

## **Your health assessment at TortureID: What to expect**

You have been referred by your solicitor for a health assessment with a doctor from TortureID.

TortureID is a medical charity 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 are claiming asylum in the UK.

We offer a health assessment by an experienced doctor who is trained in assessing and documenting people who have experienced torture and/or other human rights abuses such as domestic violence.

The doctor will offer you a 2.5 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 with your consent.

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.

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

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

You will not be charged for the report.

If you wish to bring someone to the assessment they can stay or sit and wait outside the interview room until we have finished.

If you are a young person, it is a good idea if someone brings you to the appointment (a carer or social worker).

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. More information is available on our website (search for TortureID).

Information about how we use and store your personal information is available on request or 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.