



Talking to us can really help

Hounslow Youth Counselling Service

HYCS RESOURCES HUB - INFORMATION FOR SUPPORTING REFUGEES AND ASYLUM SEEKERS - (version 26/4/22)

[please check back regularly to HYCS website to
access latest version of document here:](https://www.hycscounselling.co.uk/professionals-organisations/)

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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. *Additional* information is gathered in the HYCS counselling service website in the self help hub for young people (www.hycscounselling.co.uk/self-help-hub/). These are all links to external resources and put together in good faith - these are not endorsed or checked 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 both national and local support resources for any young person facing challenges in the Self Help Hub section (which includes self care kit, app zone and Support Directory).

In particular check the 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/>

Read on to see listings of general support resources, books/blogs, training, anxiety and news anxiety, homing refugees and more....

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.

- **ARAP, the Afghan Relocation Scheme.**

- **Beacon House - Talking to Children about War and Conflict (PDF)**

Useful information for anyone helping a child/young person.

- **The Bell Foundation**

<https://www.bell-foundation.org.uk/eal-programme/guidance/welcoming-refugee-and-asylum-seeking-learners/>. Useful resources for schools welcoming newly arrived learners who speak English as an Additional Language (EAL). PDF guidance booklet here: <https://www.bell-foundation.org.uk/app/uploads/2021/11/Welcoming-refugee-and-asylum-seeking-learners.pdf>

- **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>

- **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>

- [British Red Cross | Afghanistan](#) – Information for people from Afghanistan settling in the UK. Translated resources available (Dari/Pashto).

- Red Cross' [Family Tracing service](#)

- [Help for Ukrainian nationals](#) including downloads 'Advice for Ukrainians arriving in the UK' and 'How to talk to children about war' in Ukrainian.

- **Doctors of the World - health information resources about accessing health services translated into multiple languages.**

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

- **European Society for Traumatic Stress Studies - Helpful resources for mental help professionals and persons affected**

- **Evidence for Learning - Refugee Support Plan leaflet**

<https://www.evidenceforlearning.net/wp-content/uploads/2022/03/Refugee-Support-Plan.pdf>

- **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>

- **Institute of Translation and Interpreting - www.itl.org.uk**
Links to external initiatives and resources to support those affected by war in Ukraine.
- **Mental Health & Psycho Social Support network - Caring for Children through Conflict and Displacement** – Resource translated in Ukrainian, Russian, Polish and German. Additional relevant resources translated in multiple languages in the resources section.
- **NCTSN- Refugee Assessment Tools For Counsellors -**
https://www.nctsn.org/sites/default/files/resources/fact-sheet/refugee_standardized_measures_list.pdf?fbclid=IwAR2SRxsrW7IM5IIZBa_G79oQrnuD9yLltOCTrRS2hmYYbwGOOj2MqoFYQ8I
- **Dr Tina Rae - Poster Resources for Schools (Ukrainian) (but may be useful for other settings)**
<https://www.dropbox.com/s/tytnfep44kc8ar1/Refugee%20Posters%20Style3.pdf?dl=0>
- **Psychological Society of Ireland - Psychological First Aid for Refugee Care: Helpful Do's and Don'ts (PDF) – Psychology tool for public to help Ukrainian refugee response in Ireland.** A rapid response psychology tool for the general public to assist the response to Ukrainian refugees (including children and teenagers) arriving in Ireland.
- **Refugee Support Plan Video - Dr Tina Rae**
<https://youtu.be/JsZkiqWv4ml>
(Support plan print download available at Twitter @DrTinaRae & included at the end of this doc')
- **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>
- **Sane Ukraine Project -**
<https://embodimentunlimited.com/sane-ukraine-project/>
- **UEL Refugee Mental Health Wellbeing Portal**
<https://www.uel.ac.uk/our-research/research-school-psychology/refugee-mental-health-wellbeing-portal>
- **University of Manchester - Information for adults looking after a child or children through conflict and displacement** – Leaflet reflecting the experience of displaced Syrian parents, translated into Ukrainian, Russian, English, German and Polish
- **WHO - Doing What Matters in Times of Stress (who.int)** – A free guide for stress management and dealing with adversity to build practical skills - translated into 19 languages, including Arabic, Chinese, Dari, Farsi, and French.
- **Multiple resources gathered in one portal here:**
<https://padlet.com/eadaoinKelly/dxz5cylps7m6bxf1?fbclid=IwAR1RJZg4bpJc8cONv8Uffd7J4I8MyNMcnWBKRBn7I2PIb9hHlslg3dTnekE>

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
- **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>

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/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>

FOR REFUGEE PARENTS

- **Children and War Foundation -**
<https://www.childrenandwar.org/projectsresources/projects-and-resources/>:
including guide for refugee Parents in a variety of languages including English (link for English version below)
https://www.rodekors.dk/sites/rodekors.dk/files/2018-03/Guide_EN_01_B_1-korr.pdf
- **App for Refugee Parents - Red Cross** - available in 8 languages for iPhone and android.
<https://apps.apple.com/gb/app/parent-guide/id1247444812>
- **UNODC & University of Manchester Booklet - Caring for Children Through Conflict and Displacement Booklet by Professor Rachel Calam, Dr Aala El-Khani, Dr Kim Cartwright**
https://eurochild.org/uploads/2022/03/Caring-for-Children-Through-Conflict-and-Displacement.-Booklet-2021.UNODC_UoM_-English.pdf

REFUGEE HOSTING INFORMATION

City of Sanctuary - listing of useful resources for Ukraine Crisis

www.cityofsanctuary.org - list of resources .

Refugees at Home - www.refugeesathome.org

UK charity which connects those with a spare room in their home to refugees and asylum seekers in need of somewhere to stay.

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/

Recording of the free webinar available here thanks to @EFL_Insights for those who would like to share with colleagues and friends: https://evidenceforlearning.net/dr_tina_rae_children_war_refugees/...

- **Association of Child and Adolescent Mental Health @acamh. - Free Webinar 'Military Conflict and its Impact on Children' - 19 April 22 and Other Resources. Available as a recording.**

Free webinar - recorded - with panel discussion on mental health problems experienced by children exposed to wars and how to support them. <https://acamh.org/event/war-and-impact-children/>...

- **School as a Place of Healing Event - Free webinar 12 May 22, 4pm - 5.30**

with @SchsofSanctuary, @CityofSanctuary @Rescue_UK - Online event for school staff exploring ways to support the psycho-emotional needs of students from sanctuary-seeking backgrounds. **Book here** <https://www.eventbrite.co.uk/e/school-as-a-place-of-healing-wellbeing-and-students-seeking-sanctuary-tickets-313340308297>

- **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#>)

RESOURCES FOR SCHOOLS

CORAM Life Education Belonging Toolkit for KS2 KS3 (Accredited by PSHE Association)

<https://www.coramlifeeducation.org.uk/belonging>

The Belonging Toolkit is free to schools for young people from migrant and refugee backgrounds.

Version 26/4/22 HYCS

collated by HYCS - Hounslow Youth Counselling Service www.hycscounselling.co.uk

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.

Talking about war

PLAN

PEACE



- **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**eep 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