

Boloh



**We work with Asylum Seekers UK – wide
by supporting their mental health and
wellbeing**

You can call us for free on

0800 151 2605

Staff speak different languages and
have access to interpreters

Talk to us on webchat by visiting

helpline.barnardos.org.uk

Our helpline is open:
Monday to Friday 10am –
8pm

Saturday 10am – 3pm



How we can help?

- We can provide free counselling
- Helpline advisors are here to listen to you and provide emotional support
- Specialist advice on a range of issues you might be experiencing
- Support you in accessing support from other organisations
- We can provide practical support to meet your needs e.g. food, devices and other items