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Counselling and help

Psychosocial counseling

Refugio Munich in Landshut

Refugio Munich is a counselling and treatment centre for traumatised refugees and victims of torture. It has had its own centre in Landshut since 2018.

Here, psychotherapists and social workers look after refugee adults and children with mental health problems.

These can be signs of mental health problems:

- They can **'t fall asleep** or are often up late at night.
- They have **bad dreams**.
- They have experienced bad things. **Remembering** them **hurts** a lot.
- They often have **headaches**.
- You **don't enjoy life** and beautiful things.

Do you have one or more of these problems? Then Refugio can help you.

At Refugio you can undergo psychotherapy.

- During psychotherapy, you can talk about your problems.
- We think together: What helps you with your problems?
- You can always speak to us in your native language.

We at Refugio **can also help you with questions about your asylum procedure** and other matters. You can register in writing using our registration form or give us a call.

Here you can find information about Refugio and the help we offer:

<https://www.refugio-muenchen.de/angebote-fuer-men...>

Registration for Refugio in Landshut for adults:

<https://www.refugio-muenchen.de/wp-content/upload...>

Registration for Refugio in Landshut for children:

<https://www.refugio-muenchen.de/wp-content/upload...>

Queer in Landshut

In some countries, homosexuality is stigmatised or even banned. This has long been a thing of the past in Germany. In the city of Landshut, the Basic Law also ensures that people with and without a migration background can lead a self-determined life. This also applies to the topic of sexuality. In our city, all people are treated equally and are free to choose their sexual orientation.

All Landshut residents are free to decide who they love.

Multilingual counselling, information and support is offered by up2you Queer in Landshut.

 [Queer in Landshut](#)

up2you_Queer in Landshut

The up2you counselling centre in Landshut is a cooperation between two associations (Pro familia Niederbayern e.V. and Queer in Landshut e.V.).

What does up2you do?

At the up2you counselling centre, queer people can seek advice on all aspects of life. Counselling topics can be anything that people bring with them. There are no wrong questions.

Who can get counselling?

- Lesbians
- gays
- Bisexual and transsexual people
- non-binary or inter:gender people
- Relatives of queer people
- Professionals who work with queer people



There is help and support on many topics

- Identity finding
- coming out
- transition
- Experiences of discrimination
- Conflicts in the family
- Development of stable self-esteem

Counselling is subject to confidentiality. Nothing that is discussed here is revealed to the outside world. Anonymous counselling is also possible if people do not wish to be identified. Counselling is also **free of charge**.

Feel free to get in touch!

 [Counselling centre](#)
@up2you@profamilia.de

 [087120650860](tel:087120650860)
 [Grasgasse 331a, 84028 Landshut](#)

Women's, family and pregnancy counselling

CaRe for Women from Caritasverband Landshut e.V.

The "Care for Women" project from Caritasverband Landshut e.V. offers

Counselling and support for women and girls affected or threatened by FGM/C.

We advise, inform and support you, ...

💡 if you are affected or threatened by FGM/C yourself or if you know women or girls who are threatened or affected.

💡 if you have questions about pregnancy or birth.

💡 if you have complaints due to your FGM/C.

We can help you...

- in confidential counselling sessions, for which we can also find interpreters if necessary.
- to protect yourself and your children from FGM/C.
- to find specialised doctors or therapists.
- by establishing contact with a sensitive cultural mediator if required.

Counselling is free of charge and anonymous if desired.

Contact:

 [08718051120](tel:08718051120)

 [01627236362](tel:01627236362)

@ [info@car](mailto:info@caritas-landshut.de) itas-landshut.de

 <https://bayern-gegen-gewalt.de/>

This project is funded by the

[Bavarian State Ministry for Family, Labour and Social Affairs.](#)

Social and migration counselling

Migration counselling

Have you recently arrived in Germany and everything is new to you?

Migration counselling helps people who have immigrated to Landshut. They receive information about living and working in Augsburg. The counsellors are well networked. They know the various offers and projects for immigrants in the city of Landshut. They will help you to find the right advice centre.

💡 Some advice centres offer advice in other languages. Ask them.


What questions and topics does the migration counselling service advise on?

You can ask the migration counselling service questions on various topics, e.g:

- Where can I learn German?
- How do I apply for a German course?
- My family would also like to come to Germany. What do I have to do?
- What does my residence status mean?
- How do I find a flat?
- Where can I apply for financial aid?
- Who can help me find a job?
- Can my degree be recognised in Germany?
- How does the German school system work?
- Which doctor can I go to?
- Who will help me during my pregnancy?
- I am looking for a kindergarten place. What do I have to do?
- and much more...

Please contact the following centres:

 [Migration Counselling Landshut Network](#)

 [087196367151](tel:087196367151) and [087196367152](tel:087196367152)


Neustadt 464-465

84028 Landshut

or


[online counselling](#)

 [Migration Counselling House International](#)

 [087196646318](tel:087196646318) and [087196646319](tel:087196646319)


Wittstr.6, 84036 Landshut

and

 [0871319474830](tel:0871319474830) and [0871319474831](tel:0871319474831)

Klötzlmüllerstr.140

 [Migration counselling Caritas and Diakonie Landshut](#)

 0 [8718051](#) 114

Gestütstr. 4a

84028 Landshut

 **Counselling is free of charge**