

## Mental Health Support

<a href="#">Conversations Over Borders</a>	<p><i>We provide a culturally sensitive and trauma-informed service for refugees and asylum seekers who are struggling with life in the UK.</i></p> <p><i>After arriving in the UK many people face barriers to settling into their new communities. We support our clients with this transition, with community-led peer support, counselling and practical advice offered in English, Ukrainian, Arabic and Farsi.</i></p>
<a href="#">Nafsiyat</a>	<p><i>Nafsiyat works hard to provide help to people experiencing psychological and emotional problems and who may be finding it difficult to access help because of barriers such as culture or language. Our intercultural therapy service is delivered by therapists who work across different cultures and languages. In some instances, a therapist might share your specific language and cultural background.</i></p> <p>Can help signpost other organisations if at capacity.</p>
<a href="#">Solace</a>	<p>Support for people in Yorkshire &amp; the Humber region. Only accept referrals from refugees and asylum seekers. <a href="#">Guide</a> for people thinking of using the service.</p>
<a href="#">Off the Record</a>	<p>Croydon counselling service is a free self-referral service for young people aged 14-25 who live, work or study in Croydon.</p>
<a href="#">The Harbour Project</a>	<p><i>Many of our visitors experience mental health issues that result from their experiences. To provide some support we offer 'Free from Bad Memories' free 121 counselling sessions ran by a trained psychotherapist. There is also 'Breathing Space' a weekly group that practices breathing exercises and relaxation. Lift psychology offer monthly workshops held at The Harbour Project to provide support and advice on troubles with sleep and managing stress.</i></p> <p>Based in Swindon.</p>
<a href="#">Freedom from Torture</a>	<p><i>Our counsellors, psychotherapists, doctors, care coordinators and pain management specialists help people through the long recovery journey. We offer one-to-one therapy, group activities and other support including for physical pain.</i></p> <p><i>Our services are offered to men, women, children and young people, as well as to families and couples.</i></p> <p>For people who have been victims of torture.</p>
<a href="#">Mind Bristol</a>	<p>For people who identify as female.</p>

<a href="#">Trauma Foundation South West</a>	<p><i>For 20 years, we have provided free, long-term counselling and psychotherapy to refugees, asylum seekers and others traumatised by war and persecution in Bristol.</i></p>
<a href="#">Operation Courage, NHS</a>	<p><i>Op Courage NHS Afghan Service offers psychological support to any ARAP main applicants. This service is available for any ARAP applicants living anywhere in England.</i></p> <p><i>People can self-refer by ringing 020 3317 7979, or emailing <a href="mailto:nlft.afghanservice@nhs.net">nlft.afghanservice@nhs.net</a>.</i></p> <p><i>We have Dari and Pashto speaking staff, and all services are offered in the person's preferred language. Our service involves treatment for PTSD where needed. We offer a culturally-informed service and work with a person's GP and other services to support wider needs, including combat or other injuries, social and family support.</i></p> <p><i><a href="https://londonveteranservice.nhs.uk/warm-welcome-afghan-service/">https://londonveteranservice.nhs.uk/warm-welcome-afghan-service/</a></i></p>