

PSYCHOLOGISCHE BERATUNG

**OPRA Psychological counseling for victims of
right-wing, racist and antisemitic violence**

OPRA

- **Have you become subject to racist insults, harassment or physical attacks?**
- **Have you been harassed or attacked by right-wing extremists?**
- **Have you experienced antisemitic violence or threats?**
- **Did you witness a racist, right-wing or antisemitic assault?**
- **Are you a relative, partner or friend of someone who has experienced such an assault?**
- **Are you afraid? Do you have trouble sleeping, experience nightmares, a strong mistrust towards others or suffer from reoccurring strong memories of the incident?**
- **You don't feel welcome or safe in Berlin or Germany anymore and are afraid of coming under attack again?**

These are some of the psychological and emotional effects associated with racially and religiously motivated assaults as well as right-wing extremist attacks

- **We offer professional psychological assistance and support during the processing of violent experiences.**
- **We listen and provide information.**
- **You don't have to bring anything.**
- **You don't need to tell us your name**
- **You aren't obliged to report the incident.**

You're welcome to seek counseling and support with us even if the incident happened years ago and you still suffer from its psychological consequences.

What we offer:

- Personal counseling for victims, witnesses and relatives
- Trauma specific counseling and intervention in crisis
- support in the regaining of a sense of security, self-confidence and self-efficacy
- Information about potential post traumatic symptoms
- Psychological support and accompaniment to court hearings
- Preparation of psychological reports
- Referral to further specialised support and health services
- Longterm aftercare, follow-up
- Guidance and support during the grieving process after a right-wing extremist or racist act of violence that resulted in death

Our counseling and treatment is

- anonymously by request
- free
- independent of municipal authority and health insurance
- possible in all languages (with an interpreter as needed)



Psychologische Beratung

Für Opfer rechtsextremer,
rassistischer & antisemitischer Gewalt

Heinrich-Heine-Str. 15, Annenhöfe,
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Senatsverwaltung
für Arbeit, Soziales,
Gleichstellung, Integration,
Vielfalt und Antidiskriminierung

Im Rahmen von



**DEMOKRATIE.
VIELFALT.
RESPEKT.**

Das Landesprogramm gegen
Rechtsextremismus, Rassismus
und Antisemitismus