Directory of Services & Organisations for Refugees, Asylum Seekers & Migrants

This directory is intended for refugees, asylum seekers, migrant communities, health and social care practitioners and agencies working with them to identify services that offer advice and support to assist refugees and asylum seekers and migrants rebuild their lives and settle in the UK.

Charity organisations and projects change regularly; some services/organisations may close down or reduce the services they offer. Although, every effort has been made to ensure that the information on this Directory is correct and up-to-date, please check this information with service providers before passing onto others. The inclusion of services and organisations in this Directory is not indicative of our endorsement of such services.

If you are aware of any organisations and services that should be added and/or details corrected, please let us know by emailing farahfarsimadan@yahoo.co.uk

Organisations are divided into nationwide, regional, international and London-based, are in alphabetical order and a website link is also provided. The Directory concludes with useful mental health charity organisations and services website links that provide support, advice and information which may be beneficial to refugees, asylum seekers and health and social care professionals and services working with them.

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Nationwide

Asylum Aid
Asylum Aid provides free legal advice and representation to the most vulnerable and excluded asylum seekers through its Refugee Legal Group, as well as lobbying / campaigning for a fairer and more human asylum based system in the UK.
www.asylumaid.org.uk

Asylum Help
AH provides confidential and impartial advice on how to claim asylum and offers financial, accommodation support, and health assessment. The website resource centre provides and enables you to download advice in a variety of languages.
www.asylumhelpuk.org

Asylum Support Appeal Project
ASAP offers free legal service and representation to asylum seekers and refused asylum seekers appealing against the Home Office decision to refuse or withdraw their housing etc., as well as providing training and advice to organisation agencies working with this group and lobbying to improve policies and procedures on asylum support.
www.asaproject.org

Better Health
BH is a project run by the Race Equality Foundation that aims to develop a national evidence-based resource to help health professionals, including Better Health briefings, translated resources, research, toolkits, etc.
www.better-health.org.uk

Bail for Immigrants & Detainees
BID, challenges immigration and detention in the UK whilst working with asylum seekers and migrants in removal centres and prisons to secure their release.
www.biduk.org

Barnardo’s
Barnardo’s works with and transforms the lives of the UK’s most vulnerable, the abused, the neglected and forgotten children regardless of their gender, race and background including children from BME communities and those seeking asylum. Services offered include advocacy and counselling for children who have been abused, trafficked and neglected. Fostering and adoption services, emotional and practical support and help with health care and schooling, training and employment, supported lodgings and accommodation and donations of food and clothes, financial assistance for all those in need including children seeking asylum and their families are also available.
www.barnardos.org.uk

Black & Asian Therapists Network
BAATN provides training, resources and information, and an online directory of qualified therapists experienced in working with immigrant population including African, Caribbean and Asian clients.
www.baatn.org.uk

Centre for Armenian Information & Advice
CAIA offers advice and information for the Armenian community including refugees and asylum seekers on housing, benefits, immigration and training, education, etc., in London and UK wide.
www.caia.org.uk

Child Poverty Action Group
CPAG is a national charity working to end poverty among children, young people and families including refugees and asylum seekers in the UK.
www.cpag.org.uk

Children & Families Across Borders
CFAB is a NGO that deals with child protection cases that involve the UK and other countries. It protects vulnerable children who have been separated from family members as a result of divorce, forced migration, seeking asylum or those victims of trafficking as well as other vulnerable children and families.
www.cfab.org.uk

Children’s Society
Children’s Society runs a number of projects across the UK for refugee and migrant children helping them to find accommodation, overcome language barriers and rebuild their lives in new communities.
www.childrenssociety.org.uk
The Chinese Information & Advice Centre
CIAC offers free legal advice, support and information to disadvantaged Chinese people living in the UK.
www.ciac.co.uk

Citizens UK
Citizens UK organises communities to act together for power, social justice and the common good. It is the home of community organising in the UK, with diverse civil society alliances in London, Milton Keynes, Nottingham, Birmingham, Wales and Leeds.
www.citizensuk.org

City of Sanctuary
City of Sanctuary, the umbrella organisation for local refugee and asylum seeker organisations, is a national network made up of local groups, businesses, community organisations and individuals, committed to working with refugees and asylum seekers in order to build a united voice to advocate for people seeking sanctuary in the UK.
www.cityofsanctuary.org

Coramvoice
Coramvoice (formerly Voice for the Child in Care, VCC), offers a free national helpline, a network of independent advocates who meet with children and young people face-to-face to discuss their problems and provides specialist support, training and consultancy to promote good practice and develop opportunities for children and young people in the UK.
www.coramvoice.org.uk

The Council for at Risk Academics
CARA is a charitable UK organisation dedicated to helping academics in immediate danger, forced into exile and many who chose to remain in their homeland by offering them academic and financial support.
www.cara.ngo

Destitution Support, Refugee Council
DSRC offers destitution support for asylum seekers in and around its offices in the UK. This consists of practical advice and support, emergency provisions, pastoral care and time limited projects.
www.refugeecouncil.org.uk/how_can_we_help_you/i_need_destitution_support

Detention Action
DA provides support and advice to those seeking asylum whose claims have been refused or being processed in detention centres across the UK.
www.detentionaction.org.uk

Diversity, Equality & Social Responsibility
DESR committee is the United Kingdom Council for Psychotherapy, UKCP’s committee to ensure that diversity and equalities issues are identified and addressed within the UKCP and in the wider psychotherapy discipline by encouraging, supporting and improving access to therapeutic services for BME communities service users and encourage and support BME counsellors and psychotherapists to enter into the profession.
www.desr.org.uk

Electronic Immigration Network
EIN is a registered charity providing information on immigration and refugee law via the internet. EIN website has a two level access, the free public site and the subscription member’s site. The member’s site provides easy access to immigration and asylum related decisions from the Tribunal up to European Court of Human Rights.
www.ein.org.uk

Embrace UK
Embrace UK Community Support Centre aims to relieve poverty among refugee, asylum seekers and migrants by the provision of free information, advice and guidance on welfare, benefits, housing and education employment, etc.
www.embraceuk.org

Exiled Writers Ink
EWI aims to promote the work of writers in exile offering them a platform to raise awareness of their work by organising workshops, seminars and to facilitate the publication of their work by addressing issues including translation and publication.
www.exiledwriters.co.uk

Foundation for Women’s Health Research & Development
FORWARD is a leading African women’s support organisation that campaigns against discriminatory practices against girls and women in Africa, Europe and in the UK which affect their
dignity and wellbeing with specific focus on female genital mutilation (FGM), child marriage and obstetric fistula.  

**Freedom from Torture**
Freedom from Torture (formerly known as the Medical Foundation for the care of victims of torture), provides direct clinical / therapeutic services to survivors of torture who arrive in the UK and protect and promote their rights, enabling them to rebuild their lives in Birmingham, Glasgow, Manchester, Newcastle and London.  

**Ghanaian Welfare Association**
GWA provides the Ghanaian community in London and the UK including refugees and asylum seekers advice, elderly support services, health, women and mental health, housing, interpreting and translation services, victim and racial harassment support.  

**Hibiscus Initiatives**
HI provides advice, information, advocacy information and welfare services in prisons supporting BMER (Black Minority Ethnic & Refugee) women in immigration removal centres, those who have been involved in the criminal justice system, UK border agency or recently released from prison.  

**Immigration Advisory Service**
IAS is a nationwide immigration law firm that conducts both private and public funded work on a full range of immigration, asylum and citizenship cases, detention, bail and appeal cases.  

**Immigration Law Practitioners Association**
ILPA is a professional association and registered charity the majority of whose members are barristers, solicitors and advocates practising in all aspects of immigration, asylum and nationality law, promoting the advising and representation of immigrants.  

**JAN Trust**
JAN is a non-profit charity organisation empowering women across UK. JAN campaigns against abuse, discrimination, social exclusion amongst BME women and refugees and asylum seekers. Services provided include Stop Domestic Violence, Against Forced Marriages, Raise Awareness and Prevent Hate Crime Against Refugees and Asylum Seekers and Against Female Genital Mutilation.  

**Jewish Refugees, the Association of**
AJR provides social, welfare and care services to Jewish victims of Nazi oppression living in Great Britain.  

**Joint Council for the Welfare of Immigrants**
JCWI is an independent national charity that works to ensure justice and fairness in immigration, nationality and asylum law and policy and provides direct legal advice and assistance to those affected by UK immigration control.  

**Law Centres Federation**
LCF includes over 50 law centres across the UK which provide legal advice and representation including legal aid on housing, immigration and welfare benefits, etc.  

**Medical Justice**
MJ is a network of volunteers (medical doctors, case workers, etc) who visit men, women and children in immigration detention and expose and challenge medical abuse in immigration detention centres.  

**Migrant Help UK**
Migrant Help UK offers advice, guidance to vulnerable asylum seekers and support victims of human trafficking, foreign national detainees and prisoners services in London, Liverpool, Birmingham, Dover, Belfast, Glasgow and Cardiff.
Migrants’ Rights Network
MRN is a national NGO that works for the rights of all migrants. MRN brings together public sector organisations, faith groups, migrant activists to advocate and campaign for a rights-based migration system in the UK. 
www.migrantsrights.org.uk

Nafsiyat Intercultural Therapy Centre
Nafsiyat offers culturally sensitive psychotherapy/counselling to ethnic minorities including refugees and asylum seekers in a variety of languages. 
www.nafsiyat.org.uk

National Asylum Support Service
NASS as part of the Home Office service provides support to asylum seekers who would otherwise be destitute while their asylum applications are being considered. 
www.gov.uk/asylum-support

National Society for the Prevention of Cruelty to Children
NSPCC offers support to children and their families through provision of a range of services including sexual abuse, neglect, early intervention, children in care, individual and family therapy services to help children to work through their issues and move on in a safe and secure environment. Visit services and resources section of the website for more information of the services and resources available. 
www.nspcc.org.uk/services

The No Accommodation Network
NACCOM provides accommodation for refugee and asylum seekers to prevent destitution amongst this population and other vulnerable immigrants. 
www.naccom.org.uk

Race Equality Foundation
REF is an independent charity that promotes race equality in social support and public services in London, Manchester, Leeds, by involving in a number of projects, including Better Health. The website provides resources including downloads, presentations, audio and video, etc. 
www.raceequalityfoundation.org.uk

Refuge
Refuge aims to empower women and children by offering a range of specialist services to protect them against domestic violence, sexual violence, ‘honour’ based violence, forced marriage, FGM, human trafficking or modern slavery, ensuring survivors access safety and rebuild their lives. 
www.refuge.org.uk

Refugee Action
RA provides support system, housing and legal assistance and outreach and crisis help and training programmes for newly arrived asylum seekers as well as aiding those already settled or those considering assisted voluntary return. 
www.refugee-action.org.uk

Refugee Council
RC offers refugees and asylum seekers therapeutic services, destitution support and free advice and information on various matters including welfare benefits, education, housing, as well working with refugee community organisations and services and partners to empowers and support refugees and asylum seekers to rebuild their lives in the UK. 
www.refugeecouncil.org.uk

Refugee Council Children’s Section
Refugee Council Children’s Section works with separated children and young people seeking asylum who are under the age of 18 when they enter the UK as well as trafficked children and provides advice to those involved in their support including statutory and voluntary organisations. 
https://www.refugeecouncil.org.uk/what_we_do/childrens_services

Refugees at Home
Refugees at Home is a UK based charity aiming to connect those with a spare room in their home with asylum seekers and refugees in need of accommodation. 
www.refugeesathome.org
Rights of Women
ROW aims to advise, educate and empower women including those claiming asylum and migrant women by provision of free, confidential legal advice by specialist women solicitors and barristers and through publications, training and campaigning to ensure women’s voices are heard and their needs are met.
www.row.org.uk

The Salvation Army
The Salvation Army helps refugees living in the UK in their communities on an individual basis, offering practical help and sanctuary to vulnerable refugees and their families escaping war-torn areas ensuring refugee families do not fall prey to exploitation.
www.salvationarmy.org.uk/supporting-refugees

Save the Children UK
Save the Children works in 120 countries saving children’s lives in war-torn countries and wherever disaster strikes, helping child refugees.
www.savethechildren.org.uk

Shelter
Shelter helps people with housing issues or homelessness who are in the need of expert advice and support by offering face-to-face advice and support, online advice, free emergency helpline for those facing a housing crisis, and free legal advice and representation to help those who have either lost their homes or are facing eviction.
www.england.shelter.org.uk

Still Human Still Here
Still Human Still Here is a coalition of over 60 organisations that are campaigning to end the destitution of thousands of refused asylum seekers in the UK.
www.stillhumanstillhere.wordpress.com

Student Action for Refugees
STAR is a national charity of students welcoming refugees to the UK. STAR volunteer at local refugee projects, educate people about refugees and asylum seekers and fundraise to welcome and improve the lives of refugees in the UK.
www.star-network.org.uk

UK Psychological Trauma Society
UKPTS provides a forum for multi-disciplinary professionals to share ideas and knowledge relevant to the field of psycho-trauma.
www.ukpts.co.uk

Vietnamese Mental Health Services
VMHS is a charity organisation that offers culturally sensitive mental health services to Vietnamese with mental health problems including refugees and asylum seekers living in the UK. Services provided are drop in day services, outreach and counselling services, training workers and interpreters on medical and psychiatry terminology, training and education about mental health issues through publication of booklets and leaflets in Vietnamese and Chinese.
www.vmhs.org.
Regional

Asylum Link Merseyside
ALM offers information and advice on immigration, housing as well as provision of destitution support, free clothing, furniture, English classes, social and leisure activities to refugees and asylum seekers living in Merseyside www.asylumlink.org.uk

Asylum Support & Immigration Resource Team
ASIRT is a non-profit advocacy organisation based in Birmingham that provides support, advice and advocacy to refugees and asylum seekers living in West Midlands. www.asirt.org.uk

Asylum Welcome
Asylum Welcome welcomes asylum seekers, refugees and detainees who have fled persecution and danger in their own countries and seek refuge in Oxford and Oxfordshire. www.asylum-welcome.org

BACA Project
BACA in Leicestershire provides specialist supported accommodation and development training for young forced migrants who are between 16 – 18 on arrival. They specially work with unaccompanied asylum seeking children, refugees and victims of trafficking and those at risk of exploitation. www.bacaproject.org.uk

BandBazi
BandBazi (Trapeze, in Farsi) is a charity and performing art company that provides workshops for young marginalised people including refugees and asylum seekers aged 11 – 25 years. BandBazi runs community and school groups in creative writing, drama, film, trapeze and circus skills in Brighton, East Sussex. www.bandbazi.co.uk

Birch Network
BIRCH is a small, volunteer led charity working across Birmingham which supports vulnerable refugees, asylum seekers and undocumented migrants. It runs three projects; a weekly ‘Meet and Greet Lunch’ for families at risk of destitution that is held at St Martin’s Youth Centre in Highgate; the Family Befriending Project that matches vulnerable unaccompanied young refugees aged 16-25 with volunteer families who offer them a regular meal within the family home giving them a taste of family life; and the Hosting Network which recruits and supports community hosts who share their homes e.g. offering a spare room to those experiencing destitution, normally due to difficulties within the asylum process. www.birchnetwork.org

Black &Minority Ethnic Community Partnership
The Black and Minority Ethnic Community Partnership is a Brighton based group that provides refugees and asylum seekers a drop-in service, welfare benefits advice, help to apply for documents such as naturalisation and travel, and information about hate crime. www.bmecp.org.uk

The Boaz Trust
The Boaz Trust is a Christian organisation that offers destitution support including food and other essentials, accommodation, and advocacy to failed and destitute asylum seekers in Greater Manchester. www.boaztrust.org.uk

BRASS Bolton
BRASS is a charity organisation that offers refugees and asylum seekers residing in Bolton, Manchester services including an open drop-in centre at the heart of Bolton Town Centre, English classes to all its service users, and runs a flagship Destitution Project for those service users who are destitute. www.brassbolton.org

Brighton & Hove CBT/Sanctuary Project
The Sanctuary Project is a dedicated trauma service hosted by Brighton & Hove CBT for refugees and asylum seekers in Sussex. The Project is a voluntary service run for the benefit of the community, offering free specialist trauma counselling and psychotherapy to local refugee and asylum seekers to help them come to terms with their potentially traumatic experiences in their countries of origin and their relocation experiences in the UK. www.brightonandhovecbt.com/Sactuary.html
Brighton Migrant Solidarity
Brighton Migrant Solidarity is a community and campaign group with the focus on freedom of movement and supporting migrants. It provides services including running a network of care, accompany people to appointments and interviews, signpost people to relevant services, help them battle bureaucracy and raise funds for the wider No Borders movement and individuals in need of cash.
www.brightonmigrantsolidarity.wordpress.com

Brighton Voices in Exile
Brighton Voices in Exile offers free immigration and legal advice to refugees and asylum seekers who are destitute, have no income due to their immigration status, or who are in transition between asylum and refugee status. A caseworker will provide access to food and toiletries and financial support as well as providing long-term integration support, helping with housing, benefits, education and employment.
www.brightonvoicesinexile.uk

Brushstrokes Community Project
Brushstrokes is a partnership community project set up to support vulnerable groups including refugees and asylum seekers and other migrants living across Sandwell, Birmingham by offering them services such as outreach; practical help e.g. food and clothing; information, advice and guidance; education; housing and social activity in order to aid their integration.
www.brushstrokedessandwell.org.uk

Carers Trust
Carers Trust is run by Barnardo’s Care Free initiative – Asylum Seeking, Refugee and Newly Arrived young carers families (ASRNA) living in Leicester. Care Free provides ASRNA families with 1:1 support, advocacy and works with schools and supports with grant applications.
www.professionals.carers.org

Congolese Association of Merseyside
Congolese Association of Merseyside offers services including immigration, housing, education, healthcare, information, advice and guidance, training, interpretation and translation from and in French, Lingala, Kikongo, Tshiluba and Swahili to refugees, asylum seekers and migrants from countries such as DR Congo, Congo Brazzaville, Gabon, Cameroun, Rwanda, Burundi.
www.congomerseyside.org.uk

Coventry Refugee & Migrant Centre
CRMC offers therapeutic services to refugees affected by trauma or torture. CRMC is a member of BACP, British Association of Counselling & Psychotherapy.
www.covrefugee.org

Equality Network
Equality Network is Scotland’s national lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human right charity that offers advice and support and information to the community and organisations promoting equality and human rights for LGBT community in Scotland.
www.equality-network.org

Family Refugee Support Project
The project aims to improve the mental and physical health of refugee families residing in Liverpool in order to increase their independence and social networks and integration by offering the families weekly counselling by a specialist counsellor (in an outside place, with support from horticulturists. Each family has their own piece of land to plan, plant, tend and harvest), support in accessing mainstream services, weekly women’s and men group meetings, and monthly family meetings.
www.familyrefugeesupportproject.btck.co.uk

Gloucestershire Action for Refugees & Asylum Seekers
GARAS offers a drop-in centre, advocacy and advice on housing, immigration, health, benefits, education and employment, a trauma counselling service, emergency supply of furniture, food and clothing to help refugees and asylum seekers living in Gloucestershire.
www.garas.org.uk

The Hope projects
The Hope Projects aim to help destitute asylum-seekers and other new migrants barred from public funds in the West Midlands. Services offered include Hope Destitution Fund, makes fortnightly cash grants to destitute asylum seekers; Hope Housing, provides emergency accommodation for homeless asylum seekers;
Ujamaa, provides counselling and casework support for asylum-seeker and refugee women; Hope Special Fund, makes one-off grants for purposes not covered by other Hope Funds; Women’s Group and Hope Gardeners, are therapeutic/recreational projects; Migrant Families Support Project (in partnership with ASIRT & Birmingham Community Law Centre).
www.hope-projects.org.uk

Immigrant Counselling & Psychotherapy
ICAP provides culturally sensitive counselling and psychotherapy to migrant communities in London and Birmingham.
www.icap.org.org

Kent Refugee Action Network
KRAN, is an independent charity in Kent that provides help and support to asylum seekers and refugees, including minors who have arrived in the United Kingdom unaccompanied by an adult.
www.kran.org.uk

Leeds Asylum Seekers Support Network
LASSN attends to unmet needs of refugees and asylum seekers living in Leeds.
www.lassn.org.uk

Lifeline options
Lifeline Option is a Community Interest Company based in Birmingham registered with OISC (Office of Immigration Services Commissioner) to provide free legal advice/assistance to asylum seekers wishing to re-open their asylum application as well as offering assistance to obtain welfare support from the UK Border Agency whilst waiting on or preparing applications.
www.lifelineoptions.org.uk

Liverpool Asylum Seeker & Refugee Association
LARA is an independent, informal association, led by refugees and asylum seekers aiming to support the wellbeing of asylum seekers and refugees in Liverpool by helping them to address their issues including welfare and benefits, housing, health, employment and training advocacy and support.
www.laraliverpool.wordpress.com

Liverpool Somali Community
LSC helps the Somali community in Liverpool by advancing the community’s education and improving social welfare for those in need because of their age, socio-economic circumstances, disabilities.
www.charitycheckout.co.uk/charity/liverpool-somali-community

Manchester Refugee Support Network
MRSN is a grass-roots organisation directly managed by refugee communities, based in Manchester, providing practical support to those fleeing persecution, conflict, and various forms of injustice and abuse. MRSN offers services including Refugee & Asylum Advice Service, Refugee & Migrant Forum, Destitute Project, Refugee Health & Wellbeing Project, to ensure its service users acquire their basic needs, enabling them to live again with dignity and lead productive lives in the UK.
www.mrsn.org.uk

Merseyside Refugee & Asylum Seekers Pre and Post-Natal Support Group
MRANG works with asylum seeker and refugee women and their children including victims of trafficking, sexual violence, domestic servitude, other forms of gender based violence and human rights abuses, living in the North West. The Group supports its services through the following projects: drop-in project, casework project, accompaniment project and recycling project. The drop-in provides women with a warm, nutritious meal, emotional support, casework support, pre and post-natal support, parental support and advice, clothes and toys for babies, children and women, etc.
www.mrang.org.uk

Merseyside Somali Community Association
MSCA aims to help the Somali community in Merseyside with their educational needs. It also provides services including a social meeting place, hot halal meal, access to welfare rights and benefits and immigration advice, translation and social and cultural activities.
www.thelivewelldirectory.com/Services/900/Merseyside-Somali-Co

Migrant English Project
MEP provides free English lessons for refugees, asylum seekers and Migrants in Brighton. It also Provides support and basic advice, referrals and signposting when needed.
www.mepbrighton.com
Migration Observatory
The Migration Observatory based at the University of Oxford informs debates on international migration and public policy and provides impartial independent and evidence-based analysis on migration and immigrants in the UK.
www.migrationobservatory.ox.ac.uk

Narthex Sparkhill Refugee Resource Centre
The Refugee Resource Centre is run by Narthex Sparkhill, a charity organisation based at St. John’s Church in Sparkhill, Birmingham that supplies baby equipment and clothing, toys, bedding, small household items and food to destitute refugees and asylum seekers who are referred by churches and agencies. The organisation offers health advice and runs a food bank and advice centre.
www.narthex.org.uk

North of England Refugee Service
NERS offers asylum seekers and refugees advice sheets in a number of languages, Amharic, Arabic, Mandarin Chinese, Dari, English, Farsi, Kurdish Sorani, Pashto, Soomaali, Tamil, Tigrinya and Urdu. NERS provides interpreting and translation service, assists with refugees and asylum seekers’ housing problems, offers destitution support and employment training to refugees and asylum seekers to help them settle in the North of England.
www.refugee.org.uk

Positive Action for Refugees & Asylum Seekers
PAFRAS in Leeds works with refugees and asylum seekers and offers destitution services to vulnerable migrants, as well as providing advice, advocacy and drop in sessions.
www.pafras.org.uk

REACHE
REACHE, Refugee and Asylum Seekers Centre for Healthcare Professionals Education, North West has been set up to assist Refugee and asylum seeking Healthcare Professionals (RHPs) to register their qualifications in the UK. REACHE also assist RHPs who have permission to work in seeking professional employment in the UK National Health Service.
www.reache.wordpress.com

Red Cross Refugee Services
Red Cross Refugee Services is a London & South Eastern charity that supports refugees and asylum seekers in London & South East England with emergency provision including maternity packs, food and clothing vouchers.
www.redcross.org.uk/where-we-work/in-the-uk/south-eastern-england/london/localservices/refugee-servicess

Refugee & Migrant Development Association
RAMDA is a Luton and Manchester based service that provides support, guidance, information and advice on immigration and welfare rights to young refugees and migrants.
www.ramda.org.uk

Refugee Radio
Refugee Radio is a Brighton based charity that supports refugees and asylum seekers and vulnerable migrants by running community projects targeting mental health, isolation and social exclusion. It aims to raise the voice of refugees and asylum seekers by regularly inviting them to tell their stories, talking about their cultures and journey.
www.refugeeradio.org.uk

Refugee Resource
Refugee Resource aims to relieve distress, improve well-being and facilitate the integration of refugees and asylum seekers in Oxfordshire and wider Thames Valley areas by provision of psychological, social and practical support.
www.refugeeresource.org.uk

The Refugee Studies Centre
RSC is part of Oxford University Department of International Development whose aim is to build knowledge and understanding of forced migration in order to help improve lives of refugees and asylum seekers. RSC has a number of publications including: Forced Migration Review, Journal of Refugee Studies, Oxford Monitor of Forced Migration, Policy Briefing Series and Working Paper Service.
www.rsc.ox.ac.uk

Refugee Support Devon
RSD helps asylum seekers and refugees living in Devon by providing a drop- in information and enquiry service, support for people who want to claim asylum, and those who have been refused
asylum; practical support, for example using telephones, emails and faxes to contact the vital services they may require; financial assistance in times of hardship through its emergency fund from private donations; support with English language and help to enrol in college, help to access training and find job opportunities; and a Women’s Outreach Project.

**Refugee Survival Trust**
RST is a charity that provides grants to refugees and asylum seekers residing in Scotland. It was set up to alleviate poverty and destitution as well as helping refugees and asylum claimants to overcome obstacles in accessing educational and employment opportunities.

[www.rst.org.uk](http://www.rst.org.uk)

**Restore**
Restore is a project of Birmingham Churches Together which aims to welcome, include and assist the integration of refugees and those seeking sanctuary from persecution. It offers befriending, social activities, equipping refugees for work, advocacy and awareness-raising. Restore facilitates day trips for refugee families during school holidays and social activities for lone asylum seeker men and women.

[www.restore-uk.org](http://www.restore-uk.org)

**Revive**
Revive is an independent community project in Manchester that provides free practical support services and advocacy, immigration advice, drop in centres and emergency provision to deprived refugee and asylum seekers to enable them to rebuild their lives and integrate into the society.

[www.revive-uk.org](http://www.revive-uk.org)

**Room to Heal**
Room to Heal is a healing community for refugees and asylum seekers who have survived torture and violence and provides therapeutic support groups and individual therapy, theatre, storytelling and gardening in Islington, London and Norfolk, East Anglia.

[www.roomtoheal.org](http://www.roomtoheal.org)

**Saheliya**
Saheliya, a specialist mental health and wellbeing support organisation for BME women in Edinburgh and Glasgow.

[www.saheliya.co.uk](http://www.saheliya.co.uk)

**Shakti Women’s Aid**
Shakti Women’s Aid offers support, advocacy and information to BME women, children and young people experiencing or fleeing domestic abuse in Edinburgh.

[www.shaktiedinburgh.co.uk](http://www.shaktiedinburgh.co.uk)

**Solace**
Solace is a Leeds-based charity which provides advocacy and free counselling, psychotherapy/complementary therapies to the survivors of persecution and exile, victims of torture, rape living in Yorkshire and Humber region.

[www.solace-uk.org.uk](http://www.solace-uk.org.uk)

**Solihull Welcome**
Solihull Churches Asylum Seekers Support Group, SCASSG, opened the Solihull Welcome, a drop-in centre close to the Home Office Reporting Centre in Solihull which serves asylum seekers offering them free refreshments, toys for children, clothes and food and furniture to those who are destitute.

[www.centralsolihullchurches.org.uk/solihull-welcome](http://www.centralsolihullchurches.org.uk/solihull-welcome)

**St. Chad’s Sanctuary**
St. Chad’s Sanctuary is a voluntary project that helps refugees and asylum seekers in Birmingham and the surrounding areas. It offers a range of practical support including food parcels, hygiene products, clothing, kitchen & bedding items; weekly social to combat isolation among refugees and asylum seekers; welfare, immigration and housing advice and signposts people to other organisations where necessary.

[www.stchadssanctuary.com](http://www.stchadssanctuary.com)

**Stand Against Racism & Inequality**
SARI provides support for victims of any type of hate crime including racist, faith, age and gender based in Bristol.

[www.sariweb.org.uk](http://www.sariweb.org.uk)
**Sussex Interpreting Services**
SIS offers a range of support services which are free to all refugees, asylum seekers. These services include community interpreting and translation, bilingual advocacy, a health promotion project.  
www.sussexinterpreting.org.uk

**Tamarind Centre**
Tamarind Centre provides a holistic health and wellbeing support service to BME communities in Coventry.  
www.tamarindcentre.co.uk

**Touchstone Leeds**
Touchstone Leeds is a community based organisation that provides mental health and wellbeing services to vulnerable people including refugees and asylum seekers across communities promoting equality, independence and inclusion. Touchstone has a number of projects and services including the Community Development Service that advocates for the strengths of BME communities and refugees and asylum seekers, offers them practical support; runs information and awareness sessions on mental health and wellbeing, medicines and alternatives; assistance with interpreters, etc.  
www.touchstonesupport.org.uk

**UBUNTU Counselling Services**
UBUNTU Counselling Services is an NHS Clinical Commissioning Group, CCG, offering psychotherapeutic services, i.e. 1:1 counselling and group work for all ethnic minorities in Devon.  
www.ubuntucounsellingservices.org.uk

**West End Refugee Centre**
WERS is a charity supporting refugees and asylum seekers in Newcastle Upon Tyne, offering services including daily drop-in advice sessions, home visits and outreach, befriending scheme, hardship fund, clothing store.  
www.wers.org.uk

**Wirral Change**
Wirral Change is a black and minority ethnic outreach service offering information, advice and guidance on jobs, education, training, self-employment, health and wellbeing, as well as signposting to other services for BME communities in Wirral, Merseyside.  
www.wirralchange.org.uk

**Women Asylum Seekers Together**
WAST Manchester provides emotional and social support by women for women seeking asylum in the UK, sharing knowledge, skills, information and experiences in order to empower one another.  
www.wast.org.uk

**Women’s Counselling & Therapy Service**
WCTS offers free long term counselling to refugees and asylum seeking women in Leeds.  
www.womenstherapyleeds.org.uk
International

Amnesty International UK
Amnesty International UK supports human rights issues, free speech, and advocates for refugees and asylum seekers, immigrants and women’s rights.
www.amnesty.org.uk

British Red Cross
British Red Cross helps people in crisis including vulnerable refugees and prepares for and responds to conflicts, natural disasters and individual emergencies.
www.redcross.org.uk

CARE International
CARE International aims to save lives, defeat poverty and achieve social justice around the globe. It works in numerous poor and developing countries helping improve lives and when disaster strikes it helps people rebuild their lives, with special focus on empowering women and girls as it believes, equipped with the proper resources, women have the power to lift whole families and communities out of poverty.
www.careinternational.org.uk

Children & Families Across Borders
CFAB is a NGO that deals with child protection cases that involve the UK and other countries. It protects vulnerable children who have been separated from family members as a result of divorce, forced migration, seeking asylum or those victims of trafficking as well as other vulnerable children and families.
www.cfab.org.uk

The Centre for Victims of Torture
CVT is an international non-profit organisation that provides healing / treatment services to survivors of torture and train partner organisations in the United States and worldwide in order to prevent and treat victims of torture. In addition, CVT conducts research in order to enable practitioners to best treat survivors as well as provision of an advocacy service to end torture. CVT’s international healing initiatives work in refugee camps and post-conflict areas including in Jordan, Dadaab refugee camps in Kenya, in Northern Ethiopia working with Eritrean refugees and train local communities and refugee organisations to meet the mental health needs of their refugee population for the long term.
www.cvt.org

The Council for at Risk Academics
Cara is a charitable UK organisation dedicated to helping academics in immediate danger, forced into exile and many who chose to remain in their homeland, by offering them academic and financial support.
www.cara.ngo

European Council on Refugee & Exiles
ECRE is a Pan-European alliance of 90 NGOs protecting and advancing the rights of refugees, asylum seekers and displaced people in 38 countries.
www.ecre.org

International Organisation for Migration
IOM UK helps victims of human trafficking, and refugees and asylum seekers to return home, reunite with their family or resettle in the UK, offering them legal advice and travel assistance.
www.iom.int

National Centre for PTSD
National Centre for PTSD is a US Department of Veterans Affairs which has a public and professional section. In professional section there are wealth of information for professionals who work with people who have experienced trauma/PTSD, including assessment/screening and measures used to diagnose PTSD in adults and children, handouts, fact sheets, publications, toolkit videos. For those suffering from PTSD/trauma and their families there are resources in a number of languages.
www.ptsd.va.gov

The Ockenden Prizes
The Ockenden Prizes is an international non-governmental politically neutral charity organisation that works directly with refugee and displaced communities in order to ease the suffering of refugees in some of the poorest and most war-torn communities including Afghanistan, Cambodia and Sudan.
www.ockendenprizes.org
REDRESS
REDRESS is a human rights organisation that works with survivors of torture to help restore their dignity as well as providing legal assistance and campaigning on their behalf in order to seek justice for them. www.redress.org

Refugee Education Across Conflicts Trust
REACT works with young people displaced by war and conflict offering them emergency assistance as well as long term educational tools and support to allow them to re-enter their society as equals. REACT has strong links with local partners, schools, tribal leaders and has been working with Darfuri refugee children who have been displaced by the war in Sudan and been stranded in refugee camps in neighbouring Chad by providing them with educational resources including Arabic text books. REACT’s recent projects include provision of mobile Arabic library and emergency relief including delivering medical supplies to refugees in Greek Islands. www.reactweb.org

Register of Engineers for Disaster Relief
RedR is an international humanitarian NGO that provides other aid and humanitarian organisations across the globe advice, support, practical lifesaving skills and expertise to enable them to prepare for, respond to and recover from natural and man-made disasters. RedR has been training aid workers in Middle East and North Africa in refugee camps in Jordan, Turkey, Iraq, Lebanon, Saudi Arabia to save and improve lives of displaced refugees. www.redr.org.uk

UNICEF UK
UNICEF is an international leading children charity organisation that believes every child should have access to clean water, food, healthcare, education and a safe secure environment to grow up in. UNICEF works in more than 190 countries with families, local communities and governments to protect children including refugees and asylum seeking children and their families from disease, hunger, malnutrition, violence, exploitation, abuse, war, conflict and disaster, and transform their lives in their homeland or displaced communities, i.e. refugee camps. www.unicef.org.uk

United National High Commissioner for Refugees
UNHCR, the UN Refugee Agency in the UK, provides guidance on refugee and asylum law and policy to the UK government, legal practitioners and NGO and intervenes in court proceedings for protection of refugees. In addition, the UNHCR provides a wide range of training to organisations that work with refugees and asylum seekers. www.unhcr.org.uk
**London**

**Accept Consortium**
Accept Consortium is created by four psychotherapy agencies (Nafsiyat Intercultural Therapy Centre, Women’s Therapy Centre, Maya Centre, Immigrant Counselling and Psychotherapy ICAP) based in North London and provides psychotherapy and counselling to clients from BME communities. [www.accept-consortium.org.uk](http://www.accept-consortium.org.uk)

**Action for Refugees in Lewisham**
AFRIL is a charity working with refugees and asylum seekers to relieve poverty and social isolation in Lewisham, London. [www.afril.org.uk](http://www.afril.org.uk)

**Advice on Individual Rights in Europe**
The AIRE Centre is a London-based specialist charity that provides free legal advice on European Human Rights law and European Union law and assists marginalised individuals in vulnerable situations including London’s migrant community to assert their rights. [www.airecentre.org](http://www.airecentre.org)

**Advising London**
Advising London works with and provides free confidential advice and support to the diverse communities in London Borough of Southwark including French African, Latin American, Polish, Irish, Somali and Bengali migrants and refugees and asylum seekers. [www.advising.london](http://www.advising.london)

**The Afghanistan & Central Asian Association**
ACAA aims to empower, educate and support refugees from Afghan and Central Asian descent in London Boroughs of Lewisham and Hounslow. It offers free ESOL classes, Supplementary School, women’s services, volunteering, translation and organising cultural events as well as legal & human rights, housing, immigration and housing advice. [www.acaa.org.uk](http://www.acaa.org.uk)

**Afghan Paiwand Association**
Afghan Paiwand Association aims to unite members of the Afghan migrant community including refugees and asylum seekers in the UK, by provision of advice about health, social services, education, counselling and mentoring in order to improve the community’s quality of life. [www.paiwand.com](http://www.paiwand.com)

**Africa Advocacy Foundation**
AAF promotes better health and education for disadvantaged people including African refugees and asylum seekers through practical support, advocacy, guidance and training in order to empower and enable them to rebuild their lives in the UK. [www.africadvocacy.org](http://www.africadvocacy.org)

**African Refugee Community**
ARC provides specialised services including psychosocial support to French speaking refugees and asylum seekers living in Barnet to aid their empowerment and integration into the host culture and society. [www.africanrefugeecommunity.co.uk](http://www.africanrefugeecommunity.co.uk)

**Afro-Asian Advisory Service**
AAAS is an independent voluntary organisation in London Borough of Southwark that provides a free specialist legal advice and representation and advocacy on immigration and asylum to members of public. Referral to other agencies is made where advice workers do not have appropriate specialist knowledge. [www.aaas.org.uk](http://www.aaas.org.uk)

**Al-Hasaniya Moroccan Women’s Centre**
Al-Hasaniya Moroccan Women’s Centre seeks to improve the overall physical and mental wellbeing of its women users by tackling the root causes of poverty, disadvantage and inequality experienced by the Arabic-speaking migrant and refugee and asylum seeker communities by provision of safe and secure environment to promote empowerment. [www.al-hasaniya.org.uk](http://www.al-hasaniya.org.uk)

**An Viet Foundation**

**Angolan Community in London**
Angolan Community in London offers advice, interpreting and translation to African, BME, refugees and asylum seekers and local residents. [www.refugeecouncil.org.uk/services/2631_angol](http://www.refugeecouncil.org.uk/services/2631_angol)
Ashiana Network
Ashiana Network’s services include provision of refugee, counselling and culturally sensitive advice and support in order to promote empowerment amongst BME and refugee women particularly South Asian, Turkish and Afghani, Iranian living in East London who are experiencing sexual and domestic violence. Ashiana Network works with women with combination of needs including insecure immigration / no recourse to public funds, language, cultural and religious needs. www.ashiana.org.uk

Asian Women Lone Parent Association
AWIPA provides support to lone parent Asian women (including first generation migrants from India, Pakistan, Bangladesh, Sri Lanka and British born second or third generation of South Asian background) and their children living in London to improve their wellbeing and lives, by provision of one to one advocacy, advice and guidance, referrals to other organisations, workshops, training and group work. www.awlpa.org

Asylum Aid
Asylum Aid provides free legal advice and representation to the most vulnerable and excluded asylum seekers through its Refugee Legal Group, as well as lobbying / campaigning for a fairer and more human asylum based system in the UK. www.asylumaid.org.uk

BAOBAB Centre for Young Survivors in Exile
BAOBAB is a non-residential therapeutic community that solely focuses on the needs of young people survivors living in exile who have experienced child and adolescent specific human rights abuses, offering them long-term psychotherapy treatment. www.baobabsurvivors.org

Barnet Refugee Service
Barnet Refugee Service supports and works to improve the quality of life of refugees and asylum seekers who live within Barnet and surrounding London Boroughs by offering advice about health, benefits, housing, education and legal matters. www.b-r-s.org.uk

Breaking Barriers
Breaking Barriers is a charity that offers employment support including advice and guidance on how to search for jobs, preparing a CV., interview practice, familiarisation with workplace culture and performance expectations, communication and presentation skills; free English courses, Business English, English for work and confidence building workshops etc., to refugees in London in order to support them get stable and fulfilling employment. www.breaking-barriers.co.uk

Carila Latin American Welfare Group
Carila Latin American Welfare Group is a registered charity with the aim to improve the lives of Latin American, Spanish and Portuguese migrants in London by providing free advice, interpretation and advocacy service. www.carila.org.uk

Centre for Armenian Information & Advice
CAIA offers advice and information for the Armenian community including refugees and asylum seekers on housing, benefits, immigration and training, education, etc., in London and UK wide. www.caia.org.uk

Centre for Trauma, Asylum & Refugees
CTAR, is a Centre for psychoanalysis studies at University of Essex. https://www1.essex.ac.uk/cps/research/ctar.aspx

The Chinese Information & Advice Centre
CIAC offers free legal advice, support and information to disadvantaged Chinese people living in the UK. www.ciac.co.uk

Community Action for Refugees & Asylum Seekers
CARAS is a community outreach charity based in Tooting that supports refugees and asylum seekers in Southwest London. www.caras.org.uk

The Compass Project
The Compass Project provides a counselling service for young refugees, asylum seekers and forced migrants aged 11 – 20 living in Croydon.
www.offtherecordcroydon.org

Congolese Refugee Women’s Association
CRWA provides advice, advocacy, health promotion, welfare rights advice, outreach, translation and interpretation, as well as training for professionals working with African children and families in London.
www.refugeecouncil.org.uk/services/2916_congolese_refugee_womens_association

Crisis
Crisis is the national charity for single homeless people and aims to end homelessness through provision of services including employment, education, housing, health & wellbeing.
www.crisis.org.uk

Croydon Black & Minority Ethnic Forum
CBMEF is a registered charity that makes representation on behalf of Croydon’s BME communities to public sector agencies and other statutory and non-statutory organisation that aim to promote the engagement of BME communities in all aspects of living and working in Croydon including promoting equality and cohesion, involving in local policy and decision making and facilitating joint working amongst BME communities in order to develop best practice.
www.cbmeforum.org

Diversity Living Services
DLS, is a diversity charity that provides information, advice, and advocacy to migrants, refugees and minority ethnic communities living in Enfield, North London.
www.diversityliving.org

Doctors of the World
Doctors of the World offers primary health and social care advice from volunteer doctors and nurses to excluded people including asylum seekers, undocumented migrants, homeless people. They can help them register with a local GP or clinic, access specialist services, receive medical advice, and apply for free prescriptions, eye tests and dental care as well as signposting to other services, including housing advice, destitution support and specialist counselling. Doctors of the World’s main clinic is in Bethnal Green, East London and to reach excluded people who don’t or can’t come to the clinic, it sends medics to treat patients at other organisations that help vulnerable migrants across London in their “pop-up clinics”. It also runs Women and Children’s clinic to meet the particular needs of women and children.
www.doctorsoftheworld.org.uk

Ealing Somali Welfare & Cultural Association
The association delivers a range of services for the Somali community residing in Ealing, including refugees and asylum seekers by providing advice and information on housing, homelessness, education and immigration and nationality.
https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/service.page?id=cbFuF_BchWU

East European Advice Centre
EEAC supports central and Eastern European migrants living in London who may experience poverty, exploitation and social exclusion.
www.eeac.org.uk

Eritrean Community in the UK
Eritrean Community in the UK provides advice, support and advocacy support groups for women and older people, culturally based counselling, supplementary schools, cultural and social activities for the Eritrean community including refugees and asylum seekers in Islington, Haringey, Camden and Hackney.
www.ericomuk.org.uk

Ethiopian Community in Britain
ECB provides information, advice, referral services on housing, welfare, health, education, training and employment for the community.
www.camden.gov.uk/ccm/content/contacts/categories/community-and-living/black-and-ethnic-minorities/contacts-for-ethiopian-people

Ethnic Health Foundation
EHF aims to relief poverty and ill health among black and minority ethnic communities including refugees and asylum seekers in particular African and African-Caribbean communities.
www.ehfl.org

Ethnic Minority Advocacy Group
EMAG is an independent voluntary organisation in the London Borough of Richmond Upon Thames that provides free advice and support for people from BME communities including
refugees and asylum seekers to settle into the Borough. EMAG promotes equal opportunity and community cohesion as well as celebrating diversity in Richmond.

www.emaguk.net

Evelyn Oldfield Unit’s Supporting Women Project
Evelyn Oldfield Unit’s Supporting Women Project helps and empowers women affected by violence or trauma, pre-migration, during the asylum process and post migration whilst settling in London.

www.evelynoldfield.co.uk

Gatwick Detainees Welfare Group
Gatwick Detainees Welfare Group offers emotional and practical support to asylum seekers and immigration detainees held at Tinsley House and Brook House removal centres near Gatwick Airport.

www.gdwg.org.uk

Ghanaian Welfare Association
GWA provides the Ghanaian community in London and the UK including refugees and asylum seekers advice, elderly support services, health, women and mental health, housing, interpreting and translation services, victim and racial harassment support.

www.ghanaiangw.org.uk

Golden Opportunities Skills & Development
GOSA works with people including refugee & asylum seeking population living in Ealing and provides them employment support, skills training, sports projects, crime diversionary activities, mental health projects, mentoring and leadership programmes in order to empower them.

www.gosad.org.uk

Hackney Migrant Centre
Hackney Migrant Centre is a charity that aims to reduce social isolation amongst migrants, refugees and asylum seekers by running a weekly drop in and offering free advice on immigration, housing and welfare benefits. The centre also has a health advocate who assists service users access NHS services and GP registrations.

www.hackneymigrantcentre.org.uk

Hammersmith & Fulham Refugee Forum
HFRF supports local refugee community organisations to ensure their voice is heard. The Forum aims to defend the rights of and improve the quality of lives of refugees living in Hammersmith & Fulham.

www.hfrf.org.uk

Harrow Association of Somali Voluntary Organisations
HASVO provides a free advocacy service and advice on health, welfare benefits, housing, immigration and asylum and offers employment advice and support including searching or training for a job, writing a CV, application forms and interview techniques.

www.refugeecouncil.org.uk/services/2960_harrow_association_of_somali_voluntary_organisations

Harrow Refugee Forum
HARF is the umbrella organisation for refugee and ethnic minority organisations in Harrow and provides support services, training and development programmes, volunteering and arranges social and leisure activities including cultural events and festivals for refugees, asylum seekers and BME communities in Harrow.

www.refugeecouncil.org.uk/services/2650_harrow_refugee_forum

HEAR Equality & Human Right Network
HEAR Equality & Human Right Network is a network of London equality and human rights voluntary and community sector organisations. HEAR connects and supports equalities specialists across London to lobby and campaign and get their voice heard and to influence policy and the environment within which people work for equality and human rights including, disabled refugees & asylum seekers, LGBTQI.

www.hearequality.org.uk

Helen Bamber Foundation
Helen Bamber Foundation is a London-based human rights organisation with team of therapists, doctors, legal experts who work with survivors of genocide, torture, rape with practical support and treatment.

www.helenbamber.org

Help Somali Foundation
HSF offers information and advice on matters
including welfare benefits, education, training and employment, immigration and asylum and provides assistance with interpreting and translating and counselling to the Somali community including Somali refugees and asylum seekers residing in Brent.  
www.refugeecouncil.org.uk/services/3312_help_somalia_foundation

Helping Hands for Refugees & Disabled
HHFRD, UK is a non-profit organisation which aims to provide support for disabled, elderly, house-bound people, single parents, the homeless and refugees and migrants and all vulnerable and socially disadvantaged.
www.hhfrd.webs.com

Hibiscus Initiatives
HI provides advice, information, advocacy and welfare services in prisons supporting BMER (Black Minority Ethnic & Refugee) women in immigration removal centres, those who have been involved in the criminal justice system, UK border agency or recently released from prison.
www.hibiscusinitiatives.org.uk

Hillingdon Refugee Support Group
HRSG is a charity organisation that offers practical support to young accompanied asylum seekers and refugees aged 16 – 21 years living in Hillingdon by provision of advice, support, basic living equipment, food, clothing.
www.hrsg.org.uk

Horn of Africa Youth Association
HAYA provides advice, opportunities for positive engagement through recreational activities, employment and training opportunities for young refugees and other young disadvantaged in West London by working with local authorities, voluntary agencies and organisations.
www.haya.org.uk

IMECE Women’s Centre
IMECE is a woman only charity that aims to empower and improve quality of lives of BME and refugee women especially those of Turkish, Kurdish and Turkish Cypriot heritage in North London. Services provided include advice and information, drop in, counselling, volunteering, training and development. Information leaflets are also provided in English and Turkish languages.
www.imece.org.uk

Immigrant Counselling & Psychotherapy
ICAP provides culturally sensitive counselling and psychotherapy to migrant communities in London and Birmingham.
www.icap.org.uk

Indo-American Refugee & Migrant Organisation
IRMO provides support for Latin American communities and immigrants by combating poverty and defending the community members’ human rights and providing education, advice and information and training to empower them.
www.irmo.org.uk

Information Centre about Asylum & Refugees
ICAR is an independent information centre that exists to promote understanding of asylum and refugees in the UK and to encourage informed debate and policy making.
www.refugeecouncil.org.uk/services/2728_information_centre_on_asylum_and_refugees

Iranian Association
Iranian Association provides Iranian migrants including asylum seekers and refugees with a range of services including counselling, advice and guidance, health, translation and interpreting.
wwwiranianassociation.org.uk

Iranian & Kurdish Women’s Rights Organisation
IKWRO helps Middle Eastern and Central Asian women and girls living in the UK with issues including honour-based violence, forced marriage, FGM, domestic violence and Sharia law by providing advice, advocacy and counselling in Dari, Farsi, Kurdish, Arabic, Turkish, Pashtu and English.
www.ikwro.org.uk

Iraqi Welfare Association
Iraqi Welfare Association provides free advice and consultation in welfare services, health, migration, translation etc., for the community.
www.iraqiwelfare.com
The Islington Centre for Refugees & Migrants
ICRM provides refugees and asylum seekers from Islington and the surrounding boroughs support they need to integrate into their community and to lead full and meaningful lives, including advice and support, English languages, art and writing, music classes, book group, hot food.
[www.islingtoncentre.co.uk](http://www.islingtoncentre.co.uk)

JAN Trust
JAN is a non-profit charity organisation empowering women across UK. JAN campaigns against abuse, discrimination, social exclusion amongst BME women and refugees and asylum seekers. Services provided include Stop Domestic Violence, Against Forced Marriages, Raise Awareness and Prevent Hate Crime Against Refugees and Asylum Seekers and Against Female Genital Mutilation.
[www.jantrust.org](http://www.jantrust.org)

Jesuit Refugee Service
JRS is a London based service that provides support for vulnerable and destitute refugees and asylum seekers who are destitute and / or detained by the asylum process, by provision of a Day Centre and Visiting Detention Centres as well as providing food, clothing and emergency travel money to attend legal and medical appointments.
[www.jrsuk.net](http://www.jrsuk.net)

Jewish Care
Jewish Care is a health and social care organisation that provides support and advice, residential care homes and community services to the Jewish community in London and the South East.
[www.jewishcare.org](http://www.jewishcare.org)

Kikiwa Counselling Centre
Kikiwa Counselling Centre is a Croydon based centre that provides advocacy and representation to all clients in particular those seeking asylum in the UK from African countries by offering them case work advice and support on a wide range of issues through drop-in, support groups and interpretation and translation services.
[http://opencharities.org/charities/1090486](http://opencharities.org/charities/1090486)

Klevis Kola Foundation
KKF is an education outreach project that provides practical, social and emotional support to refugees and asylum seeker children and young people and their families, failed asylum seekers, or those who are joining their parents on refugee family reunion visas living in Wandsworth, facilitating their integration into the society, build their confidence and develop their English etc.

Kongolese Centre for Information Advice
KCIA, provides welfare for refugees and asylum seekers and ethnic minority from French, Portuguese and Lingala speaking community groups living in London.
[www.kcia.org.uk](http://www.kcia.org.uk)

Kurdish & Middle Eastern Women’s Organisation in Britain
KMEWO offers advocacy and advice, Honour Based Violence Forum, interpreting and translation services in a number of languages including English, Arabic, Kurdish, Farsi, Dari, Turkish for Kurdish and Middle Eastern women in London Borough of Islington.
[www.kmewo.com](http://www.kmewo.com)

Latin American Disabled People Project
LADPP provides services for Spanish and Portuguese speaking people living in London, majority of whom are refugees and asylum seekers.
[www.ladpp.org.uk](http://www.ladpp.org.uk)

Lewisham Refugee & Migrant Network
LRMN offers free independent confidential advice and information on immigration, welfare benefits, health, housing as well as providing counselling and therapeutic support to refugees and asylum seekers living in Lewisham.
[www.lrmn.org.uk](http://www.lrmn.org.uk)

London Art Therapy Centre
London Art Therapy Centre offers art and psychotherapy group to refugee and asylum seeking women who have experienced trauma and persecution in their country of origin and are unable to move with their lives.
[www.arttherapycentre.com](http://www.arttherapycentre.com)
**London Friend**
London Friend is the UK’s oldest Lesbian, Gay, Bisexual and Trans charity supporting the health and mental well-being of the LGB&T community including refugees and asylum seekers in and around London. It offers counselling and support around issues such as same-sex relationships, sexual and gender identity. LF is also home to Antidote - the UK’s only LGB&T drug and alcohol service.
www.londonfriend.org.uk

**London Refugee Women’s Forum**
The London Refugee Women’s Forum is supported by the charity Women for Refugee Women and its members are women who have sought asylum in London and who are campaigning on issues that concern them as well as providing emotional and social support for one another.
www.refugeewomen.co.uk

**The London Welcome Project**
LWP is a non-profit member driven social centre for refugees and asylum seekers in London to meet up within a welcoming environment to socialise, share experiences and feel included through engaging in social and leisure activities.
www.londonwelcomeproject.org

**The Maya Centre**
The Maya Centre is a non-profit specialist counselling / therapeutic service run by women for deprived and marginalised women including refugees and asylum seekers, women suffering from domestic violence or survivors of childhood sexual abuse with mental health problems. The centre provides individual counselling in a number of languages and group therapy as well as psychoeducating the general public on the mental health matters in the London Borough of Islington.
www.mayacentre.org.uk

**Migrant Help UK**
Migrant Help UK offers advice, guidance to vulnerable asylum seekers and support victims of human trafficking, foreign national detainees and prisoners services in London, Liverpool, Birmingham, Dover, Belfast, Glasgow and Cardiff.
www.migranthelpuk.org

**Migrant Voice**
Migrant Voice is a migrant led organisation set up to develop the skills and confidence of members of migrant communities, including refugees and asylum seekers to strengthen their voice and representation in the media and at a policy making level.
www.migrantvoice.org

**Migrants Organise**
Migrants Organise (formerly Migrant & Refugee Communities Forum) is a London based non-profit community and charity organisation that promotes the rights of migrants and refugees living in Westminster, Kensington, Chelsea, Hammersmith & Fulham by provision of mentoring, volunteering, training, education and social activities enabling refugees and migrants to organised for justice and dignity.
www.migrantsorganise.co.uk

**Migrants Resource Centre**
MRC supports migrants and refugees and asylum seekers overcome the barriers that hold them back, develop the skills they need to integrate and build new lives in the UK.
www.migrantsresourcecentre.org.uk

**Migrants’ Rights Network**
MRN is a national NGO that works for the rights of all migrants. MRN brings together public sector organisations, faith groups, migrant activists to advocate and campaign for a rights-based migration system in the UK.
www.migrantsrights.org.uk

**Mothertongue**
A multi-ethnic counselling and listening service based in Reading. It delivers counselling in over 20 languages and supports in other languages through trained culturally sensitive interpreters. Counselling service is accredited by BACP.
www.mothertongue.org.uk

**Newway Project**
It supports homeless people in the London Borough of Newham by providing a winter night shelter and advocacy support service for local rough sleepers.
www.newwayproject.org
Notre Dame Refugee Centre
Notre Dame Refugee Centre is an independent charity in the heart of London West End that specialises in support for French speaking asylum seekers and refugees, offering them advice on housing, benefits and social services, translation and interpreting and counselling services. [www.notredamerc.org.uk](http://www.notredamerc.org.uk)

Praxis
Praxis provides advice, support, training, mentoring and amplifies the voices of vulnerable migrants, refugees and asylum seekers and refused asylum seekers in London. [www.praxis.org.uk](http://www.praxis.org.uk)

Reading Refugee Support Group
RRSG offers refugees and asylum seekers residing in Reading services including, education, language and life skills, out of hours and drop-in sessions providing support and advice on asylum related matters. [www.rrss.org.uk](http://www.rrss.org.uk)

Red Cross Refugee Services
Red Cross Refugee Services is a London & South Eastern charity that supports refugees and asylum seekers in London & South East England with emergency provision including maternity packs, food and clothing vouchers. [www.redcross.org.uk/where-we-work/in-the-uk/south-eastern-england/london/localservices/refugee-services](http://www.redcross.org.uk/where-we-work/in-the-uk/south-eastern-england/london/localservices/refugee-services)

Refugee Advice & Support Centre
RASC addresses the needs of refugees, migrants and their families living in west London. It provides advice and support on welfare benefits, housing, immigration and offers English classes, IT and computer skills classes and interview techniques etc., to refugees and migrants and their families. [www.vrasc.org.uk](http://www.vrasc.org.uk)

Refugee Support Centre
Provides free counselling, art therapy groups, activities for 50 plus refugees and asylum seekers residing in Southwark, Lambeth and Lewisham. [www.refugeecouncil.org.uk/services/3047_refugee_support_centre](http://www.refugeecouncil.org.uk/services/3047_refugee_support_centre)

Refugee Support Network
RSN helps young refugees, unaccompanied asylum seeking children and survivors of trafficking by providing them with educational mentoring scheme, advice and support and social activities. [www.refugeesupportnetwork.org](http://www.refugeesupportnetwork.org)

Refugee Therapy Centre
Refugee Therapy Centre is a North London-based centre that provides a therapeutic service offering specialist psychotherapy, counselling and support to refugees and asylum seekers in their own languages. The service is an organisational member of UKCP. [www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk)

Refugee Youth
Refugee Youth is a small national charity based in Peckham, South East London that uses creative art and offers youth-led workshops at conferences / events and training days to promote inclusion, integration and development of marginalised and alienated young refugees aged between 16 – 30 years living in London. [www.refugeeyouth.org](http://www.refugeeyouth.org)

Refugee & Migrant Development Association
RAMDA is a Luton and Manchester based service that provides support, guidance, information and advice on immigration and welfare rights to young refugees and migrants. [www.ramda.org.uk](http://www.ramda.org.uk)

Refugees in Effective & Active Partnership, REAP is funded by the Association of London Government and Hillingdon HOPE. It is an independent organisation that empowers refugees and asylum seekers by providing a range of practical advice and support services for individuals, their communities and the organisations that support them in West London. [www.reap.org.uk](http://www.reap.org.uk)

The Renewal Programme’s Refugee & Migrant Project
RAMP, offers advice, advocacy and crisis support, food and clothing to refugees and asylum seekers living in the London Borough of Newham. [www.renewalprogramme.org.uk](http://www.renewalprogramme.org.uk)

Rewrite
Rewrite provides creative opportunities (creative writing and drama) for young people from different cultures, social background including
young refugees and asylum seekers. 
www.rewrite.org.uk

Rights of Women
ROW aims to advise, educate and empower women including those claiming asylum and migrant women by provision of free, confidential legal advice by specialist women solicitors and barristers and through publications, training and campaigning to ensure women’s voices are heard and their needs are met. 
www.row.org.uk

Room to Heal
Room to Heal is a healing community for refugees and asylum seekers who have survived torture and violence and provides therapeutic support groups and individual therapy, theatre, storytelling and gardening, in Islington, London and Norfolk, East Anglia. 
www.roomtoheal.org

Samaddoon Social Development Organisation
SSDO is a non-profit governmental organisation based in Croydon and aims to meet the social, cultural, welfare, health and educational needs of Somali people living in the UK. 
www.samaddoonsdo.org.uk

Slough Refugee Support
SRS offers asylum seekers and refugees in Slough and across the Thames Valley practical help including advice and support on asylum matters, health and education, employment, welfare and benefits, IT and Life in the UK Classes and creche support. 
www.sloughrefugeesupport.org.uk

South London Congolese Association
South London Congolese Association offers advice and information to African refugees and asylum seekers from French speaking countries, particularly from former Zaire, on benefits, child protection, domestic violence, translation and interpretation services. 
www.opencharities.org/charities/1053836

South London Refugee Association
SLRA, previously known as Merton and Wandsworth Asylum Welcome provides educational, training, advice, emotional support, outings during school holidays, school uniforms and equipment, and health advice for refugees and asylum seekers in Merton and Wandsworth, Lambeth and Croydon in London. 
www.slra.org.uk

South London Tamil Welfare Group
SLTWG is a charity working for the Tamil refugees by providing advice and services relating to their immigration, welfare benefits, housing, education, domestic violence, etc., across South London boroughs of Merton, Wandsworth, Croydon and Kingston. 
www.sltwg.org.uk

South West London Law Centres
SWLLC is an independent registered charity providing free specialised legal advice and support in the Wandsworth, Merton, Croydon, Kingston, Richard and Sutton in South west London, to people seeking asylum, those with housing or employment issues at their casework services and free weekly advice clinics. 
www.swllc.org

Southall Black Sisters
SBS is a non-profit organisation that provides advice, support and advocacy and outreach services and campaigns for Asian, African, Caribbean and other ethnic minority women living in Southall, London Borough of Ealing. 
www.southallblackssisters.org.uk

Southwark Day Centre for Asylum Seekers
SDCAS provides free advice and support on matters including health, housing, employment, education and training to promote health and help relieve poverty and stress amongst refugees and asylum seekers living in the London Borough of Southwark. 
www.sdcas.org.uk

Southwark Refugee Communities Forum
SRACF was established by Refugee Community Organisations, RCO, in Southwark to enable the voices of refugees to be heard as well as developing mutual support between newly arrived and more established refugees and migrant communities in London Borough of Southwark. 
www.communitysouthwark.org/organisations-venues/organisations/southwark-refugee-communities-forum
Southwark Refugee Project
SRP provides private and confidential advice on welfare benefits, housing, education, training and employment to refugees and asylum seekers living in London Borough of Southwark and surrounding boroughs.
www.communitysouthwark.org/organisations-venues/organisations/southwark-refugee-project

St Pancras Refugee Centre
SPaRC is a project run by Holy Cross Centre Trust (HCCT) based in King’s Cross, London and helps refugees and asylum seekers to survive, build new lives and integrate into the broader community by provision of advice, advocacy on welfare rights, housing and drop in sessions, hot meal, social and emotional support.
www.hcct.org.uk/what-we-do/projects/sparc/

Tamil Relief Centre
Tamil Relief Centre assists in the settlement of Tamil refugees and other ethnic minority communities by provision of advice on various issues.
www.trcuk.org

Streatham Drop-In Centre
The centre works in partnership with a wide range of voluntary, community and statutory groups to provide specialised support, information and advice, as well as a wide range of health and wellbeing interventions to empower asylum seeker and refugee communities in Streatham.
www.streathamdropin.org.uk

Tamil Welfare Association (Newham)
TWAN is a community organisation that empowers the Tamil community by provision of free legal advice and representation on immigration and asylum, welfare, education, as well as interpretation and translation, supplementary classes for refugee children, day centre for elderly and family advice and counselling services for Tamil speaking migrant living in London Borough of Newham.
www.twan.org.uk

Transitions
Transitions is a specialist, collaborative, not-for-profit careers and employment service in London that offers support to skilled refugee professionals including engineers, accountants, administrators, etc., contributing positively to the lives of professional refugees.
www.transitions-london.co.uk

Trauma Clinic
Trauma Clinic is a private clinic in Marylebone, that offers outpatient psychological treatment including CBT, EMDR and narrative therapy to adult trauma survivors. The website offers free information guides, i.e. PTSD, CBT, anti-depressants medication, alcohol and drug problems.
www.traumaclinic.org.uk

UK Lesbian & Gay Immigration Group
UKLGIG is a charity that lobbies for equality for Lesbian, Gay, Bisexual and Trans and Intersex (LGBTI) individuals who seek asylum in the UK. UKLGIG offers support and information through its helpline and in person, provides training and LGBT asylum matters to service providers working with refugees and asylum seekers LGBT community and legal services.
www.uklgig.org.uk

Vietnamese Mental Health Services
VMHS is offers culturally sensitive mental health services to Vietnamese refugees and asylum seekers living in the UK. Services provided are drop-in day services, outreach and counselling services, educating workers and interpreters on medical and psychiatry terminology & mental health issues through publication of booklets and leaflets in Vietnamese and Chinese.
www.vmhs.org.uk

Walthamstow Migrants’ Action Group
WMAG supports migrants in Walthamstow, East London by promoting integration between migrant and non-migrant population and challenging the negativity relating to immigrants.
www.walthamstowmigrantsaction.org.uk

Waterloo Community Counselling
Waterloo Community Counselling is a London-based service that offers free individual counselling in a number of languages for BME communities living in London Borough of Southwark.
www.waterloocc.co.uk

West Croydon Baptist Church Day Centre
Day Centre provides refugees and asylum seekers
with information, hot meals, clothes, and dry food in Croydon.
https://www.refugeecouncil.org.uk/services/3146_west_croydon_baptist_church_-_refugee_day_centre

Women for Refugee Women
Women for Refugee Women campaigns for and empowers women and children seeking asylum in the UK so that they are treated with justice and dignity. The charity supports Women Asylum Seekers Together London and the London Refugee Women’s Forum.
www.refugeewomen.co.uk

Women Asylum Seekers Together London
WAST offers opportunities to women who have sought asylum in London by providing a weekly drop in, English classes and lunch, etc. This charity is supported by the Women for Refugee Women charity.
www.refugeewomen.co.uk

Women’s Association for Networking & Development
WAND provides services to individual and organisations including assisting socially excluded and disadvantage women with advice and information, advocacy, education, training and skills development, networking and partnering with other established organisations with similar aims to help women refugees and asylum seekers and migrants living in London.
www.wanduk.org

Women’s Therapy Centre
WTC is a North London centre that offers individual and group psychotherapy to women irrespective of their age, gender, background, sexual orientation and immigrant status. WTC has publications including leaflets on seeking asylum and being a refugee in a number of languages, as well as a toolkit on providing guidelines and models of good practice for women refugees and asylum seekers and for those working with them including psychotherapy organisations and policy makers.
www.womenstherapycentre.co.uk

Woodfield Trauma Service
FMTS is a CNWL NHS Trust service that works with people who have experienced trauma including refugees & asylum seekers. Receives referrals from GP or MH services.
www.cnwl.nhs.uk/news/forced-migration-trauma-service-renamed-woodfield-trauma-service

Young Roots
Young Roots (formerly Refugee Youth Project) provides support and improves the wellbeing of young refugees and asylum seekers in London, Nepal and Lebanon.
www.youngroots.org.uk
Mental Health Charity Organisations and Services Website Links

This page allows access to a large number of mental health organisation websites that provide mental healthcare to the general public; however, it is worth enquiring if they offer support and services to refugees and asylum seekers.

The majority of the mental health charity organisations and services mentioned below are self-explanatory. However, for those that are not, a brief description is provided.

Please use the links below to view the websites.

A

**Action Postpartum Psychosis**
www.app-network.org

**Addaction**
Services for people dependent on drug and alcohol and their families.
www.addaction.org.uk

**Adfam**
Services for family and friends for people with drug and alcohol problems.
www.adfam.org.uk

**Age UK**
www.ageuk.org.uk

**The Albert Kennedy Trust**
Supports LGBT 16 – 25-year-old.
www.akt.org.uk

**Alcoholics Anonymous**
www.alcoholics-anonymous.org.uk

**Anorexia & Bulimia Care (ABC)**
www.anorexiabulimiacare.org.uk

**Anxiety Alliance**
www.anxietyalliance.org.uk
Anxiety Care UK
www.anxietycare.org.uk

Anxiety UK
www.anxietyuk.org.uk

Anxiety United
www.anxietyunited.com

Assist Trauma Care
www.assisttraumacare.org.uk

Association for Post Natal Illness
www.apni.org

B

Battle against Tranquilisers (BAT)
www.bataid.org

Beat (Beating Eating Disorders)
www.beateatingdisorders.org.uk

Beat Panic
www.beatpanic.com

Beating the Blues
www.beatingtheblues.co.uk

Big White Wall
NHS online service for adults experiencing psychological distress.
www.bigwhitewall.com

Bipolar UK
www.bipolaruk.org

Birth Trauma Association
www.birthtraumaassociation.org.uk
Black Mental Health UK
www.blackmentalhealth.org.uk

BPD World (Borderline Personality Disorder World)
www.bpdworld.org

British Association of Counselling and Psychotherapy
A therapeutic organisation.
www.itsgoodtotalk.org.uk

Bullying UK
www.bullying.co.uk

Campaign Against Living Miserably (CALM)
www.thecalmzone.net

Carers UK
www.carersuk.org

Carers Trust
Works with carers in health, education and social care.
www.carers.org

C4BH Counselling Service
www.centreforbetterhealth.org.uk

Centre for Mental Health
www.centreformentalhealth.org.uk

Child Line
www.childline.org.uk

The Children’s Society
www.childrenssociety.org.uk
Chinese Mental Health Association
www.cmha.org.uk

Cocaine Anonymous UK
www.cauk.org.uk

Combat Stress
www.combatstress.org.uk

Community Advice & Listening Line (CALL)
www.callhelpline.org.uk

The Compassionate Friends
For bereaved patients and their families.
www.tcf.org.uk

Cruse Bereavement Care
www.cruse.org.uk

D

Depression Alliance
www.depressionalliance.org

Depression UK
www.depressionuk.org

Drinkaware / Drinkline
www.drinkaware.co.uk

Drug Wise
www.drugwise.org.uk

Dual Diagnosis
Website for nurses working with people with dual diagnosis.
www.dualdiagnosis.co.uk
E

Elefriends
A supportive online community where you can share your experiences with others.
www.elefriends.org.uk

European Society for Trauma and Dissociation (ESTD)
www.estd.org

Everyman Project
Offers support to perpetrators of domestic violence.
www.everymanproject.co.uk

F

Family Lives
www.familylives.org.uk

Fear Fighter
A computer based CCBT programme to treat panic and phobias.
www.fearfighter.com

First Person Plural
Supports people living with complex dissociative conditions following childhood abuse.
www.firstpersonplural.org.uk

FRANK
www.talktofrank.com

G

Lesbian, Gay, & Bisexual Anti-violence Policing Group
Dedicated to confront and eliminate domestic violence and abuse against LGBT.
www.galop.org.uk
H

Hafal, Wales Mental Health Charity
www.hafal.org

Harmless
A user-let organisation for people who self-harm.
www.harmless.org.uk

The Havens
Supports people who have been raped or sexually assaulted
www.thehavens.org.uk

Healthline
www.healthline.com/health/bipolar-disorder

Hearing Voices Network
www.hearing-voices.org

I

Imaan
A London-based independent organisation that supports LGBT Muslim people and their families.
www.imaan.org.uk

Insomniacs
www.insomniacs.co.uk

Intervoice
International community for people who hear voices.
www.intervoiceonline.org

J

Jewish Association for the Mentally Ill
www.jamiuk.org

K
L

Life SIGNS
A user-led self-injury guidance and network support charity.
www.lifesigns.org.uk

The Lullaby Trust
Provides specialist support for bereaved families affected by sudden infant death.
www.lullabytrust.org.uk

M

Marijuana Anonymous
www.marijuana-anonymous.co.uk

Men Get Eating Disorders Too
www.mengetedstoo.co.uk

Mental Health Foundation
MHF helps people understand, protect and sustain their mental health.
www.mentalhealth.org.uk

Mind
www.mind.org.uk

Mindout
A Brighton-based support group for LGBT community.
www.mindout.org.uk

MindWise New Vision
www.mindwisenv.org

The Mix
Provides free online confidential support for young people under 25.
www.themix.org.uk
Mood Panda
Provides free online mood diaries to monitor mood.
www.moodpanda.com

N
Narcotic Anonymous
www.ukna.org

The National Association for People Abused in Childhood (NAPAC)
www.napac.org.uk

The National Institute for Health & Clinical Excellence (NICE)
Provides national guidance and advice to improve health and social care.
www.nice.org.uk

National Paranoia Network
www.nationalparanoianetwork.org

National Self-Harm Network (NSHN)
www.nshn.co.uk

Nightline Association
www.nightline.ac.uk

No Panic
www.nopanic.org.uk

No More Panic
www.nomorepanic.co.uk

O
OCD Action
www.ocdaction.org.uk

OCD-UK
www.ocduk.org
The Outcrowd
A Surrey-based non-profit project for the LGBT community.
www.outlinesurrey.org
www.outcrowd.org.uk

Overeaters Anonymous Great Britain
www.bacp.org.uk

P

Papyrus HOPELine UK
A specialist helpline service staffed by trained professionals who work for prevention of young suicide.
www.papyrus-uk.org

Paranoid Thoughts
www.paranoidthoughts.com

Parents Against Child Sexual Exploitation (PACE)
www.paceuk.info

Perinatal Illness UK
Supports those with trauma while pregnant and during and after child birth.
www.pni-uk.com

Personality Disorder
www.personalitydisorder.org.uk

Pink Therapy
A therapeutic organisation for LGBT community.
www.pinktherapy.com

Positive Outcomes for Dissociative Survivors (PODS)
www.pods-online.org.uk

Post Natal Depression and Puerperal Psychosis
www.puerperalpsychosis.org.uk
PANDAS Foundation
Offers pre & postnatal depression advice and support
www.pandasfoundation.org.uk

Q

R
Rape and Sexual Abuse Support Centre
www.rasasc.org.uk

Rape Crisis
www.rapecrisis.org.uk

Relate
www.relate.org.uk

Respect
Supports people who are worried about their aggressive and violent behaviour towards loved ones.
www.respect.uk.net

Rethink Mental Illness
www.rethink.org

S
Samaritans
www.samaritans.org

Sane Mental Health Charity
www.sane.org.uk

Scottish Association for Mental Health
www.samh.org.uk
Seasonal Affective Disorder (SAD)
Supports people with seasonal affected disorder.
www.sad.org.uk

The Seasonal Affective Disorder Association (SADA)
www.sada.org.uk

See Me
www.seemescotland.org

Self-Injury Support
A national charity organisation that supports girls and women affected by self-injury or self-harm.
www.selfinjurysupport.org.uk

The Sun Project
A South London and Maudsley service that offers support to people with a personality disorder in Croydon.
www.hear-us.org/the-sun-project/
www.hear-us.org/touchstone-centre/the-sun-project/

Support Line
www.supportline.org.uk

Survivors of Bereavement by Suicide (SOBS)
www.uk-sobs.org.uk

Survivors UK
Offers support to male victims of both childhood sexual abuse and adult sexual assault and rape.
www surviorsuk.org

T

Tasha Foundation
www.tasha-foundation.org.uk

Time 4 Me
A non-profit counselling service in Croydon for children and young people and their families.
www.time4me-counselling.co.uk
Time to Change
www.time-to-change.org.uk

Together for Mental Wellbeing
www.together-uk.org

Trauma and Abuse Group
TAG
www.tag-uk.net

Triumph Over Phobia (TOP UK)
www.topuk.org

Turning Point
Provides services for people with drug, alcohol and mental health problems.
www.turning-point.co.uk

U

V

Voice Collective
www.voicecollective.co.uk

W

Welldoing
www.welldoing.org

Women’s Therapy Centre
www.womenstherapycentre.co.uk

X