



Austria

YOUR SUPPORT CIRCLE

YOU'RE NOT ALONE



1 FAMILY AND FRIENDS

Talk to your family or friends about what's bothering you. They can listen, give emotional support, and help you find more help if you need it.

2 TEACHERS, SCHOOL COUNSELORS, PSYCHOLOGISTS

Teachers and counselors can support you with school problems, bullying, or planning your future.

School psychologists offer free and confidential help for emotional, personal, or learning issues.

3 SOCIAL WORKERS, HEALTH SERVICES, JOB COACHING

Social workers can help with family issues or tough situations. Health services give access to doctors and mental health support. Programs like Youth Coaching help you plan your future or find training and work.

4 LOCAL INITIATIVES, VOLUNTEER PROGRAMS

Youth Info Centres offer free advice on jobs, housing, and mental health. NGOs and youth clubs run activities, workshops, and volunteering—and they stand up for your rights.

5 HELP LINES, PUBLIC POLICIES, ERASMUS+ OPPORTUNITIES

Hotlines like **Rat auf Draht (147)** and **SUPRA (0800 567 567)** are free, anonymous, and available 24/7.

National programs provide financial and social support.

Erasmus+ gives you the chance to study, train, or volunteer abroad.



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Bulgaria

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1 FAMILY AND FRIENDS

Talk to your family or friends about what's bothering you. They can listen, give emotional support, and help you find more help if you need it.

2 TEACHERS, SCHOOL COUNSELORS, PSYCHOLOGISTS

Your teachers, counselors, or school psychologists can help if you're having trouble learning, feeling lonely, being bullied, or going through something tough.

There are even special teachers who understand if learning is harder for you.

3 SOCIAL WORKERS, HEALTH SERVICES, JOB COACHING

There are social workers and support centers that help with health, family problems, or figuring out what to do next.

And if you've been in residential care, there are programs to help you start living on your own.

4 LOCAL INITIATIVES, VOLUNTEER PROGRAMS

Groups like CONCORDIA Bulgaria and CVS-Bulgaria run youth activities, projects, and volunteering.

You can meet new people, learn cool stuff, and feel like you belong.

5 HELP LINES, PUBLIC POLICIES, ERASMUS+ OPPORTUNITIES

You can call free helplines if you're sad or just need to talk.

And if you want a new experience, **Erasmus+** lets you study or volunteer in another country and explore the world.



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Germany

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1 FAMILY AND FRIENDS

Talk to your family or friends about what's bothering you. They can listen, give emotional support, and help you find more help if you need it.

2 TEACHERS, SCHOOL COUNSELORS, PSYCHOLOGISTS

At school, there are people who care about you.

Teachers, school counselors (*Beratungslehrer*), and school psychologists can help you with schoolwork, personal decisions, or if you're struggling emotionally.

They listen without judging and can guide you to more help if you need it.

3 SOCIAL WORKERS, HEALTH SERVICES, JOB COACHING

Youth welfare offices (*Jugendämter*) help with family problems, difficult situations, or if you're learning to live independently. If you're having trouble at school, at home, or with your mental health, youth social work (*Jugendsozialarbeit*) is there to support you. If you need a safe place to live, there are youth shelters and supported housing.

4 LOCAL INITIATIVES, VOLUNTEER PROGRAMS

At youth centers (*Jugendzentren*), you can join activities, meet new people, and feel supported.

Programs like JUGEND STÄRKEN and the Federal Voluntary Service (*Bundesfreiwilligendienst*) offer training, volunteering, and help with social integration, especially for young people with fewer opportunities or from immigrant backgrounds.

5 HELP LINES, PUBLIC POLICIES, ERASMUS+ OPPORTUNITIES

There are free and confidential helplines you can call if you need to talk right away. The Federal Employment Agency can help you plan your career, education, or training. With **Erasmus+**, you can study or volunteer in another country, meet new people, and gain life-changing experiences.



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1 FAMILY AND FRIENDS

Talk to your family or friends about what's bothering you. They can listen, give emotional support, and help you find more help if you need it.

2 TEACHERS, SCHOOL COUNSELORS, PSYCHOLOGISTS

Teachers are there not only to teach but also to support your well-being. Many schools have school counselors or psychologists who can help with emotional, social, or learning difficulties. Example: The International School of Athens and The organization Merimna

3 SOCIAL WORKERS, HEALTH SERVICES, JOB COACHING

Social workers and public services can help with mental health, family issues, or preparing for independent living. *FAH*, *UNHCR*, and *SolidarityNow* offer emotional support, migrant assistance, and training.

At *KESYs*, you can get help with school or career planning.

4 LOCAL INITIATIVES, VOLUNTEER PROGRAMS

NGOs like *IASIS* and *FAH* run workshops, volunteering, and programs to boost your well-being, confidence, and social inclusion.

They're safe spaces to learn, connect, and feel supported.

5 HELP LINES, PUBLIC POLICIES, ERASMUS+ OPPORTUNITIES

You can call **ME Ypostirizo (80011 80015)** or **Merimna** for free support in Athens and Thessaloniki.

The Greek government supports youth with education, health, and job programs.

With **Erasmus+** or the **European Solidarity Corps**, you can study or volunteer in Greece or abroad.





Romania

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1 FAMILY AND FRIENDS

Talk to your family or friends about what's bothering you. They can listen, give emotional support, and help you find more help if you need it.

2 TEACHERS, SCHOOL COUNSELORS, PSYCHOLOGISTS

Teachers support your learning and personal development. School counselors (*consilieri școlari*) and psychologists help with emotional, social, and academic challenges. Guidance teachers (*diriginți*) support students in daily school life. Regional centers train staff to provide quality support.

3 SOCIAL WORKERS, HEALTH SERVICES, JOB COACHING

Social workers and public services help with mental health, family issues, and growing independence.

CONCORDIA Social Projects offers safe spaces and care for vulnerable youth.

Career guidance is also available through local services.

4 LOCAL INITIATIVES, VOLUNTEER PROGRAMS

NGOs like **FNT**, **TpT**, and **IASIS** offer non-formal education, workshops, and volunteer programs.

They support your learning, inclusion, and help you feel part of a community.

5 HELP LINES, PUBLIC POLICIES, ERASMUS+ OPPORTUNITIES

Romania provides youth grants and programs like Ready for Life for foster youth and life skills.

With Erasmus+ and the European Solidarity Corps, you can study or volunteer at home or abroad.

Helplines and online resources are also available when you need help.



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