



ENGLISH

Information Leaflet for Distribution in Accommodation Centres (centro di accoglienza)

Support When You Feel You Need It

Sometimes you may feel tired, worried, sad, have difficulty sleeping, or experience thoughts that keep coming back. Sometimes you may simply feel "different" from how you felt before.

These are common reactions to difficult experiences and are experienced by many young people who have gone through a journey similar to yours.

What Can You Do?

In the accommodation centre (centro di accoglienza) where you live, you can ask to speak with a doctor who works with children's and young people's mental and emotional well-being.

You can do this:

- by speaking with the psychologist or educator in your accommodation centre (centro di accoglienza), who can help you arrange an appointment;
- without needing a "serious" reason: you can ask for this support simply to talk about how you feel;
- in complete confidentiality: what you say remains between you and the person listening to you, unless your safety is at risk;
- free of charge, as part of the healthcare assistance to which you are entitled.

What Does NOT Happen If You Ask for This Support?

- It does not affect your legal process.
- It does not mean that you will be labelled in any way.
- It is not mandatory: the choice is always yours, and you can decide to stop at any time.

When Might It Be Helpful to Talk About It?

- If you frequently have nightmares or disturbing memories that keep coming back.
- If you have difficulty sleeping, eating, or concentrating.
- If you often feel sad, frightened, angry, or hopeless.
- If you simply want a safe space to talk about what you have experienced or how you feel now.

For information and to arrange an appointment, speak with the psychologist or staff member at your accommodation centre (centro di accoglienza).