Living and working in a war zone

Ahmed lives and works in Syria. He called the helpline after a particularly restless night, but one of many he had experienced during the recent conflict in Syria. He was managing work as best he could, but frequently could not physically go into his place of work due to daily road closures. Day-to-day living and working in a warzone country was extremely stressful and he was unable to have restful nights’ sleep due to sounds of gunfire and bombings throughout the night.

Ahmed was also concerned for his elderly parents and for his wife and young children. The children were very much affected by having to stay indoors most of the time, and Ahmed and his wife had to find alternative ways to keep them occupied, with books and music.

Ahmed was also very worried about his financial situation, as his savings had diminished due to the fall in the exchange rate.

Ahmed said that being able to talk through his experiences and concerns freely and confidentially with someone had helped him to release some of the stress that had been building up over time, and this enabled him to think more clearly about his options and situation. Ahmed said that initially he was apprehensive about making the call to the EAP helpline, but having spoken to someone, he would now not hesitate to call again if the need arose.