

Additional information for network partners and interested users

1. saba app, based on VBC, is a short-term psychosocial intervention. It is intended for preventive use and is only to be used in non-complex situations of social stress. It is not a substitute for holistic psychotherapy and therefore cannot be used in complex, serious cases.
2. Network partners check whether potential users belong to the defined target group and offer saba app onboarding to all suitable participants.
3. The defined target group corresponds to the AMIF funding guideline, §10 (a-e); see also: How can I use saba app?

Important: This is supplementary information. All information about saba app can be found [here](#).

How can I use saba app?

You can use saba app if you are both a **third-country national** (i.e. not a citizen of Germany or another EU country) and can also **present one of the documents listed below**.

- Residence permit' (§24 AufenthG)
- 'Residence permit' with a minimum duration of 12 months
- Certificate of eligibility (BAMF) for [integration course](#) or [vocational language course](#)

Many third-country nationals are entitled to these authorisations: please visit the BAMF website to find out how you can apply for an authorisation.

- 'Permanent residence-EU' (§9a AufenthG)
- 'Settlement permit' (§9 AufenthG)
- 'Residence permit' (§20, §17 AufenthG)

If you can present a corresponding document, please contact us if you are interested in saba app: onboarding@ipso-saba.com

If you do not have a suitable residence permit for saba app, but still need psychosocial support in your native language, please contact: info@ipso-care.com