



## **Your health assessment at TortureID**

You have been invited to a health assessment with a doctor from TortureID.

TortureID is a non-governmental organisation (NGO) based in West Yorkshire. TortureID is a human rights organisation and is independent of the Home Office.

TortureID offers a service to survivors of human rights abuses who have made a claim for asylum and are waiting for an initial decision from the Home Office on their claim.

We offer a health assessment by an experienced doctor who is trained in talking to young people about their experiences and lives.

The doctor will offer you a 2-hour appointment. They will work with an interpreter if you need one. The doctor will ask you questions about your experiences prior to coming to the UK. You will be offered a physical examination to record any scars or injuries you might have. The doctor may also take photographs of your injuries. The examination will only be done if you are comfortable and agree to it. Please come to the appointment wearing comfortable clothes which are easy to remove and put back on again.

The purpose of the assessment is to record the physical and psychological impact of your abuse. After the assessment, the doctor will produce a report for your solicitor. You will not be charged for the report.

A letter will be prepared for your GP if you want them to know more about your experiences.

We recommend that you are brought to your appointment by someone who can also take you home again. If you wish to bring a social worker or carer to the appointment, they can be present for most of the appointment with your permission. Alternatively they can sit and wait outside the interview room until we have finished.

It can be very normal to feel worse than usual after the appointment. This is because we will have discussed difficult thoughts, fears and memories. Your sleep might be worse and you might feel more anxious. This will pass. It is important to try and sleep, to take gentle exercise, to remember to eat and to see friends and involve yourself in activities. It is good to prepare for this.

Information about how we use your personal information is available separately and on our website.

If you have any feedback about the doctor, the process or the service please tell your solicitor or email us at [Admin@tortureid.org](mailto:Admin@tortureid.org). We are keen to improve our work.