



## **Stress, problems concentrating, Insomnia, worries?**

Feeling the need to talk to somebody?  
We will listen. No matter what you need to  
talk about..

We are group of psychology students offering a free and independent counselling for refugees for psychosocial concerns. We will listen and try to find a solution together. We refer to local leisure time offers and/or professional health care institutions.

As an independent Institution, our counselling does not have any impact on the asylum procedure. Please notice that we can't prescribe medication by law.

When you make an appointment, please tell us whether you prefer a male or a female counsellor. If needed counselling can be done in English. We will meet than in a private room at Café Mondial with an interpreter for either Farsi or Arabic.

For an appointment please send an Email to:

[adtendo.hsg@uni-konstanz.de](mailto:adtendo.hsg@uni-konstanz.de)

counselling: **every 1<sup>st</sup> and 3<sup>rd</sup> sunday, 2-5 pm**

adress: **Café Mondial**, Zum Hussenstein 12, 78462 Konstanz

You want to participate and help adtenndo? Do not hesitate to write us.

adtendo is supported by: Café Mondial e.V., save me e.V., Uni Konstanz



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