Feel sad? Feel lonely? We'll help you. Confidentially and free of charge.

Problem Management Plus (PM+) – strategies to boost your strength in everyday life.



What can you expect?

- **Five 90-minute in-person meetings**
  You will meet a trained individual who will guide you through the PM+ Program.
- **In your language.** The person speaks your language and is familiar with your situation.
- **Free of charge.** We also cover your travel costs outside the city of Zurich.
- **Voluntary.** You can stop at any time if you don't want to continue.

SPIRIT
SCALING-UP PSYCHOLOGICAL INTERVENTIONS IN REFUGEES IN SWITZERLAND

KIP
KANTONALES INTEGRATIONSPROGRAMM
KANTON ZÜRICH

Schweizerisches Rotes Kreuz
Kanton Zürich

Who can take part?

- Refugees aged 16 and over
- With N, F, S, B refugee and family reunification permits
- Resident in the canton of Zurich

How does the program help you?

- You will learn to cope better with **stress, anxiety and problems.**
- You will feel **more secure** in your everyday life.
- You will learn how to **sleep better** and deal with **negative feelings.**
- You'll talk to someone who has had **similar experiences** to you and works for the Zurich Red Cross.

The program was developed by the **World Health Organization (WHO)** – and has already helped **lots of people.**

We speak many languages:

Arabic, Dari, German, English, Farsi, Kurdish, French, Pashto, Russian, Tamil, Tigrinya, Turkish and Ukrainian

You're not alone – let's take the first step together.

You can register here:

spirit-p.ch/registry/en

srk-zuerich.ch/spirit-anmeldung

Once you've registered, we'll check whether the program is right for you. This includes completing some of the questionnaires in your language.

Important information:

Your details will remain protected. Nothing is shared with others.

We look forward to hearing from you!

Contact:
Swiss Red Cross, Canton of Zurich | spirit@srk-zuerich.ch
044 388 25 57 | 079 959 25 57