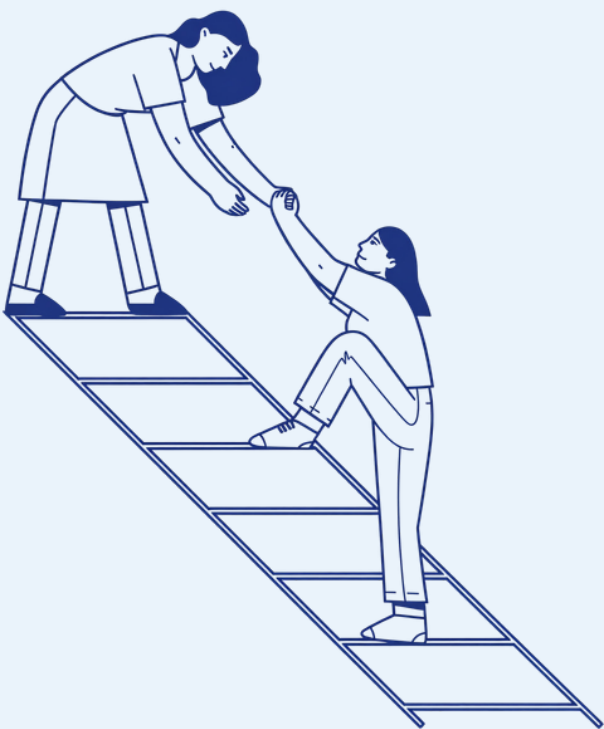
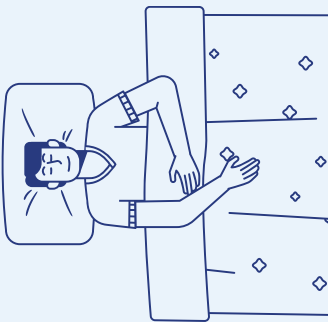


MENTAL HEALTH AND SUPPORT FOR YOUNG REFUGEES



What is mental health?

Mental health means that you feel well in your mind and your body. Of course, this is not always the case.



MAYBE YOU DO NOT FEEL WELL BECAUSE YOU ARE:

...sad,
...afraid,
...angry,
...unable to sleep at night,
...or you keep thinking about terrible experiences from the past.



Many people feel this way. This does not mean that you are "crazy". It only means that sometimes you need support so that you can feel better again.

YOUR RIGHT TO HEALTH CARE

No matter what kind of residence status you have, you have the right to proper health care.

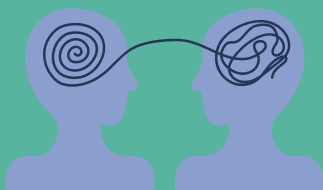
HIS ALSO INCLUDES CARE FOR YOUR MENTAL HEALTH.

Unfortunately, there are only a few therapy places, and many therapists already have full waiting lists.

Sometimes you have to wait a long time before you get an appointment. It is very important that you do not give up and that you continue looking for support.

What are therapies and how can they help?

If you do not feel well, it often helps to talk to someone about it. This is called therapy.



Therapy means talking with trained professionals. They can help you work with your thoughts and feelings and improve your situation.



There are different kinds of therapy, for example:

- **Psychotherapy:** Here you talk with an expert about your thoughts and feelings.
- **Art or music therapy:** Here music, painting, or drawing can help you express your thoughts and feelings. Afterwards, you can talk about them.



Psychiatrists and psychotherapists – what is the difference?

Psychiatrists are doctors. They know a lot about the body and the brain. They can give medication if someone needs it.



Psychotherapists are experts in therapy (see above). They help children and young people talk about their feelings and understand difficult experiences. Psychotherapists cannot give medication.

Both want you to feel better.
Sometimes they work together: The psychiatrist takes care of the medical side. The psychotherapist helps you through conversations and therapy.

ADVICE AND SUPPORT FOR RACISM AND DISCRIMINATION

If you experience discrimination, this can affect your mental health. Discrimination means that people are excluded or treated worse because some people think that not all people have the same value.



Discrimination can make it harder for you to get the help you need. Anti-discrimination advice centres can give you advice and support. They help you get the support you need. You can find anti-discrimination advice centres here:



<https://fachstelle.antidiskriminierung.org/beratungsstellen/>

WHAT DOES EMPOWERMENT MEAN?

Empowerment is an English word. It is pronounced: em-pow-er-ment. In German, it means **Ermächtigung**.



Ermächtigung means that a person who experiences a lot of discrimination and feels uncomfortable can find their own strength in a group. You learn about your rights. You learn how to stand up for yourself. You learn that you are not alone with your problems and that you are not responsible for the problems you experience.

Empowerment works best in a group of people who have had similar experiences with discrimination.



Together, you can think about what you want to do so that you can feel better. Sometimes this also means doing something together against the problem. For example, you can take part in protests or write to politicians so that your situation can change.

The Youth Migration Service (Jugendmigrationsdienst) → www.jugendmigrationsdienste.de/ or the Refugee Council (Flüchtlingsrat) → www.fluechtlingsrat.de/ in your area, may be able to help you find a group or a suitable service.



Your right to an interpreter

If you want to have therapy, you have the right to have an interpreter if you do not understand the language. This person is called an interpreter.



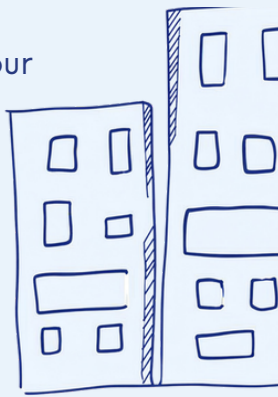
It is important that you understand what is said during therapy, so that you feel safe. It is also important that you trust the interpreter. If you do not trust the interpreter, the interpreter can be changed. Sometimes it can be difficult to get an interpreter.



Sometimes therapists do not have experience working with interpreters and feel unsure about how to do it. In this case, it is best to contact a Psychosocial Centre (PSZ). They can support and advise both you and the therapist.

Your right to suitable accommodation

If you need special peace, safety, or support, the Youth Welfare Office (Jugendamt) must make sure that you get suitable accommodation. Talk to your legal guardian (Vormund) and your support workers (Betreuer*innen). They can support you in getting the right place to live.

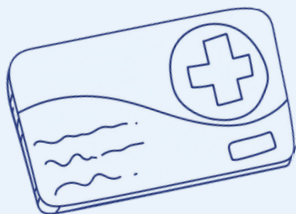


Access to therapy

Even if you have not been in Germany for a long time, you have the right to get a place for therapy. Depending on your residence status and where you live, the way to get therapy can be different.



1. If you are under 18 years old and live with your family or live in a child and youth welfare facility, you must be treated in the same way as other children and young people in Germany. If you live in a youth welfare facility, it does not matter how old you are. You have an electronic health insurance card. When you find a therapist, you can start therapy. The therapist will then apply for the therapy costs to be paid by your health insurance.



2. If you are over 18 years old, do not live in a youth welfare facility, have been in Germany for less than three years, and you have not received a decision about your asylum procedure yet, you receive money through the Asylum Seekers Benefits Act

(Asylbewerberleistungsgesetz). The authority that pays you this money must also pay for health services, including therapy. Often, they refuse this at first. If this happens, you should appeal the decision. Social workers in your shared accommodation can help you with this.



3. If you are over 18 years old, do not live in a youth welfare facility, but you have lived in Germany for more than three years or you have already received a residence permit, you have an electronic health insurance card. You can start therapy. The therapist will then apply for the therapy costs to be paid by your health insurance.

If you live in a youth welfare facility, your support workers and your legal guardian will help you find therapy. They will also help you apply for the costs to be covered. There are also Psychosocial Centres (PSZ). These centres often have suitable support services for children and young people in your situation. Applying for therapy through a PSZ is often easier than applying through a regular therapist. However, there are also long waiting lists at PSZ. You can find an overview of all Psychosocial Centres (PSZ) in Germany here:

www.baff-zentren.org/hilfe-vor-ort/psychosoziale-zentren/

What can you do in acute stress situations?

If you are in a very, very difficult situation...

If memories of terrible experiences keep coming back and are always on your mind...

If you do not want to leave your bed anymore...

...it is important to get help immediately.

You can:

- Talk to someone you trust who can support you.
- If you need to talk in German, you can call

TelefonSeelsorge:

<https://www.telefonseelsorge.de/>

- You can also use the free counselling services from **Nummer gegen Kummer:**
<https://www.nummergegenkummer.de>

You are not alone! There is always help and there are people who want to support you. Do not be afraid to ask for support! For more information and contact options, contact a Psychosocial Centre (PSZ) or call the telephone support services mentioned above.



Asylum application, residence status and mental health

Maybe it is difficult for you to talk about your escape from your home country or the reasons why you applied for asylum. This is normal. During the asylum interview, you often have to talk about painful experiences from your past so that people believe your story. It is important to think carefully and calmly about whether you are ready to apply for asylum and attend the asylum interview.

If your mental health is very bad, this can sometimes be a reason why you cannot be deported. However, these rules are complicated. Often, you need a detailed letter from a psychiatrist and support from a lawyer. The Refugee Councils (Flüchtlingsräte) may be able to help you: <https://www.fluechtlingsrat.de/>



Contact:

Bundesfachverband
Minderjährigkeit und Flucht e.V.
Paulsenstraße 55-56
12163 Berlin

info@b-umf.de
030 82 09 743 0



Dieser Flyer entstand im Projekt
„bedarfs.gerecht‘ — Das PSZ als Modell der
psychosozialen Versorgung und Rehabilitation
für Überlebende von Krieg, Folter, Verfolgung
und Flucht“.

Dieses Projekt wird gefördert durch Mittel aus
dem Asyl- und Migrationsfonds der EU (AMIF).



**Kofinanziert von der
Europäischen Union**

