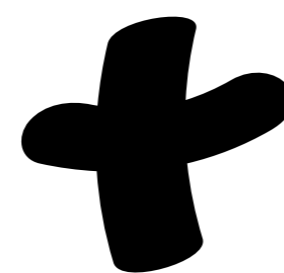


E refijye yo?

Bagay ki ka streser w lè w finn refijye ak KOVID-19

Moun ki refijye yo gen plis chans pou genyen pwoblèm sikolojik pase lot moun yo



Maladi ki ap ravaje mond lan nan moman sila ka lakoz plis pwoblèm sikolojik kay refijye yo

COVID-19 situation ki bay stress

Kantite enfòmasyon ke yo bay nan nouvèl yo



Baryè lang lan: Difikilte pou konprann mezi prevansyon yo ak sa ap fè aktyalite kounye a

Pè poum pa kontamine tèt mwèn, Ak poum pa kontamine lot moun



Lè fanmi an separe: Enkyetid pou lot fanmi ki rete nan peyi a



Rete tann pou yon depistaj

Difikilte pou jwenn swen sante : yo pa konnen sistèm lan, swen sante (pou moun kap mande azil yo)

Defi apre ou finn kite peyi w

Kò nwi, pa wè sa pou'm fè, kè pa kontan



Yon bagay ki te twomatizan: Reviv yon sityasyon kite bay kè kase



Kilè poum sispann rete nan kay

Pwoblèm anndan kay yo: moun sou moun, salete

Evite kole ak moun : manke sipò



Chomaj, travay lakay ou

Pa gen lajan: Pwoblèm pou jwenn manje

Sources :

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Li S. S. Y., Liddell B. J. et Nickerson A. (2016). « The relationship between post-migration stress and psychological disorders in refugees and asylum seekers », *Current Psychiatry Reports*, vol. 18, n°182, p. 9.