

## Mental health service for refugees

**Do you need someone to talk to?** Do you have a lot on your mind, feel exhausted, stressed or are you sleeping poorly?

We offer one-on-one conversations for those over 18 years of age with a refugee background.

You do not need a referral. We are bound by confidentiality. The service is free, and we have interpreters available.

### **How to contact us:**

Digital sign-up form: [Individual follow-up](#) | [Quick mental health](#) | [Municipality of Bærum](#)

or

Phone: 40 40 59 04 weekdays 09:00- 15:00. Call us, or send an SMS, and we will contact you.

**Address:** Sandvika municipal building (Kommunegården) Arnold Haukelands plass 10.

[Preventive mental health team for adults](#) | [Health and coping](#) | [Municipality of Bærum](#)