

Are you worried about your child?

- Did your child often have problems falling asleep?
- Does it wake up at night and have bad dreams?
- Does it react quickly in an annoyed way or does it often have extreme outbursts of anger?
- Is your child very afraid and seems overprotective, jumpy, alert?
- Does it seem burdened because it might be thinking about bad events from the past? Or does it replay bad events from the past over and over again?
- Is your child very inattentive and unfocused?
- Does your child often seem listless and bored?
- Does it have frequent stomach aches or other physical pain?
- Has it regressed in development, e.g. wets again, no longer speaks, stutters?
- Is your child often sad and cries a lot?
- Does your child feel or love in a different way than many others, and it was not allowed to do so?
- Was your child sold, married against their will, forced to work or to do something else?

If you answered yes to most of the questions, a talk with us could be relieving and helpful for you and your child.

In a quiet conversation, you have the opportunity to talk to our staff in your mother tongue or with a translator about your child's stress.

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

If you requested asylum for the first time in Germany, contact our team on the first floor in order to make a first appointment.

Refugio München is a non-governmental organization that supports children, teenagers, and adults.

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

