

... the feeling of reliving  
past situations?

... trouble sleeping?

... the feeling  
of fear?

**You have...**

... trouble  
concentrating?

... the feeling that  
you're getting angry  
faster than before?

... bad  
dreams?

# YOURTREAT

... between 10  
and 18 years old?

... a refugee in  
Germany for a few  
years now?

**You are...**

... interested in  
participating in our  
study?

... looking for  
help?

**Then get in touch with us...**

You can find more information on the back of this  
page

We are the YOURTREAT team of Bielefeld University. We are investigating how we can help children and young people in Germany better to deal with bad experiences. If you participate in our study, you get:

- A conversation with a psychologist
- Information about mental health
- Potentially the offer of psychotherapy



# YOURTREAT



Are you interested or do you have any questions? You are between 10 and 18 years old and have fled from your homeland yourself? Feel free to contact us if any of the things on the front apply to you.



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