



Röda Korsets Center
för torterade flyktingar

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The Red Cross Centre for Tortured Refugees

A trauma clinic for refugees
and their families

Who would turn to us?

Many refugees coming to Sweden have experienced difficult events such as war, imprisonment, torture, rape, natural disasters, flight, or exile. Everyone reacts differently. Sometimes the symptoms persist and lead to great suffering and difficulties in coping with everyday life, which is a reason to contact our clinic.

Common symptoms

- recurrent distressing memories despite attempts to forget
- avoidance of situations that remind the person of the difficult events
- fear, insecurity, and excessive anxiety
- sleeping difficulty and nightmares
- physical reactions such as heart palpitations, chest tightness, and difficulty breathing
- tension, irritability, and losing temper
- sadness, sense of hopelessness, and despair
- tiredness, fatigue, and bodily pain
- forgetfulness and concentration problems
- avoidance of social situations

Self-care

A supportive social network, regular diet and daily physical activity helps to find a better balance in everyday life.

Family

Family members have an important role in supporting people who have experienced difficult events, which can also be a stressful task. We offer advice and support for family members who find themselves in this situation.

Treatment

The Red Cross Centre for tortured refugees offers individually adapted treatment.

- applying occurs via referral or by filling in our application form
- an interpreter is booked if necessary
- treatment is free of charge

Welcome!