



Who can receive our counseling?

- Anyone who receives money from the jobcenter (also top-ups and self-employed individuals)
- Anyone who is going to receive money from the jobcenter soon. (e.g. ALG I recipients)



**Life Situation Counseling
by Jugendbildung Hamburg**

Wiesendamm 22 b, second floor

22305 Hamburg

040 29 80 16 - 155

LLB@jugendbildung – hamburg.de

**Open counseling
without appointment:**

**Mon, Tue, Thu:
10:00 - 14:00**

Individual appointments
from Monday to Friday

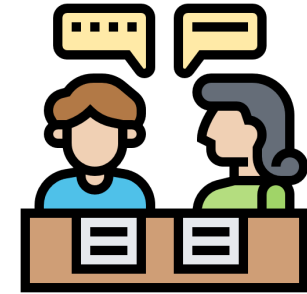
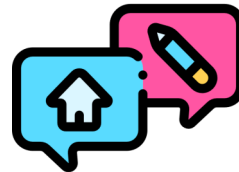


Life Situation Counseling helps you to cope with and to resolve personal problems

- in your **housing situation**
- in your family environment
- with stress and stressful circumstances
- with your health care situation.

Specifically, we can help you to:

- find an **apartment**
(but we do not rent apartments!)
- explore new perspectives and possibilities
- communicate with authorities and offices
- fill out applications
- access to computers and internet
- make the first steps towards your own apartment.



Counseling is offered in four modules:

- Incoming consultation
- Crisis intervention
- Stabilizing consultation
- Follow-up consultation

An initial meeting or crisis intervention is possible without appointment during the open counseling..

For the stabilizing consultation you need a **voucher** issued by the **jobcenter**.

Would you prefer to receive counseling in another language or with the help of a sign interpreter?

Please mention this when making an appointment.