

Our Work

We offer psycho-social counseling to people without employment and/or little money who struggle with their mental health or personal circumstances.

We Believe that

- the current socio-economic climate marked by increased unemployment, welfare cuts and poverty is putting more and more stress on people
- the resulting competition weakens our society's solidarity and pushes people into isolation and loneliness
- as a consequence, the individual experiences more hardship and psychological problems
- qualified support must be confidential, free of charge and guided by the client's individual goals

Donations

We are a non-profit organization. You can support our work by donating. If you would like to receive a donation receipt please state your name and address in your payment reference. We are grateful for your support!

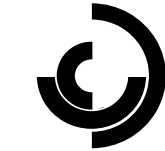
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Accessibility

Our office in Wilhelmsburg (LunaCenter, Wilhelm-Strauß-Weg 2b) can be accessed via Elevator or through a parking level on the same floor. Please don't hesitate to call for further information.



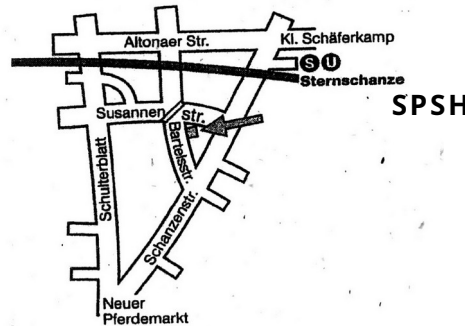
SPSH

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info@spsch.de
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SPSH Schanze, T.: 040 4302270

Bartelsstr. 30, 20357 HH

You can reach us via the U3, S11, S21, S5, A1 and the buses 15 and 181 to U/S-Bhf Sternschanze - from there it is a 5 minute walk.

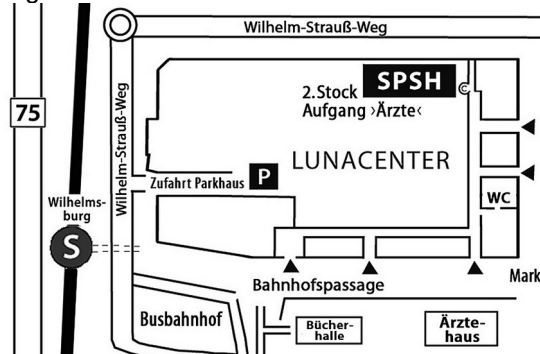


SPSH

SPSH Wilhelmsburg, T.: 040 26104052

Wilhelm-Strauß-Weg 2b, 21109 HH

Located on the second floor in the Luna-Center, the stairs are next to the Deutsche Post Store. S-Bahn: S3 and S5, Bus: 13, 151, 152, 154, 156, 252 and 351, Car: Parking in the LunaCenter



**SOLIDARISCHE
PSYCHOSOZIALE
HILFE HAMBURG E.V.**

SPSH

The psycho-social counseling center for people without employment and/or little money

Psychological counseling, information & group workshops on career orientation.

- Confidential
- free of charge
- subject-oriented

Work is important. So is life.

Who We are

We are a team of psychologists and social workers. Our non-profit organization, the Solidarische PsychoSoziale Hilfe Hamburg e.V. was founded in 1987. From the start, the aim was to provide psycho-social support to people with little money.

Our work is funded by the City's Department for Social Services (Hamburger Sozialbehörde). However, we are an independent organisation and not affiliated with any state institutions, political parties or churches.

Who Comes to Us

People who come to us

- feel overwhelmed by unemployment or their personal life and would like support
- experience dejection and feel anxious about their future
- are dissatisfied with their lives and want support in facing challenges and reaching their goals
- want to find a job or change careers
- feel lonely and are looking for ways to connect
- have yet to find suitable support for themselves

Support for Self Help Groups

We offer our office space to support groups and provide psychological support if needed.

What we Offer

Appointments & Information

Please call if you want to make an appointment or are interested in participating in our workshop on career orientation. If you call outside of our Admin-hours and cannot reach us, please leave a message and we will call back.

Admin Hours

Mondays 10 - 12 a.m.
Tuesdays 10 - 12 a.m.
Wednesdays 2 - 4 p.m.
Thursdays 10 - 12 a.m.

T.: 040 4302270

Short-term Appointments

Whether you have a topic or problem you would like to discuss in person or are interested in personal counseling, we offer 1-hour-long appointments, usually within 10 days. If needed, follow-up appointments are possible.

Walk-In Hours

During our walk-in hours you can come by without an appointment. Please note that we try to give at least 20 minutes to each client. There might be a little wait but usually we have enough time for everyone. On occasions when there is not, we'll arrange an appointment for a later date. If you want to make sure to speak to us, please arrive at the starting time.

Schanze every Wednesday 2-4 p.m.

Wilhelmsburg every Tuesday 3-5 p.m.

What we Offer

Personal Counseling "Lebenslagenberatung"

We offer personal counseling to people who receive Bürgergeld (ALG II) or are expected to receive Bürgergeld in the near future.

During personal counseling, the so-called Lebenslagenberatung (Life-circumstances counseling) people have regular sessions with their counselor over the course of up to 14 months.

We aim to support you in tackling issues that are important to you. Since each person's situation is unique, these issues can be manifold. Hence, although job search can be a topic during counseling it does not have to be.

The sessions are confidential. You do however need to consent to the Jobcenter being informed about the start and ending of counseling. Personal counseling can also be recommended by the Jobcenter. However, participation is voluntary and not a requirement to receive benefits. There can be no sanctions if you do not want to participate and you can end counseling at any time. Unfortunately, there is a waitlist.

Workshop on Career Orientation

Do you want to get back into a job after a long hiatus due to illness or caretaking, get a diploma or find a new career? During the course of 10 group sessions, this workshop's aim is to explore and find new paths towards one's own career goals. The workshop is held only in German. If you would like more information about the dates and the program, please contact us.