



ICRC

Workshop MHPSS-EN Malmö



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PACK YOUR BAG

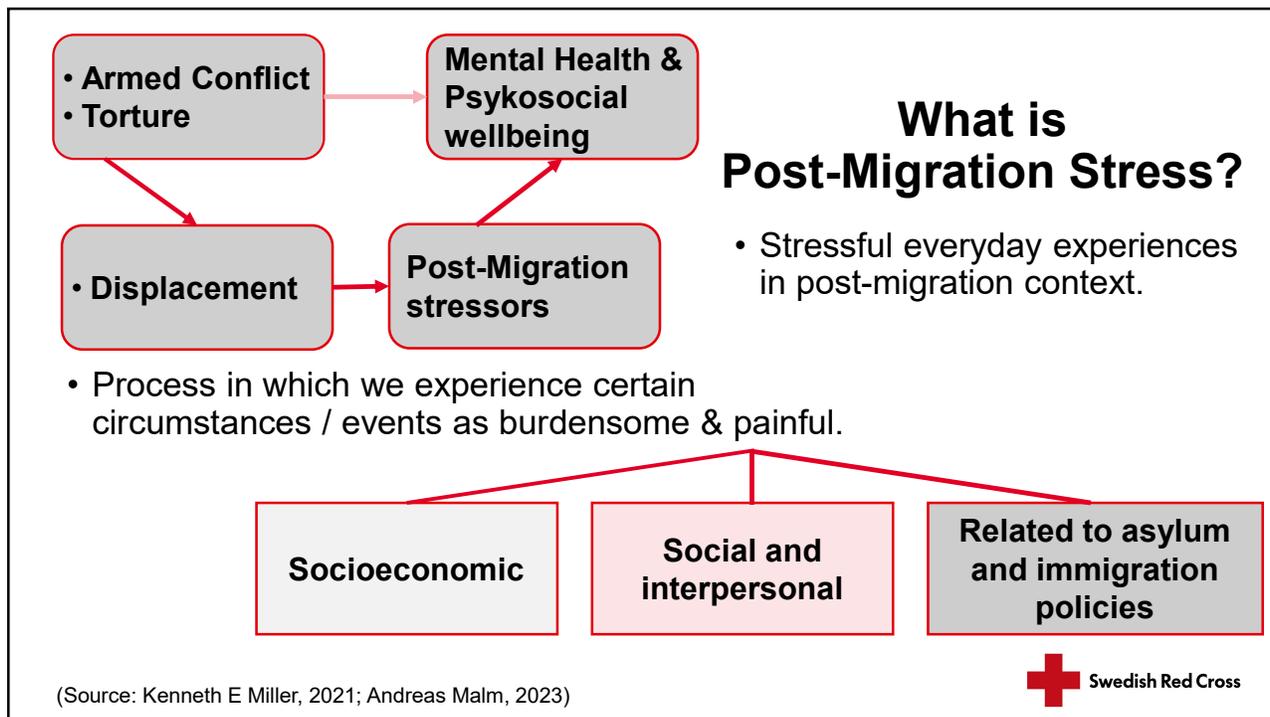
- Write down:
 - Names of the family member and friends you take with you.
 - Things you pack to bring with you.
- ➔ You have 10 minutes!



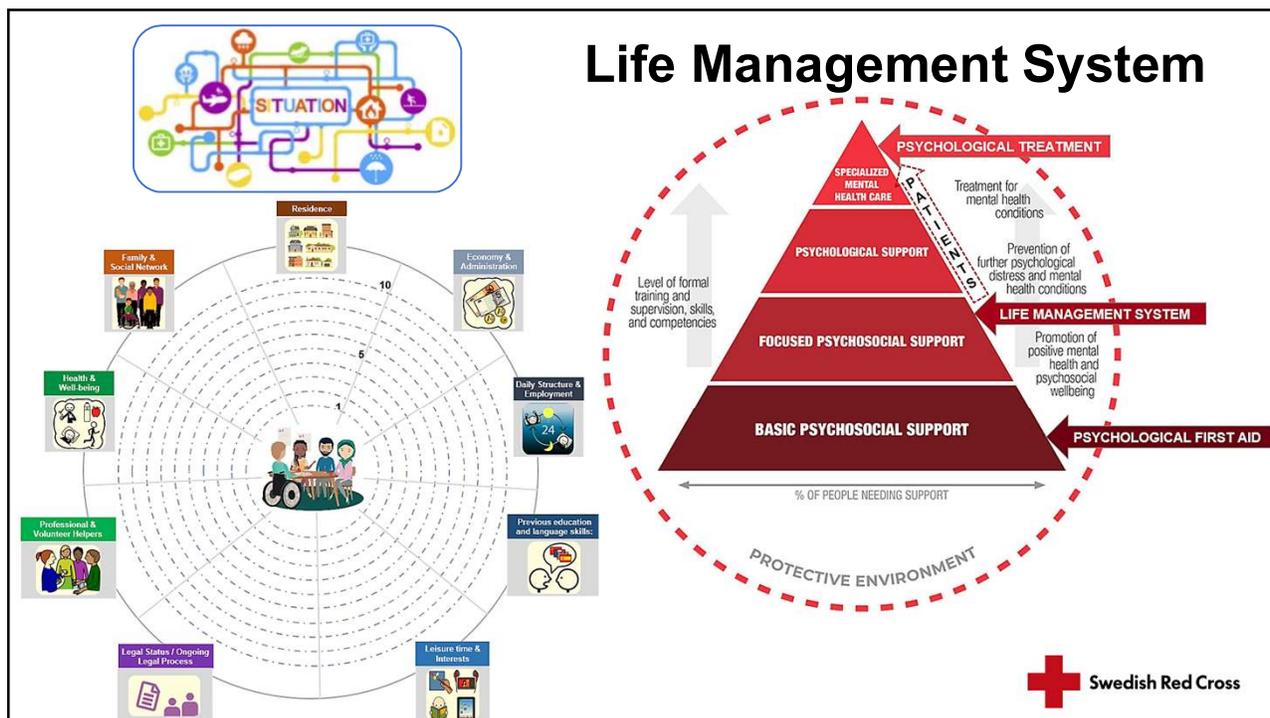
- You can only bring:
 - ONE person – ~~cross out the other names~~
 - ONE item – ~~cross out the other items~~
- ➔ You have 3 minutes!




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		Never	Seldom	Sometimes	Often	Very often
1	Discrimination by Swedish authorities					
2	Discrimination in school or at work					
3	Feeling disrespected due to my national background					
4	People making racist remarks towards me					
5	Bothering difficulties communicating in Swedish					
6	Difficulties understanding how ordinary life activities in Sweden work (shopping, buying tickets, travelling, etc.)					
7	Difficulties understanding documents and forms from authorities					
8	Worry about unstable financial situation					
9	Frustration for not being able to support myself financially					
10	Worry about debts					
11	Missing my social life from back home					
12	Longing for my home country					
13	Missing activities I used to do before coming to Sweden					
14	Worry about unstable housing arrangements					
15	Fear of being sent home					

Refugee Post-Migration Stress Scale

16	Worry about upcoming decisions or scrutiny from Swedish authorities (e.g. Migration authorities, Social Service, Social Insurance Agency)					
17	Worry about family members that I am separated from					
20	Feeling excluded or isolated in the Swedish society					
21	Frustration due to loss of status in the Swedish society					
22	Frustration because I am not able to make use of my competencies in Sweden					
23	Distressing conflicts in my family					
24	Feeling disrespected in my family					
25	Feeling unimportant in my family					



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“The Life Management System, and the images, shows me that after all my life situation is connected and manageable. The different colors illustrates to me that my life consists of different things. Thank you for showing me that my life is actually still connected.”
 (patient, 62 years old)



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