

Mental health support for young asylum seekers

How to register with a GP



- A GP is a local doctor and it is **free** to register with a GP.
- You **don't need ID** to register with a GP, but can be helpful to have a form of ID.
- Contact the GP office to **check it's the right place** for your **current address**.
- Find out more about registering with a GP [here](#).

Your support network

A support network of people you trust can help you adapt to your new life in the UK. This could include:

- Other young asylum seekers
- A local support group
- Family members and friends
- Your social worker, foster carer, or teachers



Support services in your local area

Mental health (e.g. counselling):

Find mental health support in Sussex:
e-wellbeing.co.uk/services

Find urgent support here:
e-wellbeing.co.uk/crisis

YMCA Dialogue's Therapeutic Services:
ymcadlg.org/dialogue

Refugee Council:
refugeecouncil.org.uk

Advice and Support Groups:

Barnardo's Asylum Seekers support:
barnardos.org.uk

The Hummingbird Project (Brighton):
hummingbirdproject.org.uk

Sanctuary Chichester (West Sussex):
sanctuaryinchichester.org

Sussex Interpreting Services:
sussexinterpreting.org.uk

