

Psychosocial support refers to all forms of protective and preventive interventions available to individuals who struggle to cope with situations.

Psychosocial Support Units operating under Migrant Health Centers provide guidance on problem-solving in the context of families, school, work, and private life.

Our psychologists and social workers at Migrant Health Centers are there to deliver psychosocial support services as needed.

Psychosocial support units offer the following services:

- Individual psychological counselling
- Psychosocial support for at-risk and vulnerable groups
- Psychological assessment and support
- Family and couples counselling
- Social support counselling
- Health literacy training
- Group training



Psychosocial Support Units are always by your side in your quest to get to know yourself, develop communication skills, cope with events that cause severe emotional distress such as loss, grief, and divorce, control risk factors such as violence, poverty, and addiction, access healthcare services, cope with physical diseases, and stay in good health.

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RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



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PSYCHOSOCIAL SUPPORT

AT MIGRANT HEALTH CENTERS



PSYCHOSOCIAL SUPPORT AT MIGRANT HEALTH CENTERS

Psychologists and social workers working at Migrant Health Centers support migrants in overcoming challenges, offer them preventive and protective interventions and, refer patients to specialists or institutions as and when necessary.



At Community Mental Health Centers, patients with severe mental illnesses such as schizophrenia and bipolar disorder and their families can access the following services:

- Individual counselling
- Group therapies
- Psychosocial skills training
- Occupational therapies such as painting, handicrafts, and music
- Psycho-education



**SIHHAT Project
is here for your
psychosocial
support needs.**