

If you struggle to cope with difficulties like these, you may find counselling to be helpful.

It offers you a safe place to talk about your distress, and an opportunity to develop new strategies to cope with such difficulties as stress, difficult memories, and sleep difficulties. Please speak to your GP or other organisation that supports you about a referral to Solace Surviving Exile and Persecution, a specialist therapeutic service for refugees and asylum seekers. We work with professional interpreters so we can ensure a good quality of interpretation and a confidential service. At Solace, we work together with you to understand your difficulties and to find new ways to think about and solve these issues.

“At Solace we work together with you.”



Get in touch.

If you would like to know more about Solace see our website

www.solace-uk.org.uk

or call 0113 487 8360

email: info@solace-uk.org.uk

solace
surviving exile and persecution

Specialist therapeutic service for refugees and asylum seekers.



Some people may find their life in the UK more difficult than expected...

...for all kinds of reasons:

- Do you find that you are worried about yourself and your family in the UK or are you anxious about what is going on in your community or country left behind?
- Are you finding yourself becoming frustrated and easily angered, or becoming tired and exhausted?
- Have you lost confidence and feel worried about the future?
- Do you struggle with sadness and unhappiness?
- Are you finding it difficult to get to sleep and sleep soundly?
- Have you been through very disturbing experiences that you want to forget but can't?



We know that many people who flee from their country to seek safety in the UK can find these challenges overwhelming.

The struggle to learn a new language, adapt to the new culture and its complex systems may feel like too much to cope with. This upheaval may result in chronic stress which can impact your sleep and general wellbeing.

Some people may find that they wake up in the middle of the night shaking or sweating and having nightmares, and some may experience strange sensations or bodily pain that seems to have no explanation. Others may feel very tired, and find it hard to get out of bed to do the things they want to do or they may feel nothing, just numbness.

This stress can even put so much pressure on your close relationships, that you start blaming each other for the difficulties.