

### Do you know this?

- Do you have trouble sleeping or do you often have bad dreams?
- Do you have many thoughts in your head or do you have to think all the time?
- Do you often have to think of stressful experiences from the past?
- Do you often feel afraid?
- Are you constantly restless, tense or nervous?
- Are you often sad or do you often have to cry?
- Are you often tired, exhausted or powerless?
- Have you experienced bad things in your home country or while fleeing?
- Do you feel or love in a different way than many others, and that was forbidden to you?
- Were you sold, married against your will, or forced to work or to do something else?

Do you ask for asylum for the first time in Germany? We are there for you and want to support you in this situation.

In a quiet conversation you have the opportunity to talk to our staff about your stresses in your mother tongue or with a translator.

Together we want to find out which support can best help you in your situation.

Contact our staff from Refugio München on the first floor to make an initial appointment.

Refugio München is a non-governmental organisation that supports children, young people and adults.

We support people regardless of their sexual orientation, origin, religion or social status.



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