

Insatser som gör skillnad

Verktyg för dig som möter ensamkommande barn

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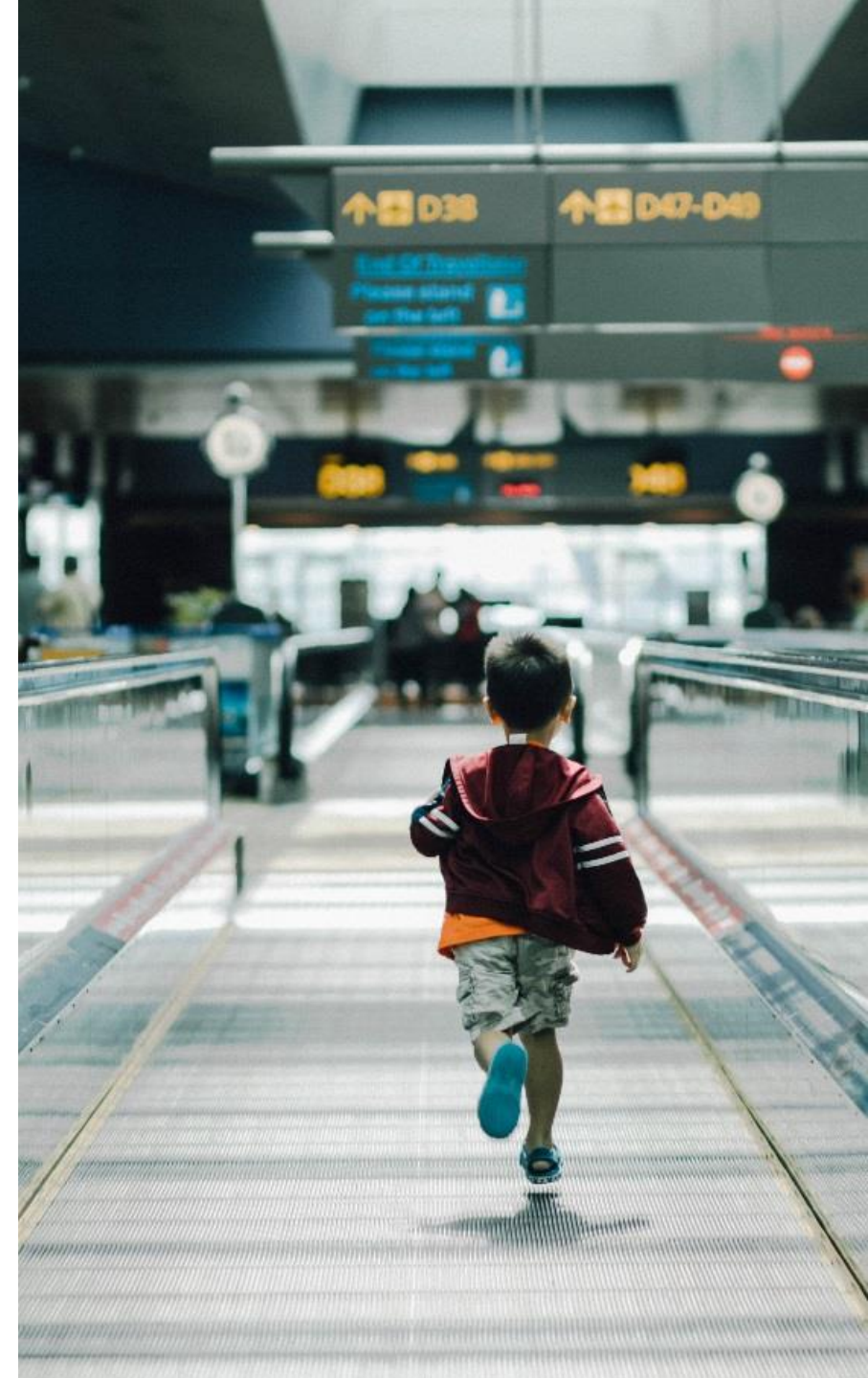
Länsstyrelsen 171215





*”When they were asked about the factors that made them sad or created difficulties for them, most young people ... **identified their immigration status** and the consequent uncertainty about the future as their overriding concern. ... Many said they had a persistent sense of uncertainty about what lay ahead, an inability to envisage a future and feelings of having fundamentally no importance in the world.”*

Chase, 2012



Suicidrisk

Sociala riskfaktorer i hög grad bestämmande för suicidalitet i allmänhet.

Goosen et al, 2011; Staehr & Munk-Andersen, 2006.

Suicidal behaviour indicates deep unhappiness but not necessarily mental disorder. Many people living with mental disorders are not affected by suicidal behaviour, and not all people who take their own lives have a mental disorder.

WHO, Preventing suicide, 2014





1. Påträngande minnen
2. Hyperarousal
3. Undvikande
4. Depression



Stöd i kriser

- Ge utrymme för tröst, intresse, omtanke.
- Håll dig till ”här och nu”. Här kan vi påverka, vara aktör.
- Förhållningssätt: Att behålla fågelperspektivet.
- Passiviteten största problemet.
- **Motsägelsefulla önskningar:** ingen bryr sig – ingen skall lägga sig i.
- **Självd destruktivitet:** Upprätthålla vardagsrutiner. Fundera på vad du som kontakt förstärker!
- Bekräfta besvikelsen men ta udden av misslyckande och ”kränkning”.
- Var tydlig med ansvarsfrågor.
- Begränsa skuld och skam: ”Du har gjort vad du kunnat.”
- Hjälp personen att vara analyserande och strategisk



Relationer är det största skyddet

“... resilience does not lie in either the competence or relationship; it lies in the development of competence or relationship where they did not exist before”

Hauser et al 2006, p. 261





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