

# REFUGEES

## Working With Refugees from War-Torn Countries



Refugees fleeing from war-torn nations often arrive with **little English** and **plenty of trauma**.

**Refugees have survived violence**, loss of family and other unthinkable horrors in their conflicted countries.



Many refugees, including children, arrive with psychological disorders such as anxiety, depression and Post Traumatic Stress Disorder (PTSD).

To heal from these traumatic events, mental health services are needed. Without treatment, these children, women and men face a higher risk for a lifetime of chronic health challenges.



Meeting the needs of refugees requires more than providing food, housing, schooling and job placement. Mental health services are essential for this population.

**Service providers working with refugees can raise awareness and champion mental health services to help refugees and their families adjust and contribute to their new communities.**



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline