



oasis

treatment and counselling for refugees



Patient information for traumatised refugees and their families

2013 • Engelsk

What is Oasis?

Oasis offers treatment to people, who have suffered traumatic experiences in a country other than Denmark. We also offer treatment to their families.

The treatment is free, but you need a referral from your general practitioner (doctor) or social worker.

Why treatment?

Experiences of war, imprisonment, torture and escape may cause symptoms, which include:

- That you do not want to be with other people.
- That you cannot sleep at night because of anxiety, nightmares and pain.
- That you are depressed and find it difficult to see the meaning of life.
- That you cannot remember, concentrate and easily get angry with other people.

If you have these problems, it may be that you are suffering from complex PTSD. It is a condition, which affects your body, your mind and your family. It is normal to react to abnormal experiences, but it can affect you like a disease, if you do not receive treatment.

The condition may occur suddenly, if something serious happens in your immediate family, such as illness or death, or if you become unemployed or divorced. It can also develop over time and become worse and worse, especially if you are exposed to stress.

If you recognise any of the symptoms, it may be that you are in need of professional help. The longer you keep your problems to yourself, the harder it is to resolve them and change your situation. Therefore, it is important to get treatment as soon as possible.

The treatment

In Oasis, you can get professional help from psychologists, body therapists, social workers and doctors.

Treatment consists of conversations and body therapy 1-3 times a week. You should reckon with the treatment lasting between six months and a year. The length of treatment depends on the extent of your symptoms, whether you attend every time and whether you do the exercises and tasks at home.

This is how Oasis can help

- The psychologist helps you to live with your thoughts and feelings from the past and cope with your everyday life in Denmark.
- The body therapist treats your pain with specific massage techniques and provides relaxation exercises, which you can do at home.
- The social worker provides advice on the rules and frameworks of the Danish social system, helps with contact to the local authority, and makes plans with you about your future.
- Doctors prescribe medicine to alleviate your symptoms, so you can sleep better and become less anxious.



You will always have the services of an interpreter.

The interpreters and therapists are professional and sworn to secrecy.

You must give your consent to whether we may share information about you.

Referral for treatment

- Your own doctor or social worker in the municipality may refer you for treatment.
- In both cases, a doctor must sign the referral form.
- The referral form is available on our website at www.oasis-rehab.dk/henvising.
- After we have received the referral, you will be called in for some sessions with a psychologist, social worker and body therapist. Once we have determined what treatment you need, we will register you for treatment.
- You must reckon with some waiting time between the first consultations (visitation) and the actual start of your treatment.
- On our website you can see how long the current waiting time is.

Where is Oasis?

Oasis is located in the centre of Copenhagen on Strøget, not very far from the City Hall Square or Nørreport Station. The address is: Nygade 4, 2nd floor. (There is a lift.)

Take the bus or train to Nørreport Station, then walk/take the bus down Fiolstræde/Nørregade to Nygade. (See the map)



Oasis is here on the Strøget

Transport

Do not drive to Oasis. It is difficult and expensive to find parking places in the city centre.

We recommend that you take the bus or train.

If you live more than 50 km from Oasis, you can get your expenses reimbursed at the Patient Office in your Region.

See more on: www.regionh.dk or www.regionsjaelland.dk.



OASIS - Treatment and Counselling for Refugees

Nygade 4, 2. fl. (Strøget), 1164 Copenhagen K • Fax 35 26 55 33
Ph. 35 26 57 26 • info@oasis-rehab.dk • www.oasis-rehab.dk