

A woman with blonde hair, wearing a yellow long-sleeved top and a black and white patterned scarf, is smiling warmly at two men. The men are seated at a desk in an office environment, looking towards her. The background shows office equipment like a keyboard and mouse, and a window with blinds. A semi-transparent blue grid pattern is overlaid on the right side of the image.

Let us introduce  
ourselves



Soziale Hilfe Marburg

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We want to use all our knowledge, our energy and our imagination to help people suffering from a psychiatric illness within their social environment.



## ABOUT US

The **Soziale Hilfe Marburg (SHM)** was founded in 1985 by staff members of the Psychiatric Hospital Marburg.

All members and employees have committed themselves to using all their knowledge, energy and imagination to help mentally ill people in their social environment.

Our goal is to provide professional support by the structuring and arrangement of a normal day. The **Soziale Hilfe** stands for social, self-defined and caring help.





## OUR GOALS, OUR STANCE

We want to offer individuals the opportunity to live a self-determined and independent life under “normal” circumstances.

Our goal is to raise the subjective quality of life and contentment despite the individual having a psychiatric diagnosis. We work with the principle: help someone to help themselves. In the processes of learning, which can be difficult and lengthy at times, we consider ourselves as a cautious companion and to be geared to the client’s long-term development. Yet another objective is the preservation of skills, abilities and resources.





We work with the “Person orientated assistance” approach, which means every client becomes a designated case manager and a replacement manager in order to receive support. Our main focus is the development and preservation of a supportive and stable assistance-relationship, in which we provide stability, safety, encouragement and care.

The foundation of our work is to approach people with honest interest, respect, acceptance and clarity. Within our four centres, it is important to us to deliver flexible, customised services close to the client’s home. Part of this, amongst other things, is to support willing clients on their way from a highly supported to a more independent way of live.



## CENTRE FOR PSYCHOSIS AND ADDICTION

- Services for people with a psychiatric diagnosis and drug-dependence
- Residential Accommodation
- Intensive Assisted Living (Staff presence Around the Clock)
- Outpatient Assisted Living
- Individual Housing and Living Space
- Leisure Time Facilities and Offers



## CENTRE FOR ASSISTED LIVING SOUTH

- Intensive Assisted Living in 2 Locations with a high Staff presence 365 Days a Year
- Outpatient Assisted Living
- Individual Housing and Living Space
- Leisure Time Facilities and Offers
- Hobby Bicycle Workshop (Inclusion Project)





## CENTRE FOR WORK AND COMMUNICATION ZAK

- Outpatient Assisted Living
- Individual Housing and Living Space
- Daycentre
- Low-threshold Service
- Individually Orientated Activities
- Evening and Weekend activities



## CENTRE FOR ASSISTED LIVING MIDDLE

- Residential Accommodation
- Intensive Assisted Living  
(Staff presence Around the Clock)
- Individual Housing and Living Space
- Leisure Time Facilities

## SERVICES FOR DAILY LIVING AND SELF-CARE

The focus of this service is normal day-to-day tasks. We aim to assist people in the development of present, as well as lost or as yet non-existing self-support and living skills. Our goal is to further these skills to enable the client to deal with governmental agencies independently or at least with support. In case of expected permanent limitations in this area, clients can be referred to support services that deliver these tasks on the behalf of the client.





## WORK AND ENGAGEMENT

Mind stimulating activities open up the possibility to learn new or to recover lost abilities. Socially accepted “work” is a fundamental element to psychological stabilisation and the development of self-reliance and personal responsibility.

Generally, whenever possible, we encourage external employment opportunities. We will advise the person, accompany the person and support the establishment of contacts to schools, instructors and sponsors. We offer people who are not able or not yet able to take on employment an extremely wide-range of activities and opportunities that aim to suit individual abilities and further the self-confidence of the person.

## OUR SERVICES





## RECREATIONAL ACTIVITIES

This is an area where clients have the opportunity to take part in a large array of stimulating activities that also fulfil wishes and needs. Activities with a different focus, such as exercise, games, culture, music and sociality can be visited as regular weekly or on single occasions throughout the year. These activities take place in facilities of the SHM, as well as externally. Over the last years activities organised by clients have been established. The ideal goal is the participation of the person in a communal setting.



## TACKLING ILLNESS AND CRISIS

The aforementioned offers and services increase health because they help to enrich and enable the individual to manage daily tasks and therefore mitigate the consequences of illness. A varied array of group activities encourages social contacts and the ability to resolve conflicts.

Furthermore, where needed, we support the keeping of medical appointments and the regular intake of medication. We offer psycho-educative groups and individual appointments in order to help and tackle the symptoms of illnesses. Through acceptance, encouragement, listening and classification of perceptions, anxiety and fear can be reduced and the mood as well as confidence and psychological stability can be enhanced.



OUR  
SERVICES

## HIGH PROFESSIONALISM

Our teams consist of staff members with a variety of occupations and qualifications. They take part in regular Team meetings and Supervisory meetings. Through internal and external training, as well as Expert Conferences we keep up-to-date with new and current concepts and remain highly motivated.

Our tools are the social sciences and psychological and social theories and Methods from psychodynamic, cognitive Psychotherapy, systematic Family therapy, educational sciences and communication studies.







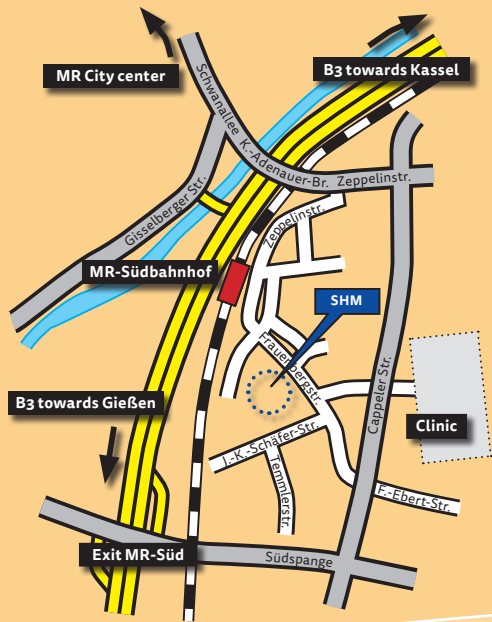


## CENTRE FOR ASSISTANCE, HELP AND ADMISSION

Any person who is interested in receiving support from us can contact us through our Centre for "Assistance, Help and Admission". In detailed talks with the person about his or her personal Situation we decide with and alongside the individual what changes are needed and wished for in order to create a person orientated Support plan.

Together with the person we carry out the necessary Forms and Applications.





## CONTACT

**Soziale Hilfe Marburg e.V.**

CENTRE FOR ASSISTANCE,  
HELP AND ADMISSION

Molkereistraße 6  
35039 Marburg, Germany

TEL: +49 (0)6421 94809-27

FAX: +49 (0)6421 94809-28

EMAIL: [bha@soziale-hilfe-marburg.de](mailto:bha@soziale-hilfe-marburg.de)

WEB: [www.soziale-hilfe-marburg.de](http://www.soziale-hilfe-marburg.de)

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