

# Improve mental health

## IMPROVE Mental Health

دعم الصحة النفسية للوالدين وأطفالهم

Promoting mental health among refugee parents and their children



### Participate in a study for refugee parents!

You have certainly experienced difficult situations during your flight. It is normal that depression and anxiety can develop as a result of these experiences. If your mental health is negatively impacted, it is often also difficult to respond to the needs of your children.

We, the study team of IMPROVE-MH, would like to support you and your family with our study offer:

A joint project of:

RUHR UNIVERSITÄT BOCHUM **RUB**

ifam  
Institut für Allgemeinmedizin  
Universitätsklinikum Essen

AM RUB ALLGEMEINMEDIZIN  
RUHR-UNIVERSITÄT BOCHUM



LMU KLINIKUM

GEFÖRDERT VOM



Bundesministerium  
für Bildung  
und Forschung



You will be provided with one of the two programs

We want to check how effective both programs are in helping you!

You will receive at least 40€ and the chance to receive up to 240€ if you participate completely!

#### 1. The Improve program consists of



4 Appointments with your family doctor, where you will receive information on how to deal with mental health problems



An online parenting program (Triple P Online), where you learn positive parenting skills in dealing with your child



Accompanying telephone contacts by a psychologist, who will help you to implement what you have learned in your everyday life

#### 2. The usual treatment includes



Treatment by your family doctor, e.g. medical examinations, medication, or referral

### Study information:

#### Participants can be:

- Refugees who are feeling distressed (e.g. anxiety, sadness, or stress/trauma)
- German, english, or arabic speaking
- have at least one child (0 to 6 years)

**Duration:** treatment period approx. 12 weeks in total

**Location:** with our study doctors in the Ruhr area

For more information, please visit:

<https://www.mentalhealth4refugees.de/en/improve-mh>



### WOULD YOU LIKE TO PARTICIPATE IN OUR STUDY?

We look forward to your call or email!



Or scan the QR code to leave your contact details and we will get back to you!

Contact IMPROVE-MH:  
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