



CareTeam humeyra - Psychological support for refugees

Do you feel overwhelmed or helpless?

Do you suffer from anxiety or sadness?

Are you having difficulties with your host family or are you unhappy with your living situation?

Do you experience feelings of insecurity or despair?

Do you have difficulties sleeping at night?

Are you worried about your family members or friends?

Do you wish for exchange with other affected people?

If you feel addressed, please contact us! We would like to support you. Our offers are free of charge and include

- **Mental support and orientation** for refugees.
- **Information and education** about stress reaction after escape/trauma.
- **Group offers** for an exchange among 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

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

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