



Hilfe für Migranten,
Flüchtlinge und
Folterüberlebende e. V.

War – Trauma – Healing

Courage to live – Therapy for
war refugees

The consequences of war a heavy load

- Reactions to warlike experiences
- Reactions to loss of and separation from relatives
- Loss of zest for life, creativity, initiative, and energy
- Persecutory ideation
- Sleeping disorders
- Anxiety dreams
- Obsessive thoughts
- Disturbed memory and concentration
- Aggressiveness
- Psychosomatic disorders
- Contact and relationship disorders

Trauma therapy even at a distance

The therapy takes place in several phases, with daily therapy sessions at Lindau, Lake Constance. Our guest room, with cooking facilities, shower and WC, ensures you have a pleasant stay. All the costs of treatment, language interpretation, travel and accommodation will be covered.

Healing does not mean that the injury never existed, but that it no longer defines your life.



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War

"Terrible things happened there in the last few days. The anxiety, fear and suffering during that time cannot be expressed in words."

Trauma

In addition to experiences of torture, the clients cared for by **exilio** are primarily traumatised by war, fleeing their home country, violent attacks, sexual violence, and brutal treatment in prison. Traumatized refugees have a great need for psychological, therapeutic and medical support.

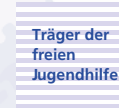
exilio e.V. offers

war trauma survivors and their families

- trauma therapy to help them process the terrible experiences of fleeing their home, of war, of violence and of loss.
- Expert psychological opinion
- Legal assistance
- Information about foreign national status, residence, questions about social or family law.
- Debt assistance and advice
- Placement in language and integration courses
- Country research

Who is exilio?

exilio e.V. is an independent, non-governmental organisation offering support for migrants, refugees and torture survivors. **exilio** was founded in 1995 and is recognised as a non-profit organisation, psychosocial support centre, and provider of free youth welfare.



DEUTSCHE STIFTUNG
FÜR ENGAGEMENT
UND EHRENAMT



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