

For patients

WHAT FOR ?

Facing the challenges of life and all its changes, it can be normal to experience difficulties such as :

- Communication issues, the feeling of not being understood.
- Anxiety, distress, sadness, loneliness, isolation.

- Social, professional, academic, family or marital problems.

- Psychotrauma.

Talking to a professional is, already, the beginning of a solution.

That's why *Pluriels* is here

WHERE ?

Plainpalais

Rue des Voisins 15 (3rd floor)

Case postale 20

1211 Genève 4

Tél./Fax +41 (0)22 328 68 20

www.pluriels.ch

Meyrin

Promenade des Champs-Frêchets 14

1217 Meyrin

Reception

Mon - Fri 9.30am – 12.00am

pluriels@pluriels.ch

Consultations : by appointment.

Fees : Reimbursement by the LA-Mal (basic insurance coverage). If you do not have health insurance, CHF30.-min./hour.

Support our work and become a Pluriels member, CHF 50.-/year for individual or CHF 80.-/year for institutions to the **CCP 12-15583-5**.

With the support of :

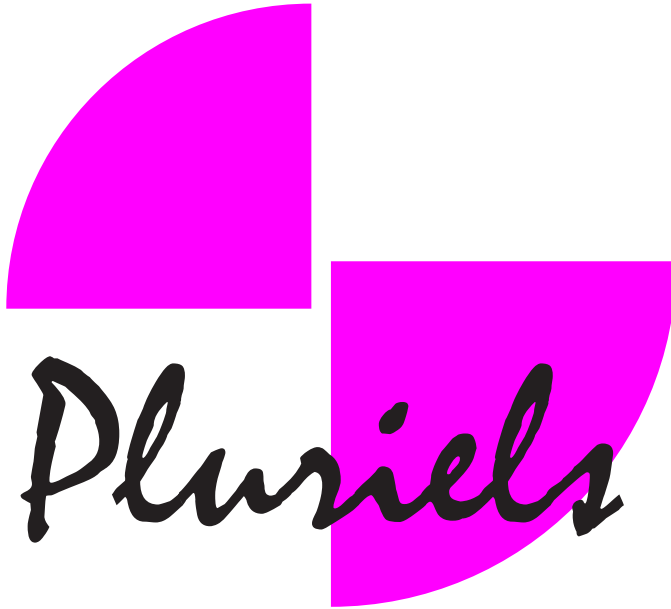


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ET CANTON
DE GENEVE

POST TENEBRAS LUX

COMMUNE DE MEYRIN





PSYCHOTHERAPY AND
CROSS-CULTURAL STUDIES CENTER
FOR MIGRANTS



Organization in special consultative status with
the Economic and Social Council since 2014

Pluriels

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

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



FOR WHOM ?

Anyone, male or female, young or older, couples, families or individuals, whose main cultural frame of reference is not the one of Switzerland as well as their relatives.

HOW ?

We propose :

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

Psychologists will see you, by appointment.

For sessions on a once-off or longer-term basis for individuals, couples and families.

We work in many languages and can call on our interpreting service.

Pluriels is here for you

For professionnals

OUR SERVICES :

- Short-term therapies for situations of loss, separation, depression, grief, culture-shock, racism, mobbing, family entry and settlement, etc.
- Special therapies for victims of organised violence - and those close to them.
- Psycho-social interventions : conference, workshops, group facilitation (community therapy A. Barreto), supervision and training for staff working in the field of migration.

