

Help for people who have experienced distressing events

Have you been experiencing some of these problems?



Trouble sleeping



Nightmares



Trouble
concentrating



Strong, upsetting
feelings like
anger, sadness
or anxiety



Feeling numb
and that you have
been cut off from
the outside world



Unable to keep
upsetting
thoughts out of
your mind



Strong memories of
unpleasant events
that feel very real

These are all things that could be caused by stress, or very upsetting events. In English we might talk about your “mental health”, but poor mental health does not mean that you have an illness of the mind. It is not unusual to feel like this – it is a normal reaction to very bad experiences, and could happen to anyone. These symptoms are not a sign of weakness or anything to be ashamed about.

Sometimes, these stresses can also cause physical symptoms, such as:



Headaches



Backache



Stomach ache /
Pelvic pain



Chest pain and fast
beating heart

These pains can be made worse if you have had a lot of stress. Whatever causes the pain, it is still real. Sometimes pain can be made better if you can get help with your stress and upsetting feelings.

The first step in treating all of these symptoms will be to talk to someone and then to ask for help. You could:

- Speak to your nurse or doctor about the symptoms you are experiencing. If you will need an interpreter, let the receptionist know when you make the appointment.
- Ring C.A.L.L., the mental health helpline for Wales, on 0800 132 737. Calls are free, and you can ask for an interpreter.



Remember:

- You are entitled to **free** healthcare in Wales.
- **No one** will share your information with the police or the Home Office.
- Getting help for health issues will **not** affect your migration status or asylum claim.