

HELP4 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

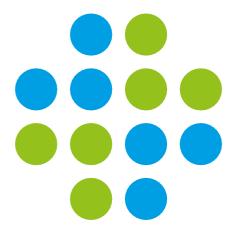
You can email or call us as well:

Samina.Taj-Ploeger@awo-bremen.de

Phone: 0421 36 17 46 48 Mobil: 0176 50 11 04 71







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- 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

Erstaufnahmeeinrichtung

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