

## **We will not leave you alone in the Corona Crisis!**

Especially in these difficult, unsettling times we are there for you with **psychosocial help**. We have set up additional **free video counseling hours** at [www.ipso-care.com/english](http://www.ipso-care.com/english) to be able to advise you quickly when you are in mental distress.

**Contact us for a trustful  
conversation**



**ipso-care**  
empathy international



## PSYCHOSOCIAL HELP IN THE CORONA CRISIS

Online Counseling for free  
[www.ipso-care.com](http://www.ipso-care.com)

- Strictly confidential
- In your native language
- Quickly effective
- On eye level
- Culturally sensitive
- Value based



## ONLINE COUNSELING STEP BY STEP

1. Register
2. Book an appointment
3. Self-evaluation  
(optional)
4. One-on-one Counseling  
(video chat)

For PC, Smartphone, Tablet

[www.ipso-care.com](http://www.ipso-care.com)