



Newsletter

On behalf of the **municipality of Almere**, **Work for Ukraine** provides **psychosocial support** for Ukrainians using the Problem Management Plus (PM+) method. This program helps participants cope with and reduce psychological distress. Our support is available to all Ukrainians, is in Ukrainian, free of charge and does not require a referral from a GP.

You may find this to be a suitable alternative or addition to a formal GGZ referral. Should you wish to recommend Ukrainians visiting your practice, they can register via the QR-Code on the back.

1. Overview of the PM+ Method:

Problem Management Plus (PM+) is an evidence-based psychological support program designed for individuals affected by crises, trauma, or difficult life circumstances. It's especially tailored for those who have experienced displacement, conflict, or other significant stressors. Developed by the World Health Organization (WHO), PM+ is being used globally to empower individuals to manage everyday challenges and regain a sense of control over their lives.

The PM+ program provides for group or individual sessions. Prior to these sessions, our Specialist conducts an intake session with each participant, during which a questionnaire is used to determine the level of symptoms and suitability for the intervention.



**5 sessions over
5 weeks**



**Individually or in a
group (up to 6
people)**



Confidential

FREE

**No fees from
participants**



**In native
language**





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2. PM+: Practical Solutions for Emotional Well - Being:

The training teaches effective ways to solve emotional and practical problems:

Stress Management

Helps in reducing the impact of stress and physical strain

Get going, keep doing

Helps alleviate symptoms of low mood and become more active

Assists in identifying and resolving practical issues

Problem Management

Helps in structuring and expanding your social support network

Strengthening Social Support



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