

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+ course.
- **Three phone calls** after the training course (30–45 minutes each)
You can ask questions and get further support.
- **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.



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 course 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 training course 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 can register here:



spirit-p.ch/registry/en



srk-zuerich.ch/spirit-anmeldung

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

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

Important information:

As part of SPIRIT, USZ is conducting a scientific study on improving healthcare for refugees. By taking part in the training course, you will also be participating in the study. **Your details will remain protected. Nothing is shared with others.**

We look forward to hearing from you!

Contact:

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