

Prevent and Overcome Mental Illnesses

1. Prevent by ...

- ▬ Taking a walk regularly
- ▬ Integration & Education
- ▬ Sports
- ▬ Motivation
- ▬ Social Contact
- ▬ Structuring your day
- ▬ Meeting in groups with men and/or women with experience as refugees

2. Early Detection and Treatment

- ▬ Counseling and support services for refugees
- ▬ Counseling and support services for mental health and social issues
- ▬ Self-help groups

3. Professional Treatment

- ▬ Medical treatment (medication, therapy)
- ▬ Psychological or psychiatric therapy

REFUGIUM – Refugee Health

This flyer is part of the REFUGIUM health awareness project for refugees by HAW Hamburg Department of Health Sciences.

The knowledge provided here will help you and your family to maintain and regain health in Germany.

Learn with REFUGIUM about

- ▬ Health care in Germany
- ▬ Mental health in Germany
- ▬ Hygiene in Germany
- ▬ Oral health in Germany
- ▬ Physical activity in Germany
- ▬ Nutrition in Germany

We Care for You and We Care for Your Health!



**REFUGEES
WELCOME**



Verlag **Barbara Budrich** Publishers



Hochschule für Angewandte Wissenschaften Hamburg
Hamburg University of Applied Sciences



HAW Hamburg
Fakultät Life Sciences
Department Gesundheitswissenschaften
Prof. Dr. Christine Färber
Ulmenliet 20 · 21033 Hamburg

Autorinnen und Autoren: Zeinab Behroozian, Meylem Celik, Claudia Guzal, Nazmiye Merve Alici, Alladdin Hasan, Fareshta Haschimi, Madina Hazueva, Mariam Nasserie, Sammy Ojo, Homeira Qariezadeh, Nita Kama, Christine Färber

Zeichnungen: Natalia Yaremenko

Dieses Faltblatt ist erhältlich in 8 Sprachen:

Deutsch, Englisch, Albanisch, Arabisch, Bulgarisch, Dari/Farsi, Russisch, Türkisch.

REFUGIUM
Flucht und Gesundheit

Mental Health
Psychische Gesundheit

What is Mental Health?

Mental Health means quality of life, capability and social participation. If your mental health is affected, minor to severe disorders can occur. Their consequences may express differently in every individual and affect a person's physical well-being and health. Risk factors are strain, violence or stress. Protective factors like physical activity, healthy nutrition, friends and family can provide support.

5 Major Stressors for Refugees in Germany

- I miss home
- I miss my family and friends
- Reasons for taking refuge
- Conditions during escape
- Conditions in Germany

Mental disorders often occur after stressful and threatening situations. They are no sign of weakness. Mental disorders can be healed or at least improved with medical and therapeutic support.

Take care of your mental health!

How to recognize mental disorder?

Some symptoms ...

- I have recurrent nightmares
- I feel guilty to have survived
- I am afraid of the future
- I do not want to think about the terrible events
- I am often angry, aggressive, and moody
- I am distancing myself further from family members and friends
- I cannot concentrate and focus
- I think about harming myself
- I take to drugs and alcohol to forget

Under exceptional circumstances like war, violence, illness, refuge, every person reacts differently:

- Some people develop lasting depression.
- Some people develop depression and recover over time.
- Some people show no symptoms for quite a while, but then disorders occur.
- Some people do not develop mental disorders at all.
- But a new strain can trigger another kind of reaction in every individual.

Every person is individual! Every situation is different!



Family



Friends



Physical Activity



Music and Art



Humor



Religion



Self-help-group