



What can Solentra do for you?

Do you struggle with all kinds of symptoms?

You were forced to leave everything behind to escape the violence of war. On your way to Belgium, you had to overcome various obstacles as well. Once you arrived, you found yourself in a new culture with a different language. Your trusted community – like family and religion – disintegrated (in part).

This can cause all kinds of symptoms: **stomach aches, headaches, insomnia, anxiety, hopelessness** ... These are your body's reactions to the frightening things you experienced. As a remedy, we propose one of our most effective treatments: therapy. Together, we work on finding a solution in a spirit of mutual respect.

"Before coming to Solentra, I suffered from insomnia, nightmares and recurring thoughts. I was anxious, stressed and confused. Some days it was so bad that I was afraid to go outside, so I closed the curtains and stayed in my room. That's how anxious I was. Solentra taught me many things that gave me confidence. I learnt to deal with my anxiety. Now, I have hope again."

How can Solentra assist you?

Our experienced psychologists are ready to welcome you and guide you. At Solentra, we offer therapy in your language and with respect for your culture. Our (ethno)therapists, interpreters and intercultural mediators support your **search for new perspectives**.

Regardless of your status or when you arrived in Belgium, you can come to us. We work with children, adolescents, adults and families. Come meet us without hesitation, you who are tired, for we are this house that welcomes strangers by giving them a voice again.



We decide on the best approach together

We always start from **your needs**. We discuss your situation and environment. Are you going through an asylum procedure? Who did you leave behind in your country? What concerns do you have? What are your needs?

Together, we define the various challenges that are holding you back from building a new life in your new country. Then, we discuss the approach.

"Before, there was a real sense of shame, that's the best way I can describe it. I thought: they are going to call me crazy if I go to the psychologist. There is such a taboo in our community ... Afterwards, I felt like I had done something really big. I felt a lot of anxiety about the treatment to come, but also a lot of hope."

Care in a safe environment

If we conclude that therapy could be useful for you, you can continue your journey with us. We can give you **exercises** to reduce your tension and physical symptoms. Or you can **talk about it** with our specialised therapists, individually or during group sessions with peers.

Therapy cannot make you forget what you went through. It can, however, help you take control of your life by no longer letting your memories regulate your emotions. This will give you the space you need to continue building your future and help you regain **hope and energy**.

Therapists are bound by **professional secrecy**. Everything you say during the consultation stays in that room. You are free to decide what you tell the psychologist and when. The more trust there is, the better the therapy works.



How much does therapy cost?

Our care is completely **free of charge** to you. However, as there are costs for Solentra, we respectfully ask you to respect the time of your appointment or **cancel it well in advance**. This way, we can offer your time slot to others with a refugee background and help them faster.

Do you need to speak Dutch?

No. We **provide an interpreter** so you can express difficult issues in your mother tongue. Interpreters are also bound by professional secrecy, just like our psychologists.

Where do the consultations take place?

Consultations take place at various locations in Belgium. We try to help you as close to home as possible. If necessary, online consultations are possible.

How can you sign up?

It is not possible to book an appointment yourself. **Your direct care provider** can sign you up using the [online form](#). Make sure to discuss the option with your social assistant, buddy, general practitioner, CLB supervisor or another confidential counsellor.

