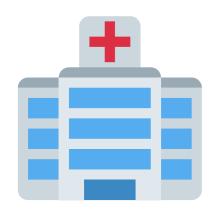
Mental health support for young asylum seekers



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): Advice and Support Groups:

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

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





