Psychotherapeutic care for refugees in the United Kingdom

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Status quo and problems of providing care to refugees in the UK



Context

- Full entitlement to free NHS health care
- No specific mental health services for refugees
- Need to register to General Practitioner
- Fear to be sent away hostile environment
- Inadequate support in immigration detention
- Charities and voluntary sector are the main providers of services and support



Main problems



- Absence of coordinated
 national approaches
- Lack of resources and long-term investments
- Lack of specialist training



Key actions that need to be taken

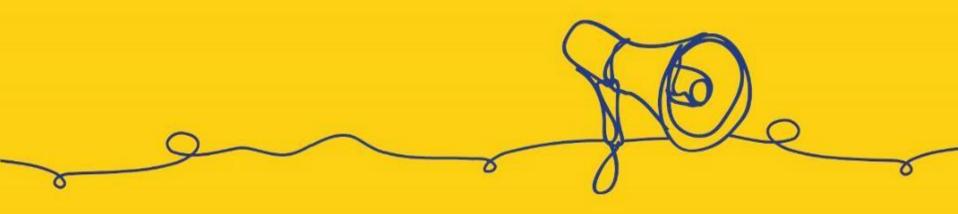
- Improve communication
- Increase access to information
- Enhance knowledge and skills





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To find out more: www.mind.org.uk/eqaulity





Best practice in the UK



Specialist services supporting refugees

Tavistock and Portman NHS Foundation Trust

- Supporting unaccompanied children
- Offering cultural advocates
- Charity sector: example from Mind
 - · Capacity building and influencing
 - Human rights based advocacy



Key ingredients for success



- Community engagement
- Inclusive needs assessment
- Co-design of services





The way forward

- Embed refugee needs in local decision making
- Establish true partnerships with CCGs
- Offer specialist training
- Develop culturally competent resources





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