Mayden

Mental Health Support for Refugees and Asylum Seekers in the North West

Helen Barnes, CYP Mental Health Champion, Mayden

#RefugeeOFE @maydentweets

Mental health of refugees and asylum seekers

61%

of asylum seekers experience serious mental distress

500%

refugees are five times more likely to have mental health needs than the general UK population

Source: Refugee Council

Family Refugee Support Project (FRSP)

Family Refugee Support Project has been providing psychological support to refugees and people seeking asylum in the north west for 20 years.

FRSP projects:

- Seeds of Recovery, Liverpool & Wigan
- Spinning World, Wigan
- Grow Your Own Future, Liverpool

www.frsp.org.uk

Family Refugee Support Project

FRSP support

FRSP work with adults and families

Offering a range of therapy modalities;

- Person centred counselling
- EMDR
- Drama therapy
- Art therapy
- Counselling with horticulture

Practical support for housing, welfare immigration, education, work & training

Plus drop-ins and shared activities such as bee-keeping, preserving and cooking

FRSP client feedback

"Here, we are people again."

Posted in Uncategorised | Comments Off

"We all have different histories...

Posted in Uncategorised | Comments Off

"We off-load our chests..."

Posted in Uncategorised | Comments Off

"I was not feeling well but the activity of gardening helped me."

Posted in Uncategorised | Comments Off

"The garden is the best way to reduce stress in our lives, it's reduced my depression."

Posted in Uncategorised | Comments Off

"I feel part of something, we feel welcomed and life is easier now. But I wish we could work or drive."

Providers that Mayden supports

Mayden's mission is to create digital technology that changes what's possible for clinicians and patients

We work with providers of all sizes and backgrounds

mind for better mental health

Barnardos

YPAS Young Person's Advisory Service

NHS South West London and St George's Mental Health NHS Trust

iaptus

OTR

youth trust

ADHD Foundation The Neurodiversity Charity

Spend more time with the people in your care

"**iaptus** is helping us to manage referrals and collect data for our NHS commissioned projects.

iaptus also supports our therapists and staff to work in a uniform way across locations and projects"

Luke Stephenson, Psychological Therapist, FRSP

- Care pathways tailored to your service
- Online self-referrals and health professional referrals
- Appointment booking and management
- Securely record individual and group sessions
- Integrated video appointments
- Measure outcomes and learn from your data

- Report data to the MHSDS
- Cloud based, work from anywhere

Mayden

- Join us at our stand today to chat to us about our support for charities like FRSP
- Bring your lunch to our stand and learn about iaptus
- Book your place at our next webinar on 15th December

Mayden

Thank you

Contact us:

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www.mayden.co.uk