

If you don't feel you can speak to anyone you know, there are services that can help. Your GP will know what is available in your local area. If you are in touch with a refugee support group, they may also be able to help. You can also speak to your GP about how you are feeling. This can be hard, but your GP will be used to hearing from people who are distressed.



• **A GP** will know what is available in your local area.

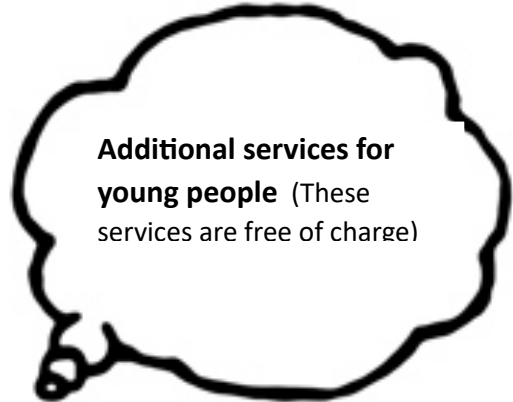
• **Samaritans** Phone **116 123** to speak to a trained volunteer. You can ask for an interpreter.

• **Boloh helpline** Phone **0800 151 2605** for free online advice, emotional support and therapeutic support. Advisers and therapists speak a range of different languages and have access to interpreters. For more information or to use webchat - <https://helpline.barnardos.org.uk/boloh-helpline>.

- **Refugee Council Infoline** can tell you if there are other services near you. Phone **0808 1962 7272** on Mondays or Thursdays 9.30-12.30 for information about other services near you, and how to access them. <https://www.refugeecouncil.org.uk/get-support/services/infoline/>

If you are under 25, there are other services that can help:

- **Young Minds** Text YM to **85258**. A trained volunteer will text you back
- **Childline** www.childline.org.uk. Try the 'Get support' tab. Or phone **0800 1111**
- **The Mix** www.themix.org.uk Try the 'Get support' tab. Or phone **0808 808 4994**



If you feel really unhappy or agitated, are experiencing very disturbed sleep or many more nightmares, then it is especially important to ask for help.

If you are thinking about dying, do not keep these thoughts secret.

In an emergency, you or someone helping you can ring your GP or ring **111** for advice on getting help urgently.

If you can't get help anywhere else, you can go to the Emergency department of the hospital.



Many people seeking asylum feel very stressed.
You may feel angry, upset, anxious, ashamed, sad, confused or disturbed by memories.

It can be hard to sleep, and hard to feel calm after you have talked about your situation.

Most people can feel better in time.



Here are some simple things that can help. If you are feeling bad, you may not feel like doing them. But they are still important for your wellbeing. These things will help most if you keep on doing them.

1. **Stay physically active.** Going for a walk and being outside in nature can really help. Try to do some kind of exercise every day.

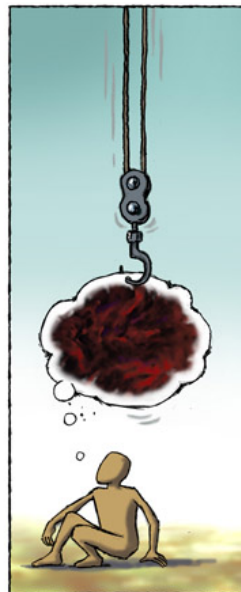
2. **Connect with other people.** Try to spend time with other people when you can, perhaps watching TV, eating, or going out together.

3. **Find support.** Get to know at least one refugee organisation that can help you

4. **Look after your body.** Eat and drink water regularly, even if you do not feel you want to. Keep active. See a doctor if you are concerned about your health.

5. **Learn calming exercises** such as breathing exercises, relaxation, mindfulness exercises or butterfly hugs. Many people find these useful. You can find exercises on YouTube or you could use the mindfulness app *Headspace*.

7. **Talk to someone** about how you feel. Find someone you trust to confide in. This might be a friend, a health professional, or someone at a local support group. Sharing your worries with someone can be hard but it also often helps.



6. **Sleep well.** You may find sleep very difficult but it can help a lot to learn good sleep habits: getting up at the same time every day; avoiding sleeping in the day time; avoiding caffeine. There is more information on our website: <https://tortureid.org>

8. **Distract yourself** from thinking too much. Spending time with friends and being physically active can help take your mind off memories and worries

