

WHAT IS TRAUMA SUPPORT?



Arrival *Aid*
TRAUMA HILFE

Our Trauma Support is a simple tool to help after trauma. We want to increase knowledge about traumatization and provide opportunities to better deal with the consequences. The method is based on low-threshold information and simple physical exercises. We train Trauma Helpers to support people with a refugee or migration background, ideally in their mother tongue.

Trauma: Causes

The most recent events in our European neighborhood make it particularly clear: flight and migration due to war and expulsion are omnipresent and put people in unbearable situations. In many cases the consequences are traumatization and secondary disorders. However, the majority of traumatized people only receive therapeutic help at a late stage. This is where our Trauma Support comes in. It can help as a supportive measure to learn to live with the consequences of trauma even if it is not therapy. The aim is to reduce individual struggles and improve mental resilience.

How can I get help?

There are different formats to access trauma help as easy as possible:

Trauma Support: We provide trained trauma helpers to explain trauma at repeated meetings and to offer support with easy-to-learn exercises.

Anti-stress training: In our hands on two-hour group sessions we provide tips on how to deal with stress. This aims to help with a change of perspective and achieve long-term self-regulation.

Stress and trauma consultation hours: Initial consultation and individual advice for further support. Every Tuesday from 4 p.m. to 6 p.m. by appointment.

What can I do?

In addition, we offer trauma workshops to inform about how trauma occurs, what consequences can result from it and what little help each of us can give.

Contact

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This project is co-financed by the
Asylum, Migration and Integration Fund.



Europäische Union



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You may not be able to control every situation and its outcome. But you can control your attitude and how you deal with it. This is after being fully trained for 4 days as trauma first aid helper. I've realised a lot with the FAITH method.



Chris, Trauma Helper