IF YOU OR SOMEONE YOU KNOW IS:

... below 18 and arrived with parents, family members or alone

... a single parent or a pregnant woman who might need attention, for example with vaccines, prenatal care, schooling, counselling, etc.

... living with physical disabilities, impairments, a chronic medical condition and/or has difficulties caring for themselves without support due to age

... injured, wounded or feeling sick

... worrying constantly, feeling anxious, cannot sleep, is very sad and distressed or suffers from a diagnosed mental health condition

... being harassed, abused, forced to do unwanted things by known persons or by strangers, or discriminated against due to the way they dress, behave, who they are or who they love

...or in any other situation requiring support.

Reach out and ask for help.

Depending on the needs, specialists (such as medical doctors, social workers, psychologists, child protection officers) or the police will help you access:

Age and gender appropriate accommodation.
Protected shelter if you are at risk of or have suffered abuse.

Support in filing a report if:
- you have been the victim of a crime
- you feel threatened
- your belongings are lost or stolen

Medical care, including specialised treatment, medication, support equipment (wheelchair, etc.)

Psychosocial care, including for mental wellbeing

Schooling for children

Look out for clearly identified information hubs organised by the authorities or by non-governmental and international organisations.

They will assist you in choosing safe accommodation and transport to your destination, as some private offers might put you at risk.

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