

## Who is it for?



Everyone who wants to improve their mental health and explore different aspects of themselves. However, if you recognise one or more of the statements below, the program could be very beneficial for you.

"I feel isolated and alone in the UK."

"I feel out of place and nervous around people."

"Leaving our home country and loved ones behind is very hard."

"Headaches, difficulties sleeping and nightmares are making life difficult."

"I don't have motivation to do the things that need doing."

"Uncertainty about my future makes my heart beat hard, and makes it hard to focus."

"Nobody understands me and what I have gone through."

## What we offer:

**One-to-one counselling** – a confidential space for you to feel safe and share your worries with one of our trained counsellors (in person and online options available).  
*We can provide an interpreter if you would like to talk in your own language.*

**Group counselling** – meet new people, build connections, share experiences

**Group outings** – create positive memories and get to know your local area

### Pathways available for:

- refugees and their dependants
- separated children seeking asylum

**Locations:** Hertfordshire, West Essex, Colchester, Luton, Cambridge and Peterborough

If you would like to talk to one of our counsellors, email us on:

✉ [admin.ww4ri@refugeecouncil.org.uk](mailto:admin.ww4ri@refugeecouncil.org.uk)

Or call us on:

☎ 07436 309103

