



Talking to us can really help

Hounslow Youth Counselling Service

HYCS RESOURCES HUB - INFORMATION FOR SUPPORTING REFUGEES AND ASYLUM SEEKERS - (version 2/4/22)

INTRODUCTION:

For anyone supporting refugees/asylum seekers in a counselling or pastoral capacity, this leaflet provides links to just some information and resources which may prove useful. Much of this is gathered in the HYCS counselling service website self help hub for young people (www.hycscounselling.co.uk). These are all links to external resources and put together in good faith - these are not endorsed by HYCS. Where language is a barrier, links to some materials translated into other languages are given to assist signposting and support.

IDEAS TO ADD?

This list is *not* exhaustive - and full credit to the *many* organisations providing these tools. If you come across other useful information or resources to add do please email gillhycscounselling@gmail.com so that they can be added to the resource list.

HYCS (Hounslow Youth Counselling Service) - www.hycscounselling.co.uk

HYCS is a free youth counselling service for 11-25 year olds in Hounslow Borough. The HYCS website offers a wealth of national and local support resources for any young person facing challenges in the Self Help Hub section. HYCS (Hounslow Youth Counselling Service) website under the **A-Z Support Directory** in the **Self Help Hub** which is constantly being updated. You will find there *resources* and *info* points for young people and those affected across a wide range of subjects and issues which may be helpful *including* under the following sections:

- **Refugees**
<https://www.hycscounselling.co.uk/self-help-hub/a-z-support-directory/resources-r/>
- **Asylum Seekers** -
<https://www.hycscounselling.co.uk/self-help-hub/a-z-support-directory/resources-a/>
- **Trauma**
<https://www.hycscounselling.co.uk/self-help-hub/a-z-support-directory/resources-t-u-v/>
- **Law**
<https://www.hycscounselling.co.uk/self-help-hub/a-z-support-directory/resources-l/>
- **Racism and Racialised Trauma**
<https://www.hycscounselling.co.uk/self-help-hub/a-z-support-directory/resources-r/>

TRAINING FOR COUNSELLORS AND SUPPORTERS

- **Evidence for Learning Dr Tina Rae - Free Webinar - 4th April 4pm**
https://www.evidenceforlearning.net/dr_tina_rae_children_war_refugees/
- **Onlineevents Ukraine Fundraising Summit for counsellors & psychotherapists**
Event on 26/3/22 but recording may still be available to purchase for £19.99 - please contact the organisers <https://www.onlineevents.co.uk>. Included talks across many issues by Mick Cooper, Ernesto Spinelli, Paul Gilbert, Windy Dryden, Emmy Van Deruzen and many more.(event details here <https://www.eventbrite.co.uk/e/ukraine-fundraiser-emergency-summit-contributing-to-global-peace-justice-tickets-289489409617#>)

BOOKS and BLOGS FOR COUNSELLORS

- **Psychological Therapies For Survivors Of Torture: A Human-Rights Approach With People Seeking Asylum**, by Jude Boyles
- **A Practical Guide to Therapeutic Work with Asylum Seekers and Refugees**, by Angelina Jalonen and Paul Cilia La Corte
- **Rising From Existential Crisis - Life Beyond Calamity** - Emmy van Deurzen
- **PESI Therapy with Children Exposed to War Blog**
<https://www.pesi.co.uk/blog/2022/march/therapy-with-children-exposed-to-war>
- **PESI Tree of Life Practice with Refugee Clients**
<https://www.pesi.co.uk/blog/2021/june/tree-of-life-practice-with-refugee-clients>

GENERAL SUPPORT SOURCES:

- **REFUGEE COUNCIL**
<https://www.refugeecouncil.org.uk/get-support/services/therapeutic-wellbeing-resources/>
includes many useful links and resources such as to 'How to Access the GP' in a variety of languages.
- **Sane Ukraine Project -**
<https://embodimentunlimited.com/sane-ukraine-project/>
- **Grief & Loss - Helping refugees in your come to recover**
<https://www.griefspecialists.org/post/grief-and-loss-how-to-help-refugees-in-your-home-to-recover?fbclid=IwAR2YbySLahJvROyP1GX6P646O4p0iN77U7az1jsbOvPzM8mdf955Y077os>
- **Multiple resources gathered in one portal here:**
<https://padlet.com/eadaoinkelly/dxz5cylps7m6bxf1?fbclid=IwAR1RJZg4bpJc8cONv8Uffd7J4I8MyNMcnWBKRBn7I2PIb9hHlslg3dTnekE>
- **Royal College of Psychiatrists - translations of mental health resources in multiple languages**
<https://www.rcpsych.ac.uk/mental-health/translations>
Including Coping with a Traumatic event in Ukrainian here:
<https://www.rcpsych.ac.uk/mental-health/translations/ukrainian/Подолання-наслідків-травмуючої-події>
- **Institute of Translation and Interpreting - www.iti.org.uk**
Links to external initiatives and resources to support those affected by war in Ukraine.
- **Poster Resources for Schools (Ukrainian)**
<https://www.dropbox.com/s/tytnfep44kc8ar1/Refugee%20Posters%20Style3.pdf?dl=0>
- **Evidence for Learning - Refugee Support Plan leaflet**
<https://www.evidenceforlearning.net/wp-content/uploads/2022/03/Refugee-Support-Plan.pdf>
- **Refugee Support Plan Video - Dr Tina Rae**
<https://youtu.be/JsZkiqWv4ml>
(Support plan print download available at Twitter @DrTinaRae and also included at the end of this document)

- **REFUGEE ASSESSMENT TOOLS FOR COUNSELLORS - NCTSN**

https://www.nctsn.org/sites/default/files/resources/fact-sheet/refugee_standardized_measures_list.pdf?fbclid=IwAR2SRxsrW7IM5IIZBa_G79oQrnuD9yLtOCTrRS2hmYYbwGOOj2MqoFYQ8I

- **BPS Guide to Working with Refugees**

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Guidelines%20for%20Psychologists%20Working%20With%20Refugees%20and%20Asylum%20Seekers%20in%20the%20UK%20-%20Extended%20%28Update%20Nov%202018%29.pdf>

- **UEL Refugee Mental Health Wellbeing Portal**

<https://www.uel.ac.uk/our-research/research-school-psychology/refugee-mental-health-wellbeing-portal>

- **British Red Cross - 0808 196 3651** free helpline

Information, resources and a free/confidential support line for refugees, migrants and other vulnerable people offering telephone [support in more than 200 languages](#), 10-6pm daily. Red Cross can offer help with the urgent needs of refugees, asylum seekers and other vulnerable migrants including emotional and practical support items including food, clothing and toiletries.

- Red Cross Wellbeing resources for adults and young people including translations available.

- Ukrainian refugee support here:

<https://www.redcross.org.uk/get-help/get-help-as-a-refugee/help-for-refugees-from-ukraine#Emotional%20>

- Support for young people and refugees here: <https://www.redcross.org.uk/get-help/get-help-as-a-young-refugee-or-asylum-seeker>

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- **Doctors of the World -**

https://www.doctorsoftheworld.org.uk/translated-health-information/?_gr=wellbeing-guidance#language-english-wg

- offers health information resources about accessing health services translated into multiple languages.

NEWS ANXIETY/WAR

- **Worrying About War and Conflicts - A Resource bank for Children and Young People**

https://www.phoenixgrouphq.com/_files/ugd/bbe3de_9b3f2f5fddad41d69c809a2c116dc75e.pdf

- **BPS Guide to Supporting Children to Manage Anxiety about War**

<https://www.bps.org.uk/news-and-policy/supporting-children-manage-anxiety-over-war-conflict-and-crises>

- **Save the Children - how to talk to children about war**

<https://www.savethechildren.org.uk/blogs/2022/how-to-talk-to-children-about-war>

- **Worrying About Conflict and War by**

www.phoenixeducationconsultancy.com

- [https://www.phoenixgrouphq.com/_files/ugd/](https://www.phoenixgrouphq.com/_files/ugd/bbe3de_9b3f2f5fddad41d69c809a2c116dc75e.pdf)

[bbe3de_9b3f2f5fddad41d69c809a2c116dc75e.pdf](https://www.phoenixgrouphq.com/_files/ugd/bbe3de_9b3f2f5fddad41d69c809a2c116dc75e.pdf)

- **Barnardos Ireland - talking to children about War**

<https://www.barnardos.ie/media/14835/talking-to-children-about-war.pdf>

- **Newsround - how to manage the news exposure**

<https://www.bbc.co.uk/newsround/13865002>

Refugee Support

PLAN PEACE



- **Refugee** children may well be experiencing **fear, terror, and helplessness** as they transition into our schools and communities
- **Empath** is key as is the need to become a **school of sanctuary** where they feel **safe** and **included**
- **Flexibility** is crucial as all **refugee children are different** - some will want and need to talk straight away, others will not, and may need time to process their experiences or do so in more creative ways through play, art, and creative outlets
- **Understanding** the **symptoms of trauma** and what to look for is also key - avoidance, re-enactment, withdrawal, or aggression
- **Get** down to their level, **hear the voice of the child** - **'this is what I do want'** **'This is what I don't want or need right now'** - not every child needs a bespoke therapeutic intervention so keep using your **watchful** waiting skills
- **Express** a **genuine welcome** as their **new nurturer** - **'we want you here in our school community, we value you and will make sure that you are safe and loved'**
- **Engage** with **parents and carers in the community** remembering that **practical help and advice is often a helpful starting point**
- **Setup** welcoming **signs and systems** such as labelling/visual timetables etc in their own language and involve parents and carers to translate
- **Understanding** that they need **respite from anxiety** - a face may light up if you ask about their favourite football team rather than their journey to the UK
- **Provide** an **accessible curriculum** and climate of welcome which uses the skills and empathy of their peer group
- **Promote** **Play, socialisation and physical activity and opportunities for flow** experiences
- **Observe** their **existing skill set** and show you value this - tell me about what you know, what you are interested in and what you are good at, **always allowing for a regression due to trauma**
- **Respect** their need to simply **'fit in'** and **'be normal,'** nurturing resilience through **love, empowerment, engagement, connection, and the development of coping skills**
- **The key is school itself** - simply **'being in school'** is the best medicine for our refugee children - providing safety, security and routine which will enable their post-traumatic growth and give them the hope so needed by all right now.

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Talking about war

PLAN



- **T****alking** about the war in an **age-appropriate** way with our children is essential as communication is key to reducing the fear of the unknown and related anxiety
- **A****ccept**, validate, and affirm their feelings making sure that they understand these are **all** normal in a time of trauma
- **L****ook** to yourself first taking the time to engage in appropriate **self-care** as you cannot keep your calm without this level of self-nurture
- **K****ee**p regulated so that you can effectively co-regulate with your child
- **I****nformation** is readily available so **'fact check'** with your children making sure that they access accurate information via trusted channels
- **N****otice** those who may be more **vulnerable** or at risk - particularly those children who are **refugees** themselves, making sure to provide the additional time and trauma informed care they may need
- **G****et grounded** throughout the day using deep breathing, visualisation, or whatever works for you
- **A****utonomy** reduces anxiety so **take control of what you can control** such as your self-care routines and reducing social media
- **B****uild** in **daily flow activities** for children (**AND YOURSELF**) and make sure these include play and creativity
- **O****bserve** the **helpers** - in times of war and danger there will always be people who try to help and noticing and celebrating these people can rebuild a sense of hope
- **U****nderstand** and share knowledge of **reliable facts** and highlight these as needed not denying the situation exists-if we don't talk about it, children will become even more anxious
- **T****ake time** away when you need it greater balance not denying the dangers but highlighting moments of joy, gratitude, and good things that we can all still have
- **W****atch** your **language** making sure that it's factual and information is **always** presented in a balanced way- **'this may be scary but there is still hope and there are still good people in this world'**
- **A****nxiety** reducing easy wins need to be reinforced such a structure, routines, exercise and quality time together
- **R****elationships** heal and build hope! So be that steady, **calm and reassuring adult**, gaining your energy from those who show compassion and fearlessness in this time

**Dr Tina Rae - Resources; image below Copyright Dr Tina Rae
@DrTinaRae, author and specialist with children and young people:**

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