

REFUGIUM Manual Psychische Gesundheit/ Mental Health (Englisch)

Time (Min)	Targets	Content	Methods	Media/ Materials
Arrival	Arrival	Participants write name tag (crepe tape, felt pen)		crepe tape, felt pen
10	Welcome Getting to know each other + explaining our content	Getting to know each other, Name Age, Origin Question: How do I feel today? Put stickers on scale.	Throwing a ball of wool to symbolize the group membership.	Ball of wool, Scale, stickers
2	Introducing the content and all our steps	Introduce schedule and timeframe	Input	Poster
5	Definition of the term mental health	Question: When are you in a good mood? Afterwards explain the term mental health.	Question and discussion Input	
10	Participants get informed about the 5 stressors	The stressors are displayed on the poster or flyer. <ul style="list-style-type: none"> ✓ I miss my home, ✓ I miss my relatives and my friends ✓ Reasons for an escape ✓ The escape route ✓ conditions in the new home Participants are asked whether they are aware of the stressors. Focus on ways to deal with these stressors.	Input and exchange of experience	Flyer or Poster
15	Exchange of experiences, and solutions can be identified or suggested.	Input on the 4 reaction patterns. Emphasis: Everyone is individual! Every person reacts differently to different situations. Question: Which reactions do you experience? Exchange of experiences. Illustrations are show which show different emotions. Question: Which of these emotions do you experience?	Input and exchange of experiences	Cards with Illustrations of emotions

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		Exchange of experiences. Focus on ways to mobilize resources and survival strategies.		
10	What can help in difficult situations	<p>Question: What helps to maintain your mental health?</p> <p>Afterwards facilitator explains resources with the help of illustrations: family, friends, religion, music, arts, active and open temper/ personality, intelligence, humor, self-help-group.</p>	Question, interaction, illustration.	Illustrations (resources)
15	Prevent and overcoming mental illnesses	<p>Question: Do you have positive experiences in preventing or overcoming mental illnesses?</p> <p>Exchange.</p> <p>Afterwards with the help of poster or flyer, explain three levels or prevention.</p> <ol style="list-style-type: none"> 1.Prevent through: Taking a walk, integration, education, sports, motivation, social contacts, structuring your day, self help group with other men or women with refuge experience. 2.Early detection and treatment through: Counselling services, refugee mental health support. 3.Professional treatment through doctors, psychological or psychiatric therapy. 	Question, Interaction, Visualisation with help of poster or flyer	Poster or flyer
5	Take Home Message	<ul style="list-style-type: none"> ✓ Mental illnesses often develop after stressful or threatening situations. ✓ They are no signs of weakness. ✓ You can prevent mental illness to a certain extent. ✓ Mental conditions can be treated or at least improved. ✓ Take care of your mental health. 	Distribute flyer	Flyer
	Farewell	Giving thanks and saying goodbye.		