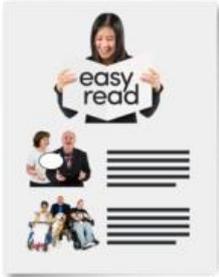


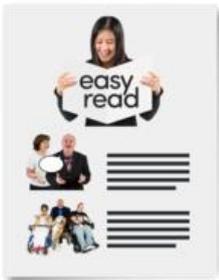
# Psychological wellbeing advice pack



Welcome to Scotland.



This easy read has information about how you can help your wellbeing.



An easy read is a version of a document with words that are easier to understand and pictures.



Wellbeing is about trying to feel happy and calm.



You have had a very difficult experience.



You could be feeling lots of different emotions.



Trauma is a word used to describe upsetting things that can happen to a person.



It could be something like a physical violent attack.

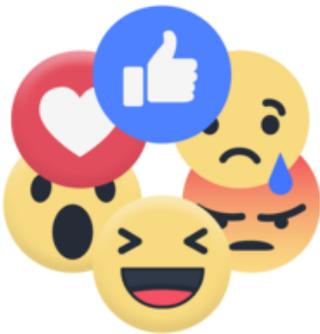


It could be an emotional attack like someone saying horrible things.



This easy read is about trying to help you and people you are with cope with how you are feeling

## How you might feel after a traumatic event?



It is normal to feel different things after a traumatic event.



You might feel very angry.



You might feel very upset.



You might have trouble sleeping at night.



You might keep thinking about the thing that happened.



You might be away from your family and your pets.



It might help to talk about what happened.



It is ok not to talk about what happened as well.



Having quiet time can help some people.



Trying to get a routine can help some people. This means things like going to bed and waking up at the same time.



Speaking about horrible things that have happened can help some people. Speaking to people you know can be the best help.



It can help some people to keep making as many choices as they can.



Some people might have children or look after them.



It can help to talk to them about the thing that has happened.

# Being Trauma informed

There are 5 parts of being trauma informed.



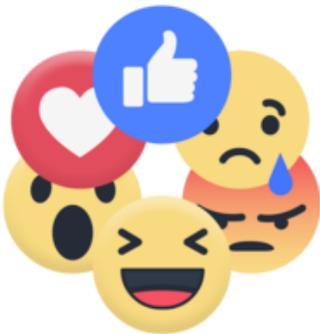
Realise the experience of trauma is common after life threatening events



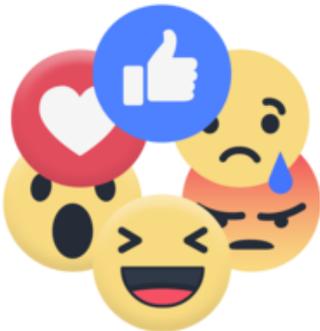
This means trauma happens to lots of people after something very dangerous.



Recognise trauma can affect people differently and people can react differently



This means that people can feel different feelings after trauma. It is not the same for everyone.



Respond by thinking about the ways people are affected by trauma to support their recovery in an individual way.





This means thinking about each person as an individual and about what is different for them.



Helping the person feel safe and have choice and control in their life can help them feel better.



This means keep people safe from seeing and being in the place the very bad thing that happened to them.



Relationships and social connection with people you trust or know can help with recovery.



This means helping people to speak to other people is important to feel better.

What might happen?



Some people can feel much better after a few weeks when they start to feel safer.



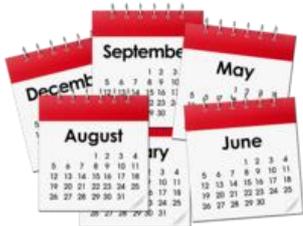
Some people can feel trauma and very bad feelings weeks or months after the bad thing.



Some people might find it hard to see and talk to other people.



Some people will avoid places or things that make them think of the very bad thing.



If the bad thing is still happening then you may still feel very sad or worried for some time.



If you feel really bad or want to harm yourself or you might want to speak to a doctor. (General Practitioner or GP.)



This is a type of doctor that can help you and also help you speak to other types of doctors and medical people.



You can speak to someone about how you are feeling by calling 111 on the phone.



The Scottish Refugee Council are there to help you and you can call them on 0808 196 7274



You can also call Barnardo's which is a charity helpline for support on **0800 148 8586**

## Advice for children and families



You and your children might have experienced some very bad things.



Children can be more upset by adults at the very bad things they have seen.



Sometimes children might seem ok.



Sometimes they might be very upset and sad.



This is normal after some very bad things.

## Predictable routines



Routines can sometimes help children.



This means doing the same thing at the same time each day.



This means trying to eat food at the same time.



This means trying to go to bed and wake up at the same time each day.

## Support from family and friends



Seeing family and friends is very important for children.



This might be difficult but any type of contact might help.



This might be using things like video calls on a smartphone or computer.

## Loss and bereavement



Some children might be experiencing bereavement.



This means they will be very sad because someone they know has died.



They might be worried that people they care about are still in a dangerous situation.



Children might be worried about talking about this.



They might be very angry about what is happening.



They might say there are feeling sore or have pains.



They might start to wet the bed at night.



This might happen to children that are a bit older.



You might notice changes to your baby as well.



You can find things to help from the World Health Organisation: [Doing What Matters in Times of Stress \(who.int\)](#).

## Psychological First Aid



Psychological First Aid is a way of trying to help people.



It is sometimes called PFA.



PFA is a way of helping you and your children to feel calm.



It is not the type of therapy that a professional person would do.



It is not about making them talk about something if they do not want to.



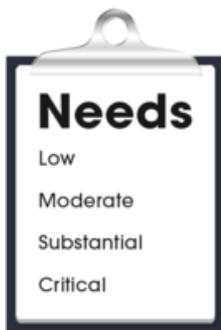
It is about helping people to think about what they really need.



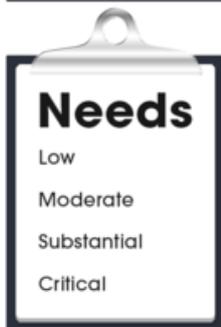
If people can get what they really need quickly it is easier to deal with distress or other bad things.



There are seven different ideas in PFA.



The first is to care for your immediate needs.



This means thinking about anything very important that you must get quickly.



This could be things like medicine or food.



The second is protect yourself from risk of further harms.



This means making sure you and the people around you are safe.



The third is be comforted.



This means trying to comfort yourself and the people around you.



The next is get support for practical tasks.

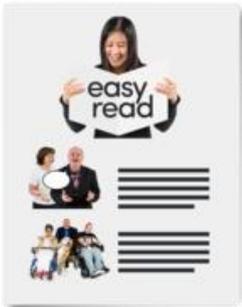
This is about getting help with things like getting medicine or helping to look after children.



The next is to get information you need on how to cope.



This can mean helping people to speak to people or find information from the internet.



The next is connect with people you know.

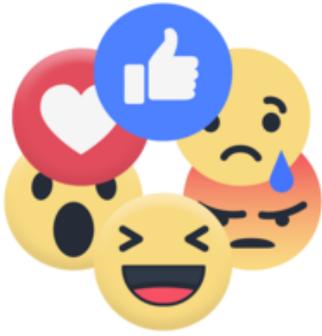


This can mean connecting with family and friends.

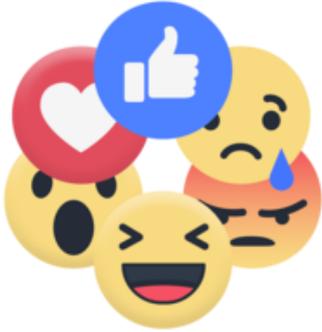


This might be very difficult for you to do but you could use ways like video calls or email.





The next is to learn more about normal psychological responses.

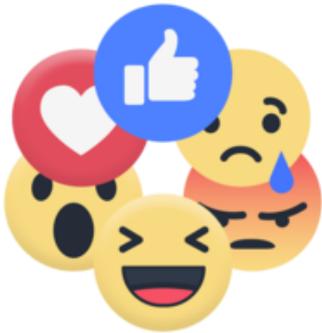


This means remembering that people can feel lots of different things after a very bad thing has happened.

## Psychological First Aid for Children



Psychological First Aid can work for children.



Look to see if they are showing any types of emotions.



Think about if you can do something to help them.



Listen to them and accept what they are saying.



Help them find information.



This might mean helping to find family and friends if you can.



Playing with them is a way of helping children.



You can find more information about this on the internet here

[Helping your child through play | Parent Club](#)

# What your host family should do



The people that are hosting you should do certain things.



**World Health  
Organization**

These are things that the World Health Organisation says they should try to do.



They should keep you safe.



This means things that can hurt you physically and emotionally.

**Abuse**



They should uphold your dignity.



This means showing you respect and manners.



They should uphold your rights.



This means helping you to access the services that you have a right to use.



This mean helping you to be protected in the way that you have a right to.



You can find more about this from the Scottish Refugee Council.



You can find more information about them on the internet here:

<https://www.scottishrefugeecouncil.org.uk/>



You can find more internet resources on the guide that comes with this easy read.