WHY?
- being far from home is never easy.
- changes due to relocation and/or a new environment can be stressful.
- to be happy here without denying your cultural background does not happen automatically.

Facing these challenges, it is normal to experience difficulties such as:
- the feeling of not being understood.
- distress, sadness, loneliness.
- social, professional, academic, family or marital problems.

Timely psychological intervention and support can prevent undue suffering.

FOR WHOM?
Anybody, male or female, young or old, single or married, whose main cultural frame of reference is not the one of Switzerland and who feels a need for psychological services.

- Foreign residents
- Foreign students
- Refugees
- Asylum seekers
- Multicultural couples
- Swiss nationals returning from abroad
- International employees
- Foreign workers
- Multi-national people

HOW?

Offering
- a listening ear
- psychological help
- a place where you can find support

Psychologists will see individuals, families or couples, by appointment.

for sessions on a once-off or longer-term basis.

Psychologists are there to help you understand and tackle the problems you are facing, bearing in mind your personal and cultural resources.

We work in many languages and can call on translators.

That’s why Pluriels is here

Pluriels is here for you

Pluriels is here: tél. 022 328 68 20
A few words about Pluriels

Pluriels is a non-profit association established in Geneva, in July 1995, with a branch office opened in Meyrin in 1999.

Pluriels brings together health professionals with an interest in cultural diversity and its implications.

Pluriels’s goals:

• To offer ethnopsychological consultations to people from different cultural backgrounds (see inside the flyer).

• To promote exchange of information between professionals and institutions working with people of different cultural origins.

• To promote cross-cultural encounters between Swiss nationals and different communities living in the Geneva area.

• To promote all efforts to encourage the respect of Human Rights.

Pluriels is open to everybody who wishes to support its work

Amongst other things, we offer:

• Short-term therapies for situations of loss, separation, big changes, depression, bereavement, culture-shock, racism, harassment at work, constructive dismissal, etc.

• Special therapies for victims of organised violence - and those close to them.

• Psycho-social interventions: psychotherapy and training for any staff involved with migrants.

If you wish to receive further information about our activities and services, please do not hesitate to contact us.

Reception:
Mon-Fri 9.30am – 12.00am
Consultations: by appointment
Fees: dependant on resources of client.
We are refunded by complementary health insurance

If you wish to become a member of Pluriels, a one-year subscription costs Fr. 50 (individual) or Fr. 80 (institutions).
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