

## Module 2: Case study two

Hassan, 21, is from Iraq. He journeyed here with his mother and two younger sisters. His mother and sisters are quite shy and insecure in Australia and Hassan has been left the responsibility for caring for them and running errands as well as looking for full time work. He is very stressed and feels he cannot do anything right. His efforts have not paid off and the family are struggling.

Hassan has not been sleeping, and has become very short tempered, scaring his sisters and mother. He has also developed stomach pain.

You have noticed that Hassan looks restless and holding his stomach in his appointment. You ask him if he is okay and he explains his stomach is upset.

You identify this as a sign of stress that could be a bigger concern. You ask him if he has thought about seeing a counsellor or psychologist. He becomes very defensive and withdraws from conversation.

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