well:
Samina.Taj-Ploeger@awo-
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Phone: 0421 36 17 46 48
Mobil: 0176 50 11 04 71



Bremen




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Mental Safety First Aid

 Pregnant?

 LGBTIQ*+?

 Single parent with
Minor children?

 Physically impaired?

 Elderly person?

 Care-dependent
person?

 Victim of violence?

 Victim of trafficking?

Justina Hutchinson

**Identification of special
protection needs**

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