

# REFUGIO MÜNCHEN

## SOME PEOPLE OFTEN FEEL BAD.

One reason can be psychological problems.

These can be signs:

- > You can't fall asleep or are often awake for a long time at night.
- > You have bad dreams.
- > You have experienced bad things. The memory of them hurts a lot.
- > You often have headaches.
- > You can't concentrate.
- > You often forget things.
- > Sometimes you get very angry. Then you become loud and aggressive. In this situation you cannot control yourself well.
- > You have no strength to do things. Everything is difficult for you. You would prefer to do nothing at all.
- > You do not enjoy life and beautiful things.

Do you have one or more of these problems?

Are the reasons for your problems bad experiences in your home country or on the run?

Then you should seek help.

For example at Refugio Munich.





## REFUGIO MÜNCHEN MENTAL HEALTH CENTER UKRAINE

The Mental Health Center Ukraine of Refugio Munich takes care of all people who had to flee due to the Ukraine war and who are not doing well psychologically. Children, adolescents and adults can come to us and get psychosocial help in Ukrainian, Russian, English, French and German.

For other languages we can call in interpreters.

### Our contact details:

Mental Health Center Ukraine  
Franziskanerstraße 14, 81669 Munich, Germany

 089/98 29 57 - 45

 mhcu@refugio-muenchen.de

**You can find further information  
on our website.**

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 [www.refugio-muenchen.de/ukraine/angebote](http://www.refugio-muenchen.de/ukraine/angebote)