



# COUNSELLING SUPPORT FOR REFUGEES



SOCIETY FOR PSYCHOLOGICAL ASSISTANCE

**Are you feeling down?**

**You can't stop thinking about your problems  
and difficult experiences?**

**You're having trouble sleeping?**

**You're worried about your future?**

**You're having problems getting along with people around you?**

**It's hard for you to adjust to your new situation?**

**You want to talk to someone but you don't speak Croatian?**

**Do you want support in reflecting on what to do next with your life?**

Counselling Center Modus is a safe place where you can talk with a professional about your feelings and worries, and the things you don't know or are not sure how to handle. Conversation with a professional is based on understanding, acceptance without prejudice in trustworthy and confidential environment (which means that everything the counsellor and the client talk about remains among them). The counsellor is trained to listen with empathy (by putting himself or herself in your shoes).

## **What is psychological counselling?**

Psychological counselling is providing support through conversation. The aim is to help you deal with and overcome issues you're having hard time managing. Sometimes we just can't figure out what to do next and we need someone to talk to, someone who will really listen.

The aim of this conversation is getting support in a safe and confidential environment with a professional who knows how to listen and understand, and can help you find a solution for your problems. The counsellor can't diagnose you or give you medicine, but through conversation he helps you find the answers and solutions. One counselling meeting lasts 60 minutes, and the conversation topics are determined by you and in agreement with the counsellor.

## **How the counselling works?**

Conversation can help us in relieving accumulated feelings of worry, fear, frustration, anger, sadness. Talking helps us not to feel lonely and to get the support we need. When someone shows us understanding it is easier to cope with the troubles we are in. Talking also gives us the opportunity to discover new perspectives and get ideas that we haven't thought of before.

## **Who is counselling for?**

Counselling is intended for any person in need of help, whether you're struggling with a specific, well-defined problem or you may not have an idea what the problem is but just have a sense that something isn't right. Maybe you're facing some communication problems or you're burdened with worries or feelings that disrupt your everyday functioning, dreams that trouble you, fears that haunt you, problems in relationships with the people around you or with your family.

Everyone of us sometimes come to a point where we just don't know what to do next, where it's too difficult and we're feeling lonely and misunderstood.

The team of counsellors in Center Modus also provide counselling with translation. All counsellors are fluent in English, but if you want to speak in your native language or some other language that you understand better, there are provided translators. They translate between the counsellor and the client for Russian, Turkish, French and Arabic languages.

**If you are interested, contact us!**  
**You can make appointments**  
**in Croatian and English.**

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Opening hours:  
Weekdays from 9am to 8pm



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