

Are you or do you know someone in one or more of these situations?



You can speak to staff and ask for help!

They will listen and assist you depending on your situation and needs.

WHO CAN YOU TALK TO?

Tell the staff about any problems you might have!
They can offer support and help!



A **doctor** or **nurse** can help if you are sick, injured or need other medical assistance.



A **psychologist** can help if you feel sad, angry, afraid, worried or unable to sleep.



An **interpreter**, where available, can help you communicate in your language.



A **social worker** can help with your everyday needs or contact other professionals who can help with a specific problem.



A **legal counsellor** can provide information about your legal status and legal advice.

LOOK OUT FOR THESE OR ANY OTHER SITUATIONS AFFECTING YOU OR SOMEONE YOU KNOW

A single parent or pregnant woman needing support for themselves or their children

An elderly person who is dependent on others due to their age



Social worker

A child below 18



- with one or both parents

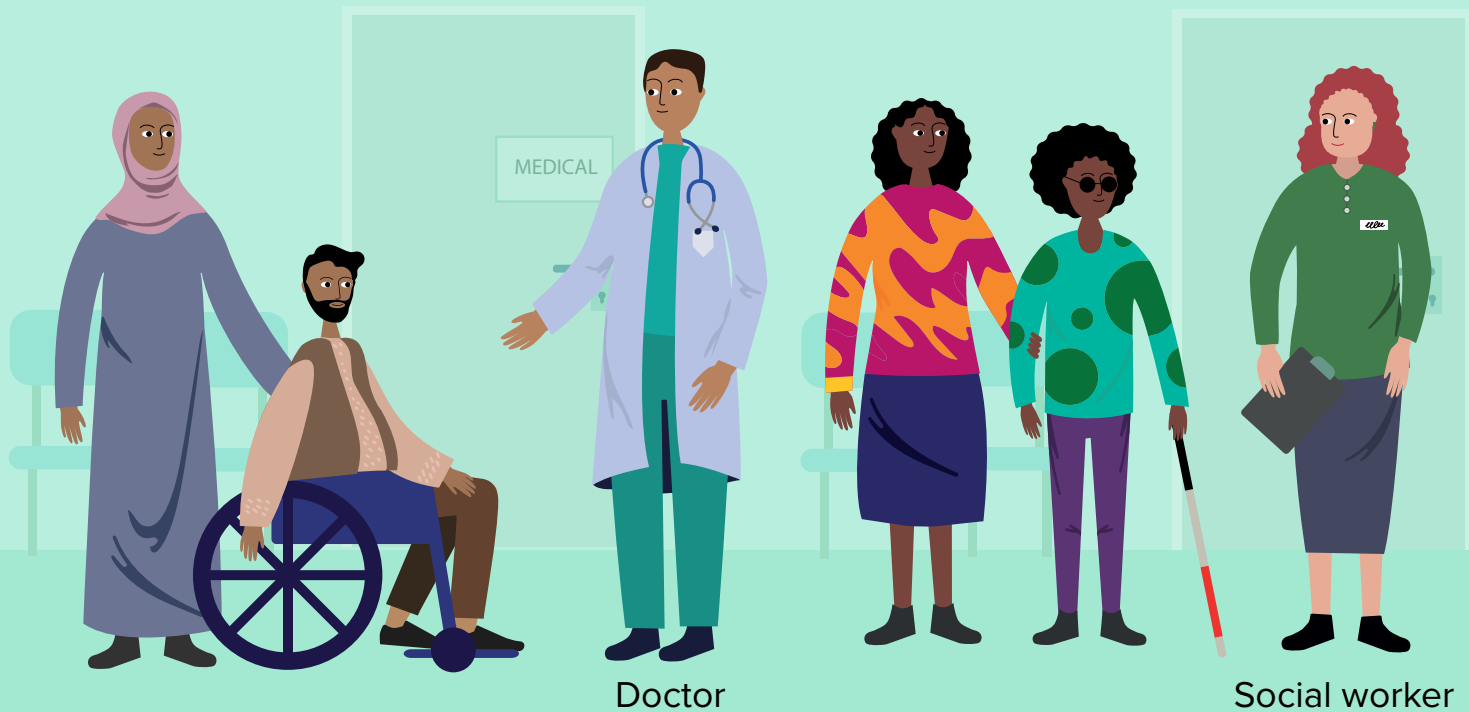


- with other family members



- alone

A person with physical disabilities or impairments



Someone who worries a lot, feels sad, is unable to sleep or has experienced something very hurtful



Psychologist

A sick person, who takes medication, is injured, has a serious or chronic illness and is in need of help



Doctor

Someone suffering from harassment or abuse, either now or in the past



Someone who is discriminated against and/or threatened because of:

- who they are
- who they love
- the way they dress or behave



A person who is afraid of somebody or feels forced to do unwanted things, such as:

- begging/asking for money
- forced prostitution
- forced domestic work
- forced labour



A person who has undergone female genital mutilation (also known as cutting, *sunna*, *gudniin*, *halalays*, *tahur megrez*, *khitan*) or is at risk of it



A child below 18 who is going to get married or is already married

A person forced to marry, either now or in the past



You can speak to the staff in private. All information you share will be handled with discretion. Your safety is a priority.

WELCOME



CONTACT DETAILS

SPECIMEN



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