

*To all of those who have made the journey we are
happy you are here, welcome!*



CELEBRATING REFUGEE

~ WEEK ~

19-25

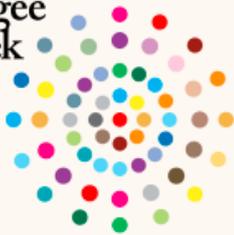
JUNE

2022

Healing

This years theme for Refugee week is healing. Mainstream and refugee communities alike can draw upon shared hardship to heal wounds, to learn from each other and to move on. Healing can occur through storytelling, through community and also through realisation of our intrinsic interconnections as individuals.

Refugee
Week



Coordinated by
Refugee Council of Australia



To all those
who've come
from far and wide,

We're happy you're safe
We're happy you're free
We're happy you're here

Happy Refugee Week
19 – 25 June 2022

refugeeweek.org.au
[@OzRefugeeCounc](https://twitter.com/OzRefugeeCounc)
[#refugeeweekau](https://twitter.com/refugeeweekau)

The difference between Asylum seeking, refugee and migrant



Asylum Seeking

Someone looking for protection because they fear persecution, or they have experienced violence or human right violence

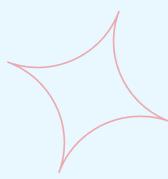
Refugee

A person who asked for protection and was given refugee status. They may be resettled in another country or waiting for resettlement.

Migrants

A person who leaves or flees their home to go to new places, to seek opportunities or safer and better prospects

Traumatic experiences refugees face



Violence ,imprisonment, war, torture, loss of property, lack of food and water, malnutrition, physical assault, diseases, extreme fear, rape and loss of livelihood.

Mental health challenges refugees face after having traumatic experiences

Post-traumatic stress disorder (PTSD), major depression, generalised anxiety, panic attacks and adjustment disorder.





Benefits of living in Australia

- Australia is a country free of war, a peaceful country, a safe and democratic society.
- Australia is the most successful multicultural society in the world, uniting a multitude of cultures, experiences, beliefs and traditions.
- We owe our accomplishments as a nation to the contributions of more than 300 different ancestries from the First Australians to the newest arrivals.
- We are defined not by race, religion or culture, but by shared values of freedom, democracy, the rule of law and equal opportunity.
- A mutual respect - a deep recognition that everyone is entitled to the same respect and dignity.
- At a time of global tensions and rising uncertainty, Australia remains a steadfast example of a harmonious, egalitarian and enterprising nation, embracing its diversity.





Community Awareness

Community and organisational awareness that Refugees may be experiencing mental and physical conditions due the trauma of having to flee their home country would be beneficial to take in to consideration when communicating with Refugees.

They may be experiencing any of the following emotions creating complex needs and understanding.

- A loss of identity and sense of belonging.
- Feelings of isolation.
- Inability to concentrate due to medications prescribed for mental health issues arising from trauma experienced.
- Impact of torture and other traumatic events.
- The stressors of detention, resettlement and cultural transition.
- Mistrust of agencies and engaging with services.

If you would like to read more about Asylum seeking, refugees and migrants.

- <https://www.nctsn.org/what-is-child-trauma/trauma-types/refugee-trauma/about-refugees>
- <https://www.redcross.org.au/act/help-refugees/refugee-facts/#:~:text=An%20asylum%20seeker%20is%20a,or%20be%20waiting%20for%20resettlement>
- https://www.bathurst.nsw.gov.au/community/community_mm/cultural-diversity/864-bathurst-refugee-supportgroup.html#:~:text=The%20aims%20of%20Bathurst%20Refugee,visit%20for%20short%20term%20respite.

