



## CareTeam humeyra - Psychological support for host families and helpers

Do you feel insecure and overwhelmed by the situation?

Do you have difficulties distancing yourself emotionally?

Do you suffer from anxiety or a feeling of helplessness?

Do you observe mental peculiarities in the refugees you accompany, care for or who are accommodated with you?

Do you have difficulties sleeping at night?

Would you like to talk with other host families or professionals?

If you feel addressed, please contact us! We would like to support you, the host family and/or helper. Our offers are free of charge and include

- **Mental support and orientation** for host families.
- **Information and education** about stress reactions after escape/trauma.
- **Group offers** for talks between those affected.
- **Referral** to any necessary psychiatric/psychological professional services.

These are not long-term psychotherapeutic offers, but rather short-term and time-limited interventions. Our team consists of psychologists, social workers and other specialists. The staff members work on a voluntary basis. For the best possible counselling and support, we work closely with the TerraNea association and with translators. To register, click on the following link and fill out the form.

[https://docs.google.com/forms/d/e/1FAIpQLSc7CWGmvv8pqXTiP0mJKh7isimiT5gw8Y87--MjTN27gDMHrg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc7CWGmvv8pqXTiP0mJKh7isimiT5gw8Y87--MjTN27gDMHrg/viewform?usp=sf_link)

After your registration, we will contact you as soon as possible and together we will find out how we can best support you.

In case of **acute emergencies**, please contact the UPK Akutambulanz or the emergency department of the university hospital.

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### Kontakt

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#### Verein terraNea

[www.terranea.ch](http://www.terranea.ch)