

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Medical Care and Health Insurance - 8**

**ENGLISH**

It is common to need to see a doctor about pain and suffering you have in your head and your mind. Do not be embarrassed if you need to talk to someone because you are feeling sad or worried.

Your previous difficulties can stay with you, and current problems can make it hard to sleep, give you bad dreams, or cause trouble in your relationships. If you have some of these feelings, it is good to talk to someone who is an expert in mental health.

If you flash back to memories of the past, have regular nightmares, guilt or anger, or difficulty sleeping, you may need the help of a mental health expert. This kind of care might be provided by a counselor, psychiatrist or social worker.

It is important to get help so that you can go to work. Going without help can be hard for you and also your family. You will *not* be punished or taken away from your family because of asking for help with your mental health.