



Provide the skills
that make life easier.

This course introduces the topic of mental health and wellbeing for refugees, helping delegates to understand how a client's journey and experiences shape their mental health.

Participants will gain practical insight on supporting client's mental health within the remit of non-clinical roles.

Topic included: Main causes of distress (trauma, loss & separation);

Cultural factors in interpreting mental health & Self-care & professional boundaries

INTRO TO MENTAL HEALTH & WELLBEING FOR REFUGEES & ASYLUM SEEKERS



Help them own their story.

WED
20 NOV
10:00-16:00

QUAKER MEETING HOUSE

188 Woodhouse Lane
Leeds
LS2 9DX



Understand their problems.