

MENTAL HEALTH AND WELLBEING

Looking after your wellbeing

<https://www.solace-uk.org.uk/training/helpful-resources-for-refugees-and-people-seeking-safety> . This is a website with **videos** about looking after yourself. There are videos about sleeping well, and coping with stress and trauma. They are in several different languages.

<https://www.doctorsoftheworld.org.uk/translated-health-information/>. Here is a link to a **leaflet** called 'Wellbeing guidance'. It has links to lots more useful information. You can select the language you need.

You can get **personalised advice** on resources that may help you by filling in this form:

https://forms.office.com/pages/responsepage.aspx?id=pkodpDtuM0SPVwm0Ub8s_0wYgD9nKedPpzpn97A6_aJUN0FOR09aMDhFWkM3WVITNDdMOEISNkM4OSQIQCN0PWcu&route=shorturl

If you would like to learn about ways of improving your mental health there is a free 8 week course Bacup. <https://www.thegreenhouses.org/mentalhealth>. Contact: 07791245755 or info@thegreenhouses.org. Or ask one of our caseworkers.

Places you can get help

(All of these should offer you an interpreter if you need one)

If you don't know what help you need: NHS GPs are a good place to start. They can give medication, recommend talking therapy or refer you to a psychiatrist.

If you would like talking therapy: Minds Matters is a free NHS service for people over 16. You can request an appointment by filling in an on-line form <https://www.lscft.nhs.uk/our-services/psychological-therapies/mindsmatter/self-referral-mindsmatter>



Rossendale Refugee Support Group

Registered charity number 1204240

www.rrsg.co.uk

07350 986104

contact.rrsg@gmail.com

c/o Haslingden Community Link, Bury Road, Haslingden BB4 5PG

If you are an asylum seeker:

- **Boloh** is a charity that offers free specialist therapeutic help on-line for anyone seeking asylum. Staff speak different languages. Phone 0800 1512605.
- **If you are struggling with your mental health as a result of traumatic experiences**, then please tell one of our caseworkers. We can refer you for free specialist help. Interpreters are provided

(These services are not currently available to people with leave to remain).

If you just need someone to listen: Samaritans is a charity that offers someone to listen 24 hours a day: Phone 116 123 24. You can also email or chat on-line <https://www.samaritans.org/how-we-can-help/contact-samaritan/> or by text (Text SHOUT on 85258)

If you have experienced torture: the charity Freedom from Torture can sometimes help. Unfortunately the Manchester Centre is sometimes closed to new referrals. You can check here if it is open: <https://www.freedomfromtorture.org/help-for-survivors/therapy-and-practical-help/make-referral>

If you feel you need help urgently. An NHS crisis line is available 24 hours a day: Phone 0800 953 0110 .

If you feel so desperate you are wanting to harm yourself, and have no other help, then you can ring 111. If you need help immediately, you can dial 999.

Important!

Do you have mental health problems (or physical scars) as a result of things that happened in your home country? **Tell your GP and your solicitor.** Your GP may be able to offer help. Sometimes the Home Office asks to see your GP records. Sometimes solicitors advise that a medical report could help your asylum claim. Your solicitor will know how to obtain one.

If you are struggling with your mental health for any reason, it is a good idea to tell your GP.



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People in mental health services

Psychiatrist = a doctor who has specialised in mental health

Clinical psychologist = a psychologist who has specialised in mental health

Psychotherapist / psychological therapist / counsellor = professionals who can offer talking therapies