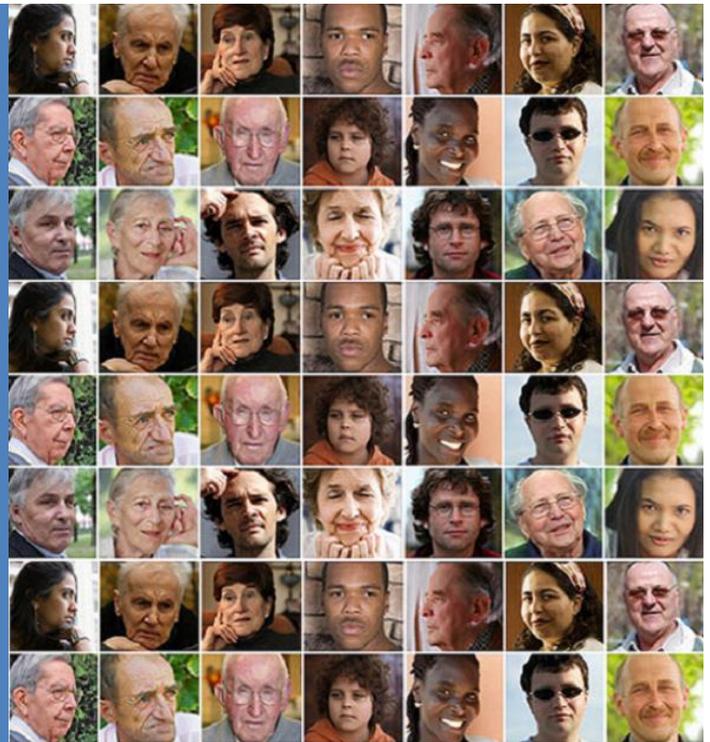


2018

Refugees

Information leaflet



Refugees have had to flee their fatherland because of serious danger, including war, persecution, captivity and/or torture. They may have been subject to threats or lost close relatives. Even during their flight they will frequently have been confronted with shocking events such as violence, disease and extreme unsafety.

Once in the Netherlands, refugees are confronted with the asylum reception and procedure. They sometimes have to wait a long time before a decision is reached as to their request for a residence permit. And after this period of uncertainty the decision is announced: some receive a residence permit; others do not. The former will then have to start building up a new life in a new culture, with different ways and traditions, rules and customs. The latter will have to make up their mind whether they are going to extend their asylum procedure and appeal, or whether they will consider a future outside the Netherlands. Whichever, it is true for every-one of them that they are involuntary migrants who have left all their certainties behind and must learn to cope in a new country, often without the benefit of relatives or a social network. A number of the refugees will develop psychological and physical complaints because of all these problems. This is not a sign of weakness or of 'going crazy'; it is an understandable and natural result of being overburdened.

Psychological complaints

Psychological complaints commonly presented by survivors after going through overwhelming or traumatic experiences include: nightmares, re-experiencings, sleeping disorders, concentration

and memory disorders, great irritability and outbursts of anger, chronic tiredness, excessive vigilance, feeling alienated from others, feelings of guilt and shame. These complaints belong to the so-called post-traumatic stress disorder (PTSD: for which, see the PTSD leaflet). The complaints may be coupled with problems with personal contacts with close family members, friends and acquaintances, or at work. Some try to dampen the tensions by using great amounts of alcohol, medication or drugs, thus risking addiction. In addition, there may be other psychiatric problems, such as depression, traumatic grief or unexplained physical pains.

People sometimes develop these psychological complaints shortly after going through very stressful or traumatic experiences. Or, it may also happen that they afterwards continue to function for a long time without experiencing any problems and yet later develop serious complaints after all, often following new, current stress.

Foundation Centrum '45

Many refugees who present themselves at Foundation Centrum '45 have at an earlier stage sought help at other (1st or 2nd line) care institutes but to insufficient effect. A third-line institute, Foundation Centrum '45 has the specialist knowledge, international expertise and broad experience to effectively support and help people process traumatic experiences.

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Information and registration

For more information, advice, for admission or consultation requests, please phone the Admissions and Information Office (088 – 3305511 on workdays between 9.00 and 12.00 hrs), or e-mail: bai@centrum45.nl. In order to register, you will always need a referral from your family doctor.

About us

Foundation Centrum '45 offers nationwide specialist psychotrauma treatment and develops knowledge and expertise in the field of psychotraumatology.