

## Our Philosophy

Torture is a gross violation of human rights and is totally unacceptable under any circumstances.

All survivors of torture and conflict-related trauma have the right to appropriate support services, regardless of their political or religious beliefs or their country of origin.



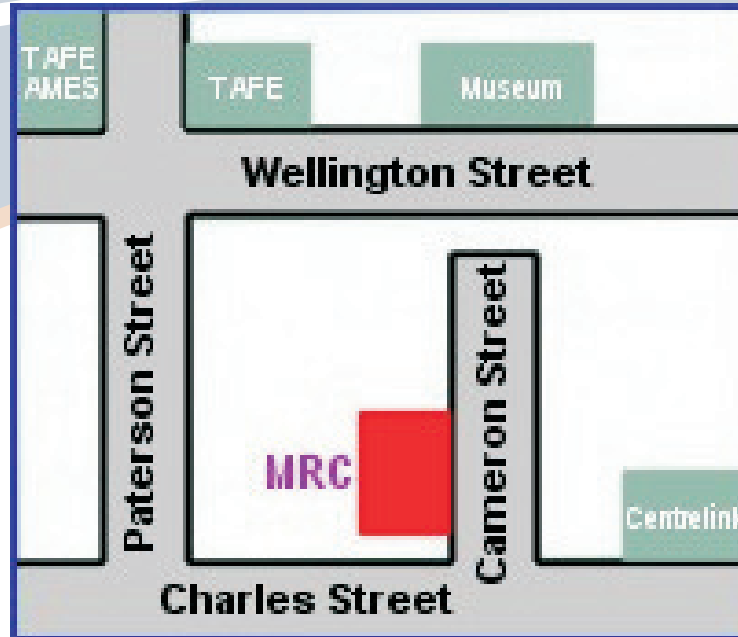
## To contact us:

Tuesday - Thursday  
9 AM ~ 5 PM



**MIGRANT  
RESOURCE  
CENTRE**  
(Southern Tasmania) **Inc.**

English



The  
Phoenix  
Centre



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Funded by



## Our Clients

We support migrants and refugees who have experienced trauma caused by torture and war prior to their arrival in Australia. Survivors may be troubled by symptoms such as:

- ❖ sleeplessness or nightmares
- ❖ intrusive memories or flashbacks
- ❖ intense grief and sadness
- ❖ loss of concentration and ability to learn
- ❖ high levels of generalised anxiety
- ❖ hypervigilance
- ❖ a loss of trust in self, others and society
- ❖ relationship difficulties
- ❖ psychosomatic or inexplicable pain
- ❖ depressed mood
- ❖ loss of self esteem



## Trauma Support

If you think that you or someone you know, are affected this way, please contact us for appointment.

We can work through some of these issues with you, help you to understand the effects of torture and trauma and how to deal with them. Our staff offer counselling, community development, health referral and advocacy.

**The service is free and confidential.**



## Consultancy and Community Education

The Phoenix Centre offers community education and professional development in torture and trauma awareness, issues and practice.

The Phoenix Centre is the Tasmanian member of the Forum of Australia Services for Survivors of Torture and Trauma (FASSTT), a national peak body which seeks to ensure that services provided to sufferers of torture and trauma meet international standards of best practice.

