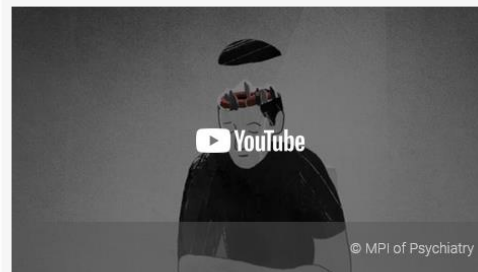


- English: [Flight and Trauma](#)
[Self Help](#)
- Italian: [Fuga e Trauma](#)
[Auto-aiuto](#)
- French: [Fuite et Traumatisme](#)
[Auto-assistance](#)
- Spanish: [Escape y Trauma](#)
[Autoayuda](#)
- Greek: [Διαφυγή και τραύματα](#)
[αυτοβοήθεια](#)
- Turkish: [Kaçış ve Travma](#)
[Kendi Kendine Yardım](#)
- Dari: [پرولار و صدمه](#)
[به خود کمک کردن](#)
- Bangla: [প্রতিকূলতা ও মানসিক ক্ষত](#)
[নিজের যত্ন](#)
- Kurdish: [Koçberî û şok](#)
[Alîkariya xweser](#)
- Arabic: [اللجوء والصدمة](#)
[كيف تتعامل مع الضغوط النفسية](#)
- Somali: [Tahriibka iyo](#)
[Dhaawacyada uu Nafta u Geeysto](#)
[Iskaa isku Caawi](#)
- Tigrinya: [ህድሜ ምስ ከኣብደ](#)

major depression or a pronounced post-traumatic stress disorder and are in need of treatment ([Steel, Chey et al., 2009](#)).

Psychiatric care of refugees in Germany needs to be optimized. The Max Planck Institute of Psychiatry wants to contribute to this process.

Our short film for refugees and helpers explains possible somatic and mental symptoms which can occur after flight and migration - in order to obtain relief and to seek help:



Flight and Trauma

Please distribute our short film so it will help as many people as possible

<https://www.youtube.com/watch?v=YFN8Ms0NC2U>

Our second film "Flight and Trauma - Self Help" explains how refugees can help themselves.



Flight and Trauma – Self Help