

Psychotherapeutic care for refugees in the United Kingdom

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

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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

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Main problems



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

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Key actions that need to be taken

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

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Thank you

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





Best practice
in the UK

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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

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Key ingredients for success



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

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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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