



You can do something for yourself:

- Accept that you will feel sad for a while
- Get in touch with others
- Get information on the programs offered in your unit. Try to make them part of your daily routine.
- Use your free break outside the unit. Physical activity and contact to others are good for you!
- Write down your thoughts and feelings.
- Don't expect your feelings or your situation to change fast. Feelings and situations can't change that fast!

But what happens when your personal situation doesn't change for the better?

When you feel like your situation is getting worse?

When you have already had thoughts of suicide?

We can help you:

Use the professional services of your unit and talk to the prison officers, social workers, psychologists, doctors and religious / spiritual advisors (e.g. Pastor, Priest, Imam)

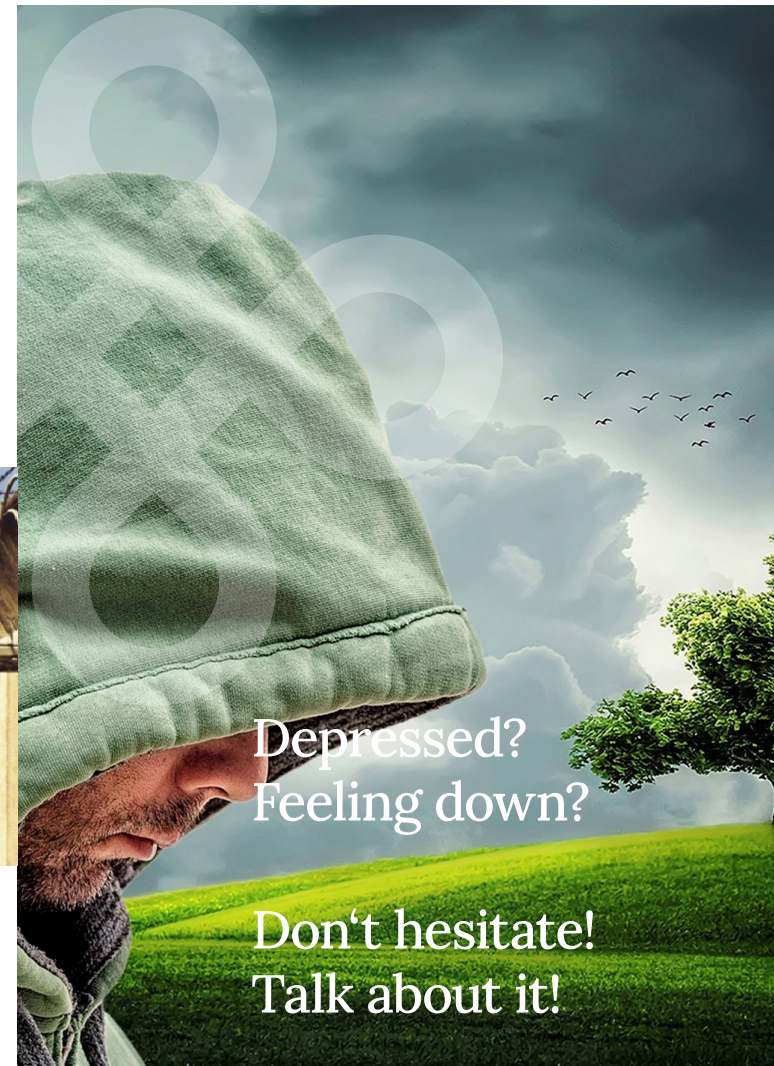
DON'T HESITATE!



Aufnahme anlässlich einer Theaterauführung von Gefangenen in der JVA Salinenmoor (Foto: Winfried Tobias)



aufgrund eines Beschlusses
des Deutschen Bundestages



Depressed?
Feeling down?

Don't hesitate!
Talk about it!

TALK TO US!



Unusual, stressful events - like imprisonment - can cause strong feelings and reactions.

YOU COULD ALSO HAVE BEEN AFFECTED!

You've been imprisoned; you probably don't know how life will go on or how imprisonment will affect your job, your relationships with partners, family and friends, your financial situation and your future life.

Maybe you feel like the problems are overwhelming you.

THIS IS NOT THAT UNUSUAL!

After stressful events, a lot of emotional reactions may occur:



- You feel helpless
- You are at a loss
- You suffer from mood swings
- You are depressed
- You have feelings of guilt
- You don't know what to do and feel as if you have lost control
- You are afraid

Reactions like these are not unusual at the beginning of imprisonment. They often disappear after a few days.

Sometimes you can also suffer from the following complaints:



- Nervousness
- Sleep disorder (e.g. nightmares, not be able to fall asleep)
- Feelings of worthlessness or hopelessness
- Painful and persistent memories
- Flashbacks
- Lack of energy, tiredness, loss of appetite

These complaints decrease in the course of a few weeks, after which they often completely disappear.