

In 2014 the associations Blaues Kreuz Baselland and Blaues Kreuz Basel-Stadt established the foundation Blaues Kreuz beider Basel. In 2018, the foundation was expanded to include the Multicultural Addiction Counselling Centre MUSUB. The foundation Blaues Kreuz/MUSUB beider Basel is a politically and denominationally independent addiction support and prevention organisation. It provides the population of the cantons Basel and Baselland differentiated counselling and prevention services for various forms of addiction and for diverse psychosocial issues. The services are open to all people seeking help, irrespective of their religious and cultural affiliation.



Fachstelle Blaues Kreuz

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Help for affected persons and significant others

» Open group for English speakers «

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Problems in dealing with alcohol or other addictive substances and behaviour are discussed and reflected on together with affected persons and relatives in the group. The role and difficulties of relatives as fellow sufferers of addiction and migration-related topics are also included in the group discussions. The realisation that one is not alone with one's own problems is already helpful in coping and has a supporting and motivating effect.

„you are not alone “

» Offer «

Professionally led group in which affected persons and significant others (relatives, life partners etc.) can openly discuss their own experiences, conflicts and burdens. The participants with an addiction define their own goals of consumption and behaviour (harm reduction, control, or sobriety).

» Participants «

Adult English-speaking women and men, affected persons, relatives and significant others (no couples).

» Confidentiality «

The protection of privacy is very important. It is a prerequisite for all the group participants to respect each other's confidentiality. What is discussed in the group, stays in the group!

» Condition of participation «

A brief information and registration meeting with the group leader is required before group participation. Sobriety on the group meetings.

» Dates «

> 10.01.2024	> 17.04.2024
> 24.01.2024	> 15.05.2024
> 07.02.2024	> 29.05.2024
> 06.03.2024	> 12.06.2024
> 20.03.2024	> 26.06.2024

» Event Venue «

Fachstelle MUSUB beider Basel
Peter Merian-Strasse 30, 4052 Basel

» Time «

Wednesday evenings from 17.15 to 18.45 pm.

» Costs «

CHF 10.00 per person and group evening. Smaller contributions can be arranged, too.

» Group leader «

Philippe Schmidt, M.A. Psychology,
Federally approved psychotherapist & addiction counsellor

» Registration and information «

Philippe Schmidt (leader) at our certified counselling office in Basel, see back page.

