

Our services

We support people with mental illness within the framework of integration assistance (Eingliederungshilfe):

- open office hours
- support through individual assistance and group activities
- living in a shared or individual apartment
- assistance in your individual apartment

Our locations

- West (ASP)
- Süderelbe (ASP)
- Horn/Billstedt (ASP und WMAs)
- Rahlstedt (WMAs)
- Wilhelmsburg (WMAs)
- Altona (WMAs)

„West“ includes the districts of Eimsbüttel, Eppendorf, Altona and Lokstedt. „Süderelbe“ offers housing in Neugraben and Fischbek.



With almost 14.000 employees, the **Internationaler Bund (IB)** is one of the largest providers in youth, social and educational work in Europe. Its motto is Strengthening Being Human.

Contact

Internationaler Bund (IB)

Freier Träger der Jugend-, Sozial- und Bildungsarbeit

Sozialpsychiatrische Angebote /
Social and psychiatric services

☎ 040 650 600-0

@ anfragen-hamburg@ib.de

🌐 ib.de/standort/211945

🌐 ib-nord.de/hh

📘 IB Hamburg

📷 ib.hamburg



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Hamburg

Social and psychiatric services

Outpatient assistance



Strengthening
Being Human **IB**

We will support you in shaping your life according to your vision

Maintaining friendships, organizing hobbies, having a job – what many people take for granted is often difficult with a mental illness or an acute life crisis. Even dealing with everyday life can become a challenge.



We offer housing and assistance at six locations in Hamburg

We will support you, step by step in facing the demands of life. You can take advantage of our services whether you live in your own apartment, or rent a living space from us.

Within the structure of our outpatient living and care services, we support you on your way to building up an independent life based on your needs and possibilities, so that you can fully participate in life again. We also offer various group and leisure activities.

- Our experienced team will accompany you on your way to an independent and responsible lifestyle.
- We will work with you to identify areas you need help. Together we will develop care goals and supportive interventions.
- We will help you to find necessary therapy and self-help options. We will be available to you during stressful situations or when you need support.

Our services are aimed at people who



- are at least 21 years old;
- are entitled to integration assistance – „Eingliederung“ (according to § 99 SGB IX);
- do not require inpatient care;
- do not have an active addiction.

Characteristics of IB-Housing

- rooms can be rented with basic furniture, if needed
- furnished kitchen with basic equipment
- washing machines and dryers
- smoking is permitted in your own room, but prohibited in the common areas
- the apartments are not handicap accessible
- pets are not allowed

If you require more intensive support, (ex: day- or week-structure; accompanying to external appointments; etc.), our Living with Assistance (Wohnen mit Assistenz – „WMAs“) may be appropriate for you.

For less intensive care, our Outpatient Social Psychiatry (Ambulante Sozialpsychiatrie – „ASP“) locations may meet your needs.

All our apartments are well connected to public transport and shopping opportunities. If you need to rent a living space from International Bund e. V., we mainly offer rooms in shared apartments („WG“s with 2-4 people).

Single apartments are also available, but in limited numbers. A willingness to regularly participate in WG-meetings and constructive communication is required for the WGs.