

## How to cope with traumatic stress?

Traumatic stress is a normal reaction to an abnormal event. Being forced to flee your home and your country due to war and threat of violence is such abnormal event. It is common for people surviving such trauma to experience a flurry of unpredictable emotions and physical symptoms.

These symptoms include: sadness, nervousness, feeling jumpy or on high alert, irritability or anger, difficulty sleeping, relationship or family problems, intrusive thoughts, flashbacks or nightmares, difficulty feeling positive emotions, avoiding people, places, memories, or thoughts associated with the traumatic event.

The good news is that for most people these symptoms get better with time. And even better news is that, if you are struggling, help is available. Contemporary psychological counselling offers tools to mobilise your inner, existing strengths, capacities and resources to cope with traumatic stress in a way that is most helpful to you.

## How to get help?

**Rehabilitation centre for stress and trauma (RCT Zagreb)** offers individual counselling in Ukrainian, with a native speaker or through interpretation, or in English. You can contact, in complete confidentiality:

- for counselling in Ukrainian language, Tetiana Leshchuk, psychotherapist at [catana@ukr.net](mailto:catana@ukr.net) or [WhatsApp number +385915731822](https://www.whatsapp.com/business/profile/385915731822)
- for counselling in English or Ukrainian with translation, Dragana Knezić, psychologist and counsellor at [dragana@rctzg.hr](mailto:dragana@rctzg.hr) or [WhatsApp number +385 95 579 6543](https://www.whatsapp.com/business/profile/385955796543)
- for counselling in Ukrainian with translation, Sandra Šipka, psychologist and counsellor at [sandra@rctzg.hr](mailto:sandra@rctzg.hr) or [WhatsApp number +389 95 897 0800](https://www.whatsapp.com/business/profile/389958970800)

Counselling is available in person or online.

## What else?

You might find useful Short-term Solution Focused support group. These are groups, led by experienced psychologist, that will help explore and share what works, discover what are your unique solutions in a difficult and uncertain situation and set up first small steps towards that solution.

Research and our experience shows that such small, confidential and solution-focused groups are highly effective and help people struggling with traumatic stress to feel and do better.

Interested?

Send email to [dragana@rctzg.hr](mailto:dragana@rctzg.hr) or text to [WhatsApp number +385 95 579 6543](https://www.whatsapp.com/business/profile/385955796543).

## And more ...

Recreational activities – dance and exercise, led by Tetiana Leshchuk, will help you both with your physical and your psychological health. And even more: you will have great fun and meet new people!

Who are we?

**Rehabilitation centre for stress and trauma** is non-governmental organization. We are specialized in psychological and psycho-social support for people experiencing traumatic stress as a consequence of war and forced migration.

Contact us with confidence: [+385 1 4641 342](tel:+38514641342) or [info@rctzg.hr](mailto:info@rctzg.hr)

You can follow our Facebook group <https://www.facebook.com/groups/428882822110489/>

