



These exceptional Corona times are also an additional source of stress for the vulnerable population of refugees. Feelings of insecurity and messed-up routines add to the stress of war trauma and acculturation. Panic attacks, psychosocial problems and physical complaints of anxiety, palpitations, accelerated breathing, tightness, stiff neck and shoulders, tremors, headaches, poor sleep, difficulty concentrating are the results.

However, only a minority of this population is reached today by the regular services for information and psychological support. Because of this, the needs of the refugees are in danger of being forgotten.

In order to remedy this, Solentra VZW starts a **FREE HELPDESK FOR REFUGEES** in Arabic and Dari / Farsi.



HELPDESK FOR REFUGEES

This helpdesk can be reached directly by the refugee every working day, and this in order to be able to provide assistance to him in:

- psychosocial support
- detection of serious problems

The helpdesk is staffed by Solentra psychologists who help the refugee in his/her own language (for the time being in the three most common languages).

0800 35 247

10u - 12u Dari and Farsi
15u - 17u Arabic