



ESTONIAN
REFUGEE
COUNCIL

*Since 2000, Estonian Refugee Council has been one of the most important **competence centers** on migration and integration, offering support services to recipients of international protection and humanitarian aid to people who have fled their homes. As Estonia's largest humanitarian organization, our mission is to respond to crises operatively, efficiently and professionally.*

Counselling Programme

COUNSELLING

The purpose of the counselling programme of the Estonian Refugee Council is to provide displaced people with important information and need-based assistance and to support refugees' adaptation and independence.

CONTACT US ABOUT THIS PROGRAMME:

✉ counselling@pagulasabi.ee




Counselling Programme activities:

[GET SUPPORT](#)

✓ Counselling service (with pre-registration)

📍 Vambola 6, Tallinn *or* *ONLINE*

☎ +372 5881 1311 | Mon-Fri 10 a.m. to 5 p.m.

🗨 +372 5464 0007   

✓ Adaptation trainings:

[UPCOMING EVENTS](#)

"Labor market in Estonia", "Digital services in Estonia", "Legal topics in EE and UKR", "How to start a business", "Education system in Estonia". Languages: Russian, English and Ukrainian

✓ Newsletters

[SUBSCRIBE](#)

Newsletter for all refugees twice a month in Russian, Ukrainian and English.

✓ Support person service:

We offer support person service. The need for service is decided by local governments. After you are assigned to the service, you will receive a support person from us. **The main tasks of the support person: consultations, explanations, networking and information.**

✓ Trainings

[MORE INFO](#)

Trainings for international protection support persons.

Mental Health Programme

MENTAL HEALTH

The purpose of the programme is to offer various activities supporting mental health, including therapies, group and individual activities, in order to increase the psychological well-being of refugees and ensure a healthier and more balanced society on a larger scale.



Mental health Programme activities:

[MORE INFO](#)

The MindSpring programme is a group-based programme for refugees that supports coping in a new and foreign country.

Participation in the programme raises the awareness of group members, provides new knowledge and skills that help to better understand the new situation and cope with daily challenges, prevent problems and create a basis for a social network.

The MindSpring method is unique because the group meetings are led by a trained coach with similar experience, origin and language who understands the problems of the participants and thereby creates a sense of trust and security.

We offer the MindSpring programme to three target groups: parents, youth and children.

CONTACT US ABOUT THIS PROGRAMME:

✉ mentalhealth@pagulasabi.ee

Livelihoods and Economic Recovery Programme

The purpose of the programme is to support the self-sufficiency of people who have suffered as a result of crises, helping them to start a business and enter the labour market.

Livelihoods and Economic Recovery Programme activities:

CURRENT PROGRAMMES

- ✓ Entrepreneurship programmes and mentoring. Entrepreneurship programmes provide participants with hands-on training and guidance to start a business or develop an existing business. Through mentoring, we offer guidance from experienced entrepreneurs or experts to help programme participants bring their business ideas to life.
- ✓ Supporting and providing training for entering the labour market. To help job seekers become competitive on the labour market and find suitable job opportunities.
- ✓ Social entrepreneurship. Through social entrepreneurship, we offer work and self-fulfilment opportunities to people with refugee and migrant backgrounds.

CONTACT US ABOUT THIS PROGRAMME:

MORE INFO

✉ livelihoods@pagulasabi.ee



Community Programme

● COMMUNITY

The Community Programme contributes to the creation of more complete and stronger communities by supporting refugees in adapting to a new society and the local or host community in involving new arrivals. In addition, the community programme aims to identify systemic and practical obstacles to adaptation, integration and ensuring the rights of refugees. To this end, we organize community events and various group activities all over Estonia.



CONTACT US ABOUT THIS PROGRAMME:

✉ community@pagulasabi.ee

[FUTURE EVENTS](#)

Advocacy and Protection Programme

● ADVOCACY AND PROTECTION

In addition to providing services, the Estonian Refugee Council also actively provides advocacy and protection monitoring. We stand for the rights and well-being of refugees at local, national and international levels. We consistently collect feedback from refugees on good practices, bottlenecks, and systemic violations. If we can help solve the problems of refugees, we will.

Report a violation of refugee rights to our email or hotline:

☎ [+372 5881 1311](tel:+37258811311)

CONTACT US ABOUT THIS PROGRAMME:

✉ protection@pagulasabi.ee

[MORE INFO](#)

Education and Awareness Programme

EDUCATION AND AWARENESS

The aim of the programme is to raise awareness of forced migration and integration, highlighting the opportunities and challenges associated with migration.

Education and Awareness Programme activities:

- ✓ Counselling and training of educational staff. For kindergartens and schools, we offer individual counselling and training for more successful reception of children and youth with a migrant background.
- ✓ Guest lectures and materials for educational institutions. We conduct educational classes on migration and integration for students in schools and provide materials for teachers and youth workers to deal with these topics.

CONTACT US ABOUT THIS PROGRAMME:

[MORE INFO](#)

✉ education@pagulasabi.ee

