

INFORMATION

PREVENTION AND STRENGTHENING OF MENTAL HEALTH

NEW FREE SERVICE IN THE MUNICIPALITY OF BETZDORF

During our lives, we increasingly encounter moments of uncertainty, stress, anxiety, and illness. Loneliness and burnout can lead to emotional difficulties that subtly disrupt our daily lives. To address this, we are offering a new free service in our municipality in cooperation with the Zitha group: „Prevention and Strengthening of Mental Health.“

The target population includes all citizens (youth and adults) of the municipality of Betzdorf.



- ~ **Mental Health Support**
- ~ **Consultation**
- ~ **Advice**
- ~ **Information**
- ~ **Help**

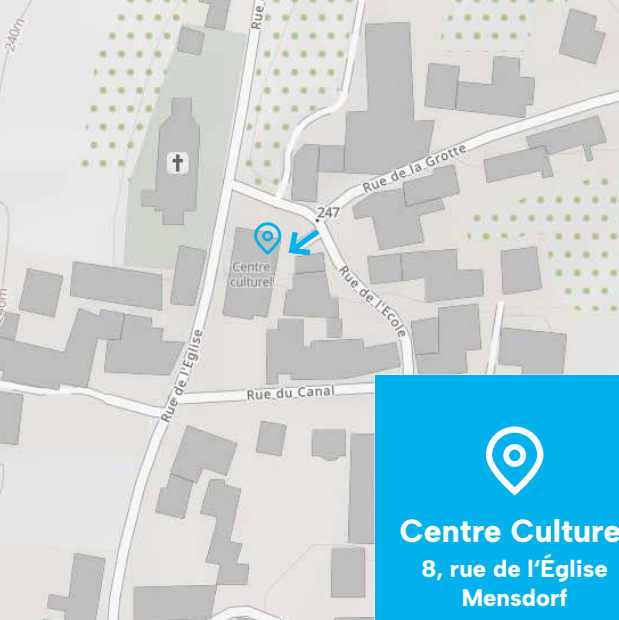


- ~ **Guidance**
- ~ **Healthcare Services**
- ~ **Assistance**



- ~ **Health Education**
- ~ **Workshops**
- ~ **Conferences**
- ~ **Information sessions**






Centre Culturel
8, rue de l'Église
Mensdorf



WHO?

The service is provided by Ms. Steffi Hermes, nurse.
Phone : 691 517 892
steffi.hermes@zitha.lu

WHEN?

Starting from 15/10/2024.
Every Thursday from 9.00 AM to 3.00 PM or depending on availability.

WHERE?

The new service is located at the Cultural Center in Mensdorf (8, rue de l'Église).

CONFIDENTIALITY GUARANTEED



Steffi Hermes
Nurse

A service in collaboration with

