

## **Psychological Issues**

If you do not have enough knowledge of Swedish, you are entitled to have an interpreter. Ask for an interpreter when you make an appointment.

Many experiences affect mental health and leave their mark in a person's emotional life. Anyone can experience psychological problems such as anxiety or depression at some point in life. Exposure to traumatic events makes a lasting impact. It is not strange to react to such experiences. It is simply the normal reaction of our bodies and minds to events, and to what we have experienced and been exposed to in our lives.

It is useful to know that:  
Professional help is available.  
There are cures.

It is important to get help immediately. Otherwise your problems may become chronic conditions that will affect you for several years.

It is important to accept and welcome modern Swedish professional psychiatric care, for your own sake and for your family.

You have a very good chance of becoming well again after medication and/or counselling.

Modern medication does not create dependency and does not damage the brain, but it must be taken as prescribed to have an optimal effect.

Remember:

Unless you give permission, no other person will find out that you have come for help. The staff, interpreter and others involved are sworn to secrecy by law.

Your opportunities on the job market will not be harmed or limited.  
Your studies, work or future plans will not be adversely affected.

### **You can get help at your health centre, *vårdcentralen*.**

How do you know whether you need mental health care?

Some signs may be:

If you feel sad and have lost your zest for life.

If you have lost your appetite

If you have difficulty sleeping

If you are anxious

If you find it difficult to concentrate

If you have nightmares when you are asleep

If you have nightmares when you are awake