

Your AntiRaktiv Counseling Center

Community based Counseling for persons who have experienced racism and/or discrimination.

- **Do you feel like you are being treated unfairly due to your skin color, background, and religion?**
- **Facing trouble finding work or housing in this context?**
- **Are your children experiencing disadvantages at school?**
- **Being mistreated, insulted, threatened, and marginalized?**

Then come to us!

We listen, provide advice, and support you.

We support you by

- **Treating you honestly and transparently.**
- **Taking your concerns seriously.**
- **Searching for solutions together with you.**
- **Accompanying you through every step.**
- **Referring you to additional professional counseling services as needed (e.g., mental health, legal questions).**

Community-Based Counseling Why is it important for you?

- **It strengthens your ability to act against racism.**
- **You receive professional support from individuals who have experienced racism themselves and value your identity, background, and culture.**
- **You can openly discuss your concerns and experiences in safe spaces.**

How does it work?

- **Counseling is free.**
- **We can speak your language.**
- **We can meet where you're comfortable.**
- **Your information is private and confidential.**
- **We're independent and not a government agency.**
- **We're here to support you.**

How and when can you reach us?

Contact us and we will arrange an appointment:



Sachsen-Anhalt:
antiraktiv@lamsa.de

Sachsen:
antiraktiv@dsm-sachsen.de

Mecklenburg-Vorpommern:
antiraktiv-mv@fabro-interkulturell.de

Thüringen:
antiraktiv@migranetz-thueringen.org

Brandenburg:
antiraktiv-brandenburg@damost.de

AntiRaktiv

your closest counseling team



damost.de



DaMOst | Dachverband der Migrant*innenorganisationen in Ostdeutschland



Aktiv gegen (Alltags-)Rassismus!
Empowerment, Beratung und Bildung

Gefördert durch:



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Die Beauftragte der Bundesregierung für Antirassismus