

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**

That's why *Pluriels* is here

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

Pluriels **is here for you**

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

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).
CCP 12-15583-5.

Pluriels

CENTRE DE CONSULTATIONS ET D'ETUDES ETHNOPSICHOLOGIQUES
POUR MIGRANTS

**PSYCHOTHERAPY AND
CROSS-CULTURAL STUDIES
CENTER
FOR MIGRANTS**

Version anglaise



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