

REFUGEE THERAPY CENTRE

Who Are We?

The Refugee Therapy Centre offers counselling and psychotherapy to refugees and asylum seekers. We are a group of counsellors, psychotherapists, psychologists and psychiatrists. Many of us have been refugees and we want to help refugees who may find their lives difficult here in the UK and would like some help. We can listen and sympathise and sometimes contribute from our own experience and knowledge. We may have someone who speaks your language if you wish to do so, or you may prefer an English speaker. You can decide.

Objective

The objective of the Refugee Therapy Centre is to help refugees and asylum seekers by providing support, assistance, psychotherapy and associated treatments, in order to promote mental health in refugee communities.

What is Mental Health?

Mental health is about how we think, feel and cope with life. Everyone has mental health needs and they are an important part of our overall health which affects our quality of life.

Many factors influence our mental health, especially as a refugee or an asylum seeker. It is not only about what might have happened to us and to our communities, but also about:

- ◆ the loss and separation we endured
- ◆ the guilt we feel about surviving
- ◆ the loss of our familiar environment
- ◆ adapting to a new way of life
- ◆ learning new languages

We may also feel under stress about the process of our integration and adaptation in Britain, our experiences of housing, jobs, schools, transport, the environment, the language barrier, as well as the ways we live our lives. Perhaps after much unhappiness, if we do not seek appropriate help, we may be left with invisible wounds or many unanswered questions, as well as practical problems in managing our day to day lives, and the lives of our children or our dependents.

As a result, from time to time, most of us feel stressed, anxious, worried or afraid. We may also have experiences haunting us from the past that are very difficult to cope with. This could be the loss of someone we love, a relationship breaking up, being bullied, or losing touch with loved ones, as well as feeling that we are treated unfairly and feeling discriminated against.

Some people experience sexual or racial discrimination, or are treated differently because of their race, beliefs, background, culture, religion or language. In the process of resettlement, some people may feel they do not have a voice because they are too young, too old, or simply too different; and that can be difficult and frightening. If you are a young person or parent living in Islington or Hackney and feel like you are struggling with any of the above then talking to someone might help. Do pick up the phone and call us now.

It takes courage to speak out, especially if you feel lonely, isolated or depressed. If this is the case you can contact us. *We are here to help.*

If you would like to know more, please contact the Centre. You can speak to one of our administrators and this might lead to a conversation with an assessor – someone to talk to about your situation and your needs. After that, if it feels right for you, you might go on to meet a counsellor or psychotherapist with whom you could talk for an hour at the same time each week, for as long as you feel you need to. Maybe you are a parent and you want to talk to someone about concerns you have about your child. You could bring your child to meet one of our therapists and arrange help for your child –we could also provide help for the family as a whole. We also run groups if you prefer this for yourself or for your child. All this can be discussed with the assessor at the first meeting.

Languages

We try to offer our services in the languages spoken by refugees & asylum seekers. Currently we offer:

Albanian, Amharic, Arabic, Dutch, Deri, English, Farsi, French, German, Italian, Kinyirunda, Lingala, Luganda, Serbo-Croat, Somali, Spanish, Swahili, Swedish, Tigre, Tigrinya and Turkish.

Address:

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Tube: Finsbury Park

Buses:

4,19,29,106,153,236,253,254,259

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Are you a refugee or
asylum seeker?

- ◆ Do you feel anxious, isolated, lonely, depressed?
- ◆ Do you find it hard to sleep or are you experiencing bad dreams?
- ◆ Do you have a child or adolescent who you are worried about?
- ◆ Is your child being bullied at school?
- ◆ Are you worried about your own well being?
- ◆ Is it hard for you to think about and plan your future?

Would you like to
talk to someone about
any of the above?

We are here to help!