

WE MIND

**Helpline for
psychological
support for
Ukrainian refugees**



Ukrainian refugees in need of psychological support can call Solentra's free helpline in their language through a Ukrainian interpreter.

WHAT IS IT ABOUT?

In addition to a listening ear, one of our counsellors offers, through a Ukrainian interpreter, tips and exercises to reduce stress and to tap into resilience.

HOW DOES IT WORK?

Contact the information line of Vluchtelingenwerk Vlaanderen (on working days from 9 am to 12.30 pm):

- In English and Dutch: 02 225 44 11
- In Ukrainian: 02 225 44 21

-You will get an appointment with one of our counselors for psychological support. The conversation will be in Ukrainian (through a Ukrainian counselor or through an interpreter).

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