

Introducing our Best Practice Handbook

Now released in 7 languages (EN, EL, DE, PL, SV, HU, ET)

- Highlights the mental health challenges faced by refugees and migrants during integration, based on thorough research
- Focuses on integration, psychological support and community engagement
- Emphasizes the importance of trauma-informed care and its impact
- Explores art and creativity as tools for promoting mental health
- Includes best practices and practical recommendations that employ creative methods to support refugees and migrants



Tree of Life
-
Empowering
through
Storytelling



Mindspring
-
Empowering
Refugees and
Ethnic Minorities
in Estonia



Body Mapping
-
Narrative tool
for Healing and
Advocacy

Download
it here!



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Individuals including mental health professionals, trainers, and youth workers have participated in piloting sessions of the Handbook and provided their feedback.



What's next

September 2024: Transnational Knowledge Exchange & Face-to-Face Working Session in Sweden

Autumn 2024: Blended Learning Course

