

About Cope



Cope by RAIC is a **peer led and community based mental health program** designed to equip members of the refugee community with key skills to improve their mental health and wellbeing.



Participants in Cope will:

- Engage in an interactive and structured peer support group.
- Learn techniques to identify signs of distress and practice coping skills.
- Develop techniques to respond and support people experiencing mental health crises.



Topics explored in Cope include:

1. Introduction
2. Feelings & relaxation
3. Triggers & mindfulness
4. Strengths & community
5. Trauma & depression
6. Anxiety
7. Grief and loss
8. Sleep & burn out
9. Psychological First Aid
10. PFA & self-care

Details

- Length of program:** 20 weeks
Session frequency: Once a week
Session length: 2 hours
Location: Online or in person
Language: Your preferred language
Cost: Free

If you would like to participate in the Cope program please visit:
www.raicindonesia.org/join-cope

