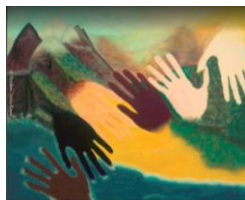




Familles du Monde, a.s.b.l.



**VII International Congress on Migration & Mental Health  
Youth & Families Wellbeing matters in the context of Migration**

20<sup>th</sup> October 2018 – Brussels

Familles du Monde, asbl & The Athena Network

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**THE ACCOMPANIMENT OF UNACCOMPANIED MINORS IN THE CONTEXT ON MIGRATION**

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CGG (Mental Health Centre, Belgium)**

Since 2016, with the support of funding by the government, the CGG has been able to launch a psychosocial support program « Trauma counselling for unaccompanied minors in a group setting » for young newcomers aged between 15 and 20 years. A total of 259 were followed, on average during 10 group sessions. The sessions have mostly been conducted in the native language of the participants. If the psychologist, who oversees the group session, does not speak the native language, we worked with interpreters. The first aim is to assess the presence and severity of mental health problems within the participants of the group and provide them adequate care. For the majority of the participants these groups offer a very first introduction to psychology and mental health care. We bring an awareness of the many possibilities provided by mental health care through giving them the possibility to share their experiences and emotions. In addition to this, each session addressed a different theme. The main themes were: migration, the journey, war and unsafe environment, loss and death, cultural contact and issues about integration, norms and values and stress. The conclusion and the recommendations of this program will be discussed during the presentation.

**Keywords:**

unaccompanied minors - group therapy – native language - interpreter – mental health

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