

As a guest you will be helped and supported!

I am staying with a host family and wouldn't mind some help. Whom should I address my question?



Is it a life threatening situation?	Yes	Call 112.
▼ No		
Is it a medical question?	Yes	Ask the host family if they could help you contact their GP.
▼ No		
Do you feel uncomfortable with this host family?	Yes	Use the Red Cross WhatsApp Helpline: +31 6 48 15 80 53.
▼ No		
I am worried about myself or about my family.	Yes	Use the Red Cross WhatsApp Helpline: +31 6 48 15 80 53.
▼ No		
Find the answer to your question at www.refugeehelp.com		
▼		
Could you find the answer?		
▼ No		
Do you have legal questions?	Yes	Contact the Council for Refugees at your municipality. They have walk-in advising hours every working day.
▼ No		
Do you have practical questions regarding your stay?	Yes	Use the Red Cross WhatsApp Helpline: +31 6 48 15 80 53.
▼ No		
Are you feeling lonely or do you need help to make your everyday life a bit more fun?	Yes	Ask your host family to look for some nice activity for you at www.NLvoorelkaar.nl

More information:



www.rhnl.nl/signup