

HEALTH, WAITING AND SUPPORT:

WHAT TO DO WHEN YOU FEEL
ALONE OR STRUGGLING



#1

THE NATIONAL HEALTH SYSTEM.

In Italy, everyone has the right to medical care.

You can go:
to the general practitioner (for adults)
to the pediatrician (for children)
to the doctor or emergency room in
case of emergency



↓
ESEMPI PRATICI

#2 PRACTICAL EXAMPLES.



Do you have a headache?



Go to the family doctor.



Does your child have a fever?



Go to the pediatrician.



Feeling sick at night?



Call the doctor's office.



Need to have a specialist visit?



Call 118.



Need to have a specialist visit?



Make a reservation at an outpatient clinic.



Do you need medicine?



Go to a pharmacy.

#3

MENTAL HEALTH: WHO TO ASK FOR HELP.

Are you feeling down, agitated or very lonely?

You can talk to your doctor, who will refer you to a psychologist or a mental health center.

There are free services available in every area of Italy.

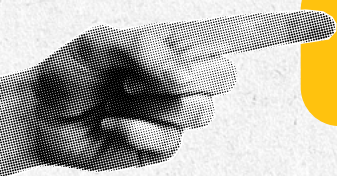


#4

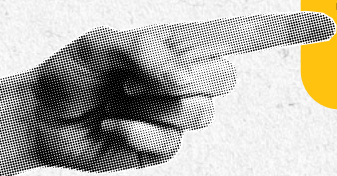
HOW TO HANDLE STRESS

When waiting makes you feel bad, even some small actions can make you feel better.

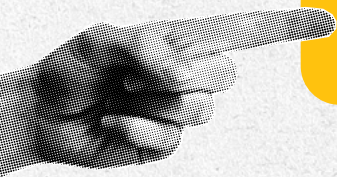
You can:



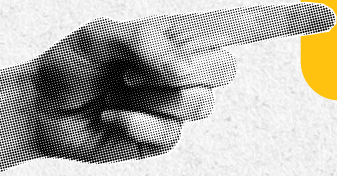
Talk to someone about it



Take a walk and get some fresh air



Listen to music you like



Do breathing exercises



#5

BEING SICK AWAY FROM HOME.

When you are in another country, getting sick is scarier.

Not knowing where to go or what to do can make us feel lost.

Look for a network around you: friends, neighbors, associations that can help you.



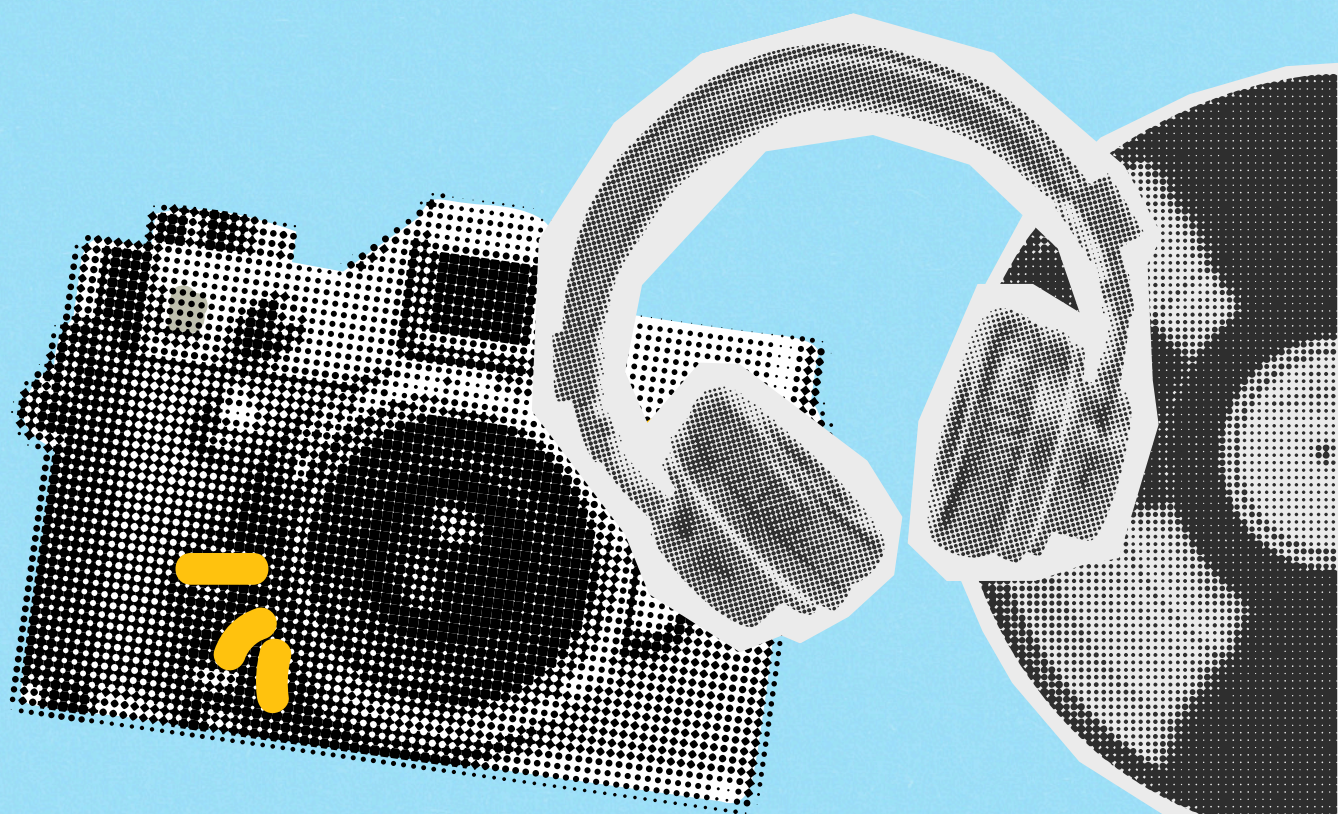
#6

WELLNESS DURING ILLNESS.

Being well does not only mean being healed.

Even if you are sick, you can find balance: Doing something you love, finding strength in relationships

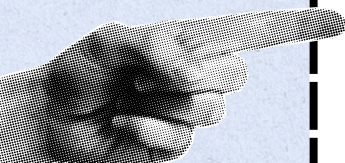
That's what wellness is about, too.



#10

THE HERE4U PROJECT.

Are you between the ages
of 14 and 24?



If you're lonely, confused or sad, Here4U is
a free and anonymous service that
connects you with psychologists and
psychologists, even in your own language.

**WRITE TO US THROUGH
U-REPORT ON THE MOVE**



@ureportotm_bot

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U-Report On The Move

