

Feel sad? Feel lonely? We'll help you. Confidentially and free of charge.

Problem Management Plus (PM+) – strategies to boost your strength in everyday life.



What is the SPIRIT project?

Since 2023, the SPIRIT project has been offering the PM+ program in several cantons in Switzerland. The program helps refugees reduce stress and feel stronger in their everyday lives. The project is run by the University Hospital of Zurich in collaboration with regional partners and is funded by Health Promotion Switzerland (GFCH). The aim is to give those affected quick access to help in their first language – exactly when they need it.

What can you expect?

- **Five 90-minute in-person meetings**
You will meet a trained individual who will guide you through the PM+ course.
- **In your language.** The person speaks your language and is familiar with your situation.
- **Free of charge.** Participation in PM+ is free of charge.
- **Voluntary.** You can stop at any time if you don't want to continue.

Who can take part?

- Refugees aged 16 and over
- With N, F, S, B refugee and family reunification permits
- Residence in a SPIRIT canton: Basel-Stadt, Baselland, Bern, Lucerne, Schwyz, Thurgau, Vaud, Zurich (as of September 2025)

How does the course help you?

- You will learn to cope better with **stress, anxiety and problems**.
- You will feel **more secure** in your everyday life.
- You will learn how to **sleep better** and deal with **negative feelings**.
- You'll talk to someone who has had **similar experiences** to you.

The training course was developed by the **World Health Organization (WHO)** – and has already helped **lots of people**.

Depending on the SPIRIT canton, PM+ is offered in the following languages:

Arabic, German, English, Kurdish, French, Pashto, Russian, Tamil, Tigrinya, Turkish, Ukrainian and Persian / Farsi / Dari

Here you can find further information and register:



spirit-network.ch/registration/

You're not alone – let's take the first step together.

Once you've registered, we'll check whether the training course is right for you. This includes completing some of the questionnaires in your language.

Important information:

Your details will remain protected. Nothing is shared with others.

You will receive a confirmation of participation. If you continue to experience stress after completing the five sessions, we can provide you with a letter of recommendation for specialized psychological therapy.

We look forward to hearing from you!

Contact:

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