

August 2024

Country e-brief

Introducing our Best Practice Handbook

Now released in 7 languages (EN,
EL, DE, PL, SV, HU, ET)

Highlights the mental health challenges
faced by refugees and migrants during
integration, based on thorough research

Focuses on integration, psychological support
and community engagement

Emphasizes the importance of trauma-informed
care and its impact

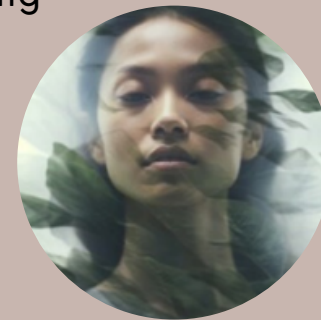
Explores art and creativity as tools for
promoting mental health

Includes best practices and practical
recommendations that employ
creative methods to support refugees
and migrants

Best Practices



Tree of Life
-
Empowering
through
Storytelling



Mindspring
-
Empowering
Refugees and
Ethnic Minorities
in Estonia



Body Mapping
-
Narrative tool
for Healing and
Advocacy

Download
it here!



100

Individuals including mental health
professionals, trainers, and youth
workers have participated in piloting
sessions of the Handbook and
provided their feedback.



What's
next

September 2024:
Transnational
Knowledge Exchange
& Face-to-Face
Working Session in
Sweden

Autumn 2024:
Blended Learning
Course

Mindfulness for
Integration



Co-funded by
the European Union

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