

Resources to Support Mental Health and Wellbeing

Online Mindfulness Resources

The below resources include breathing and meditation exercises that may help to reduce stress, improve sleep, and/or enhance one's ability to focus.

Calm https://www.calm.com/ Several languages	A mobile app offering mindfulness exercises. Select content is available free of charge.
Meditopia https://meditopia.com/en Several languages, including Turkish	A mobile app offering mindfulness exercises. Select content is available free of charge.
Mindfulness in Arabic https://www.mindfulnessinarabic.org/ Arabic & English	A free trauma-sensitive mindfulness course for Arabic-speaking refugees.
Ten Percent Happier https://www.tenpercent.com/ English	A mobile app offering mindfulness meditation exercises. Select content is available free of charge.

Online Resources for Trauma

The below resources, while not a replacement for in-person counseling, may be useful for those who are seeking additional tools to bolster their mental health and wellbeing.

Almhar http://almhar.org/ Arabic, English, Persian	A mobile app offering information about trauma and exercises to address symptoms. Offered in English, Arabic , and Persian .
Ilajnafsy https://ilajnafsy.bzfo.de/portal/en/ Arabic	Offers web-based treatments for post-traumatic stress disorders or depression with online therapists.
iPSO Care https://www.ipso-care.com/ Several languages	Offers free psychosocial video counseling to immigrants and refugees in numerous languages.
Nawa https://psz-duesseldorf.de/wir-fuer-sie/nawa Several languages	A free audio guide offered by the Psychosocial Center for Refugees in Düsseldorf with information about trauma and exercises to support healing and wellbeing.
Refugee Trauma Help https://www.refugee-trauma.help/en/ Several languages	Offers online resources and exercises in numerous languages for adults and children who have experienced trauma or forced displacement.

In-Person Counseling Centers

The below are centers and/or networks that offer specialized in-person counseling services, many in a variety of languages.

Europe

<p>Bundesweite Arbeitsgemeinschaft der Psychosozialen Zentren für Flüchtlinge und Folteropfer e.V. http://www.baff-zentren.org/mitgliedszentren-und-foerdermitglieder/ Germany</p>	<p>The Federal Working Group of Psychosocial Centers for Refugees and Victims of Torture is a network of psychosocial treatment centers in Germany. A list of centers is offered in German; several of the providers offer services in additional languages.</p>
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<p>European Network of Rehabilitation Centres for Survivors of Torture http://european-network.org/european-network/network-participants/ Europe</p>	<p>A professional network of doctors, psychologists, psychotherapists, social workers, and lawyers, offering an overview of service providers for survivors of torture, asylum seekers, and refugees.</p>
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<p>Psyonline https://www.psyonline.at/contents/14601/schwerpunktthema-fluechtlinge Austria</p>	<p>Overview of mental health providers for refugees and victims of violence. A list of service providers is offered in German; several of the providers offer services in additional languages.</p>
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Global

<p>International Rehabilitation Council for Torture Victims https://irct.org/index.php/who-we-are/our-members Global</p>	<p>A global network of torture rehabilitation centers seeking to provide holistic mental health care for torture victims.</p>
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North America

<p>Cambridge Health Alliance Victims of Violence Program https://www.challiance.org/cha-services/victims-of-violence Massachusetts, USA</p>	<p>Offers services for people who have experienced trauma and violence, including physical, sexual or war-related trauma.</p>
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<p>Heal Torture https://healtorture.org/content/domestic-healing-centers United States</p>	<p>A listing of healing centers for survivors of torture.</p>
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Partnerships for Trauma Recovery https://traumapartners.org/programs/ California, USA	Offers mental health care for international survivors of human rights abuses as well as referrals to other organizations. Services are provided in numerous languages at no cost.
Refugee Women's Alliance https://www.rewa.org/services/behavioral-health/ Seattle, USA	Offers counseling, information, and referral services in numerous languages to refugee and immigrant communities.
Refuge Hamilton Centre for Newcomer Health https://www.newcomerhealth.ca/support-services/ Ontario, Canada	Provides mental health counseling and support to newly arrived refugees.
VAST Vancouver https://vast-vancouver.ca/ Vancouver, Canada	Offers counseling and health and social service referrals to refugees. Services are available in numerous languages.

Scholars at Risk assumes no responsibility for the content of the websites listed in this document. Please let us know if you have feedback on any resources or would suggest any additional resources.

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