



FACT SHEET

HOW TO SPOT WAR-AFFECTED INDIVIDUALS

The NEEDS Centre provides accessible services and support to immigrant and refugee newcomer children and youth and enhances their integration into Canadian society by providing youth with employment, education and social recreation programs supported by psycho-social educators.

If you are a teacher, social worker or professional working with new immigrants and refugees, here are some of the signs to watch for that may indicate that a student needs help:

- The student has immigrated from a war-torn country in the Middle East, Asia or Africa, which are recent hot spots for war
- The student has general difficulties adjusting to, and coping with, life in Canada

As well, the student may be:

- Withdrawn and/or depressed
- Unable to concentrate
- Experiencing generalized fear
- Acting out aggressively
- Exhibiting self-consciousness
- Undergoing sleep disturbances
- Unable to properly express strong feelings like anger
- Expressing anxiety around the issues of violence and death

FOR MORE INFORMATION

Contact the Team Leader,
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NEEDS CENTRE

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