



Database for psychosocial support in the SAR network

Handout for: Activists, Status as of: August 2023

1) How does the database "psychological.contact" work?

The database is a collection of different psychosocial support offers for activists and groups in the SAR network and is used by different NGOs. In order to promote the psycho-social compatibility of your challenging activity, you can self-determinedly search for support from professional supervisors and therapists in your area. The people in the database are willing to offer their services on a voluntary basis and to accompany you as needed.

The use of the database is completely free and anonymous. No data about you will be stored. You can access the database through the following link:

Link to the database: <https://sar-psychosupport.org>

Your personal access token: You got it at the beginning of your mission via Crewing or you can ask the supervision team for it. Please do not give it to anyone without prior agreement.

2) How do I find a suitable support offer?

You can use the search mask to enter which form of support you currently need. You can also select your location, if you wish to have a local discussion. Then you will be shown suitable offers and you can decide on the basis of the profiles what suits you. If you need advice, you contact your admins or simply arrange an initial meeting with the supervisors to clarify your request.

3) Does the database only work in German?

No! Our network is international and multilingual. The website can be switched to different languages by clicking on the flags in the upper left corner. In the search mask you can also specify in which language you are looking for support and only corresponding offers will be displayed. Unfortunately, the profiles are not yet translated automatically. If you see them, you can write to them in your language.

4) Can I trust the offers?

Yes! All our supervisors are professionally trained (in their respective fields). They get a proper training in supporting activists and their work is subject to strict confidentiality. Please use the offer appreciatively. However, if you have a bad experience or don't find what you need, please feel free to contact us at: supervision@sea-watch.org

— Zivile Seenotrettung an Europas Grenzen

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