

You have come to Germany in the wake of the earthquake....

- feel tense, stressed,
burdened, worried?

We are offering a health- teagarden..

- Information on mental
health
- Information on health and
psychological treatment in
Germany
- in a group, separately for
women and men
- In your native language:
Kurmançî, Turkish, Arabic

Are you interested in participating?

The study team at Goethe
University will be happy to answer
any questions you may have about
the health tea garden

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Health Tea Garden for refugees

As part of the LoPe
(Low-threshold, culturally
sensitive Psychoeducation)
project, we offer a health tea
garden for those affected by
the earthquake in Kurdistan,
Syria and Turkey.





Our project...

- We are conducting a health tea garden and would like to know if the project helps you.
- The health tea garden includes a total of 2 dates in a period of 2 weeks.
- We would be happy to clarify further questions in a conversation.

Who can participate?

- You came to Germany in the wake of the earthquake in February/March/April
- You feel stressed, tense, burdened and think a lot
- You speak Kurmanci, Arabic, Turkish, English or German
- You're at least 18 years old



What are the benefits?

- Participation in a culturally sensitive health program
- Relief from tension, stress and strain
- safe common exchange and mutual support in the groupe
- in your native language