



Foto: Colourbox

Do you have trouble
sleeping?

Do you have difficulties
to concentrate?

Did you make bad
experiences?



Dear adolescents,

we would like to know how you are doing! We are a group of scientists and therapists, and we are currently conducting a new project: **'BETTER CARE'**.

Many adolescents who found refuge in Germany made bad experiences. Frequently, they still suffer from these experiences. They are anxious or have trouble sleeping.

'BETTER CARE' should help with all these problems. But what is 'BETTER CARE'?

- 1) **A Survey** – We would like to learn about the experiences you made in your life and how you currently feel about them.
- 2) **'Mein Weg' or Psychotherapy** – 'Mein Weg' is a group in your facility that meets on a regular basis. Everyone interested in the group can participate. In the group, you can learn how to deal with your problems in a better way. For adolescents severely impacted by their experiences, we also offer individual therapy. An individual therapy includes weekly meetings with a professional psychotherapist close to your facility.

We made the experience that such programs can help very well to deal with problems and discomfort, and improve well-being. As an additional 'thank-you' for your participation, you receive a voucher worth 30€.

If you are interested in 'BETTER CARE' or want to know more, ask your caregiver or scan the QR-Code.

We would be happy to get to know you personally soon!

Dein Team von
 **betterCARE**