



Ehe-, Familien- und Lebensberatung
im Bistum Passau

An offer for free

**Psychological
support**

for refugees

from the Ukraine

www.efl-passau.de/ukraine

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BISTUM
PASSAU

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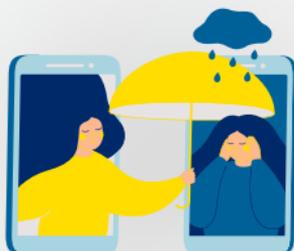
Free psychological first aid and support in Passau, Altötting, Burghausen – as well as, if needed, in Vilshofen, Regen, Waldkirchen and Pfarrkirchen.

The psychological specialist service EFL, run by the Diocese of Passau, offers free support for refugees from the Ukraine...

- if you suffer from severe fears, are in grave despair or feel hopeless
- if you suffer from post-traumatic stress, e.g. when you spontaneously see, dream of or smell horrible scenes of the war
- if you fear that you have a depression with symptoms like e.g. insomnia, negative thoughts, resignation or suicidality
- if you suffer from the uncertainty regarding where your relatives or friends in the war area are or whether they are still alive
- if you have difficulties in coping with your personal situation as a refugee in a foreign country

Please contact us if you, for example,

- cannot refer to your children and relatives emotionally and if you feel as if you are cut off from your own emotions
- notice that your children behave in a very restless way or cannot concentrate any more
- notice that your children withdraw socially, panic massively or suddenly fall silent
- experience in yourself an unusual feeling of emptiness, a lack of emotions or a lack of joy or optimism
- feel an excessive need to control everything or
- feel desperate to numb your negative emotions with pills or alcohol...



We can offer you some free psychosocial first aid and support as well as psychological counselling, but we do not offer any psychotherapy.



How to contact us

1



help@
efl-passau.de

Please send an **email**
with your cell phone number
to our email address
help@efl-passau.de



Use the QR code to
to quickly compose
an email

2



Our Ukrainian speaking staff will **call you back**. We will then clarify **time and place** as well as the format of the meeting with you: **online or by telephone**.

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Ehe-, Familien- und Lebensberatung im Bistum Passau
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