



### **People can feel bad when:**

- they are away from family.
- something bad happens. For example, war, conflict.
- they don't know how to survive.
- they are in a new country.
- other people are not friendly.



### **When people feel bad, often they:**

- don't want to eat food.
- can't sleep.
- don't want to see other people.
- can't work or study.
- feel pain in their body.
- can be angry, guilty, alone.
- feel sad and tired.
- don't want to see other people.

This is normal. Feelings can change when things get better.

You can help yourself feel better.



### **What can you do to feel better?**

You can talk to someone about your problems.

Talking about your feelings is brave and helpful.

You can talk to:

- family.
- friend.
- social worker.



You can talk to a psychologist.

Psychologists are people who will listen to you.

Psychologists can help you to understand what you're feeling.



You can do activities to feel better.

For example, you can:

- go for a walk.
- play sports.
- cook food.
- meet friends.
- learn a new language.



People who feel bad sometimes lose hope.

For example, people can feel that life has no meaning.

When this happens, talk to someone.

Other people care about you.

Remember what helped you in the past when you felt bad.

Some days are hard.

Tomorrow or next week will be better.

The information was prepared by the NGO "Mental Health Perspectives" as part of the project "After Crossing the Border: Monitoring and Advocacy for the Rights of Migrants and Asylum Seekers". The project is part of the Active Citizens Fund, financed EEA Grants.

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## What is survivor's guilt?

Survivor's guilt is when you feel bad because:

1. something happened in your country,
2. you had to leave your home,
3. people you care about were hurt, are unsafe.

A lot of refugees can feel survivor's guilt.

When you feel survivor's guilt, it can be difficult to:

- feel good about your life.
- dream about the future.
- sleep.



You can feel survivor's guilt:

- when watching the news about your country.
- when reading the news about your country.
- when you think about your family.
- when you can't go back home.



## What can you do to feel better?

Remember that:

- it's normal to feel survivor's guilt.
- you have the right to feel good sometimes.
- things will get better in future.



To feel better, you can:

- speak to other people.
- speak to a psychologist.
- draw how you feel.
- write how you feel.



When you're safe, you can make your life better.

For example, you can:

- do something nice.
- learn something new. For example, learn a new language.
- help other people.
- tell other people about your country.

This can make you feel less survivor's guilt.



Survivor's guilt doesn't mean you are guilty.

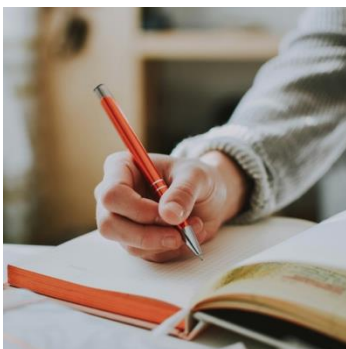
People are guilty when they do something bad.

What happened to you isn't only your responsibility.

Responsibility is when you have a job to do, and you do it.

For example, responsibility is:

- cleaning your room.
- finishing your work.
- taking care of children.



To feel better, take a piece of paper and write down:

1. What made your country unsafe?
2. Why did you have to leave your country?
3. Who is responsible?

List will be long.

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