

Mental health and wellbeing resources, materials and services

This resource links to services and materials that ESOL tutors can use to support their learners' mental health and wellbeing. It covers:

- Online and national mental health and wellbeing services
- Local mental health and wellbeing services across the South East
- Resources that teachers can use in the classroom

Online and national services

Hub of Hope

The Hub of Hope is a searchable directory of local mental health support services run by Chasing the Stigma. Learners can enter their location and search for all services in their area or narrow down their search by picking up to three issues they want support with.

➤ <https://hubofhope.co.uk>

Maternal Mental Health Alliance

This webpage lists multiple national phone and online support services for mums who need support with their mental health. It includes services which help with post-natal depression, pregnancy and baby loss, as well as general advice for new parents who might be feeling anxious or overwhelmed.

It also includes two self-help guides on postnatal depression (although they are very text heavy).

➤ <https://maternalmentalhealthalliance.org/resources/mums-and-families>

Mental Health Matters

Mental Health Matters offers a range of information and support around mental health. The resources section on their website includes topics such as peri-natal mental health and PTSD, as well as many others.

☎ 0191 516 3500 (9am-5pm, Monday-Friday)





➤ www.mhm.org.uk

Mind

Mind is a national mental health charity. Their website includes lots of information about different mental health problems, tips to manage these on a day-to-day basis, and the types of support learners can access.

Learners can join Mind's online peer support community, Side-by-Side:
<https://www.mind.org.uk/information-support/side-by-side-our-online-community/>





Mind offer an info line and a legal line for phone support, which includes a translation service for those who need it: <https://www.mind.org.uk/information-support/helplines/>

-  **Infoline:** 0300 123 3393
-  **Legal line:** 0300 466 6463
Ask for the Language Line service when you call.
-  info@mind.org.uk
-  www.mind.org.uk/information-support/guides-to-support-and-services

Muslim Women's Network helpline

This is a national specialist, faith and culturally sensitive helpline and counselling service. It is open Monday to Friday 10am to 4pm and offers support via phone, text, email and webchat. Support is offered in English, Urdu, Punjabi, Mirpuri, Potwari, Hindko, and Bengali.

Their website also has useful summaries of different issues that Muslim women may face, which can be downloaded as information booklets.

-  Call: 0800 999 5786
-  Text: 07415 206 936
-  info@mwnhelpline.co.uk
-  www.mwnhelpline.co.uk



NHS mental health services

On this website, learners can access details of the NHS urgent mental health helplines, counselling and therapy services, and local mental health services.

-  www.nhs.uk/nhs-services/mental-health-services




Refugee Council Infoline

The Infoline connects people seeking asylum, recently recognised refugees and people who have recently fled conflict, with relevant information and services in order to avoid or reduce crisis and destitution. This includes information on accessing healthcare.

-  08081967272 (Mondays and Thursdays, 9.30am - 12.30pm)
-  www.refugeecouncil.org.uk/get-support/services/infoline

Tommy's





Tommy's is a national charity which provides pregnancy and baby loss information and support. Their online Pregnancy Hub provides free tools, guides and plans to support wellbeing during and after pregnancy. A separate section on their website offers information on baby loss, including signposting to peer and professional support.

-  Pregnancy line: 0800 014 7800 (Monday to Friday, 9am to 5pm).
-  Pregnancy line: midwife@tommys.org
-  www.tommys.org/pregnancy-information/im-pregnant/mental-health-wellbeing

Local services





BMECP Centre

The Black & Minority Ethnic Community Partnership (BMECP) Centre is based in the centre of Brighton. It offers a range of groups and services, including a free weekly yoga class for refugee, asylum-seeking and migrant women; a 50+ peer social group; and drop-ins with an interpreter who can signpost to local services.

-  0300 303 1171
-  contact@bmeccp.org.uk
-  <https://bmeccp.org.uk/community-services>
-  10A Fleet Street, Brighton BN1 4ZE

Brighton Women's Centre

Bright Women's Centre helps women from all backgrounds, facing all kinds of issues, to live happier lives. Their support includes women-only spaces offering information and emotional and practical support; counselling and therapy; wellbeing activities; peer support; and signposting to further support.

-  Helpline: 07842 311406 (Wednesdays and Thursdays, 10am-12pm)
-  admin@womenscentre.org.uk
-  <https://womenscentre.org.uk>
-  22 Richmond Place, Brighton BN2 9NA

Creative Therapeutic Groups for separated 13–21-year-olds in Kent

The Refugee Council runs creative therapeutic support groups for separated children aged 13-21 who are accommodated by Kent. These small groups meet once a week and are facilitated by a qualified creative therapist. They are run face-to-face and online for different groups – more details can be found at the link below.

To join, a referral form needs to be completed and emailed to the lead worker.

-  www.refugeecouncil.org.uk/get-support/services/creative-therapeutic-groups-for-separated-children-in-kent

Home Start

Local Home Start centres offer lots of support to expecting and new mums, including peer support and wellbeing activities. Some have dedicated mentoring and befriending services, can offer support around domestic abuse and can signpost to other local services.

Home Starts in the South East include (in alphabetical order):

- Arun, Worthing and Adur
- Ashford
- Bracknell Forest
- Butser
- Chichester
- Crawley, Horsham and West Sussex
- East Surrey
- East Sussex
- Guildford
- Isle of Wight
- Medway
- Meon Valley
- New Forest


- North West Hampshire
- Oxford
- Portsmouth
- Reading
- Runneymede and Woking
- Sittingbourne and Sheppey
- Slough
- South Oxfordshire
- South West Kent
- Surrey
- Surrey Heath
- Thanet
- Waverly
- West Berkshire
- Weywater
- Winchester
- Wokingham

Learners can search for their local Home Start centre at the website below.

 www.home-start.org.uk/find-your-nearest-home-start

Mental Health Matters local groups

Mental Health Matters run a local helpline for learners in Kent and Medway. They also run several out-of-hours mental health support services across Kent and Medway, called “Safe Havens”. These are located in Canterbury, Medway, Thanet and Maidstone.

 **Helpline:** Kent and Medway - 0800 107 0160. Available 24/7.

 <https://www.mhm.org.uk/kent-safe-havens>

Mind – Local Minds

Mind is a national mental health charity. They run Local Mind groups across the country. These groups offer talking therapies, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending. Local Mind groups in the South East can be found (in alphabetical order):

- Abingdon
- Andover
- Berkshire
- Brighton and Hove
- Buckinghamshire
- East Kent
- Havant and East Hants
- Maidstone and Mid-Kent
- Oxfordshire
- Solent
- South Kent
- West Kent
- West Sussex
- Wycombe

Learners can search for their Local Mind group using their postcode at the website below.

 www.mind.org.uk/information-support/local-minds

Netmums local support group search

This useful webpage allows learners to search for local support groups using their postcode or city. The groups vary widely – from targeted mental health support to Weightwatchers – so learners may need help identifying which group(s) is the most appropriate for them.

 www.netmums.com/local/support-groups

NHS local partnership trusts and clinical commissioning groups

NHS local partnership trusts and clinical commissioning groups offer a range of professional mental health support. This varies depending on the area in which you live. Below are links to trusts in the South East. Specific support for refugees and asylum seekers have been linked to where this is available.

Area	Brief description
Berkshire	Gives details on all the different mental health services in the area, including birth trauma, perinatal support and traumatic stress service.
Brighton and Hove	Includes mental health advice, referral routes for professional support, and links to local organisations campaigning on behalf of refugees.
Hampshire	Includes links to local mental health services and information on what to do in a crisis.
Isle of Wight	Includes information on local mental health services run by the NHS.
Kent and Medway	Gives information on mental health conditions and where to get local support. There is also information on local crisis support .
Solent	Includes links to mental health services. Also have resources on staying well and an urgent mental health helpline .
Surrey and Borders	Gives information and advice on different mental health conditions. Referrals for professional support can be made.
Sussex	Perinatal services includes information and advice as well as ways to access support. Emotional support for refugees includes translated resources and information about local services.

Refugee Radio

Refugee Radio is an independent charity dedicated to human rights and combatting isolation, discrimination, exclusion and mental health problems. They run a weekly mental health support group for refugees and asylum seekers, every Monday at 3-5pm. They can also provide one-to-one support. Their website includes lots of podcasts and radio shows on refugees' stories that learners (and tutors) may be interested to listen to.



01273 234868



info@refugeeradio.org.uk



<https://refugeeradio.org.uk/mental-health>



Community Base, 113 Queens Road, Brighton, BN1 3XG

Refugee Resource

Refugee Resource provides psychological, social and practical support for refugees, asylum seekers and vulnerable migrants to help them heal from trauma and suffering, and to build new lives as part of Oxfordshire's diverse community. They offer counselling and therapy, mentoring and a dedicated women's service. They are open 10am-4pm Monday, Wednesday, Thursday and Friday.



01865 403280



info@refugeeresource.org



www.refugeeresource.org.uk



The Old Music Hall, 106-108 Cowley Road, Oxford OX4 1JE

Rethink Sahayak BAME service

Rethink is a charity for people with experience of mental illness, and those who care for them. This service provides a wide range of support to people from Black, Asian and Minority Ethnic communities in Kent. The service is available to those in Gravesend, Dartford, Medway and Swanley.



01474 364837



sahayak@rethink.org



www.rethink.org/help-in-your-area/services/community-support/rethink-sahayak-bame-service



4-5 High Street, Gravesend, Kent DA11 0BQ

Rethink Sahayak Asian Mental Health helpline

Rethink's Asian mental health helpline offers a culturally sensitive listening and information service for the Asian community in Kent and West Sussex. The service is for anyone affected by mental health issues - whether they are service users, carers or friends and people affected by domestic abuse.

Callers may speak to helpline workers in Asian languages (Gujarati, Punjabi, Hindu, and Urdu) or English. The helpline is open 4-7pm on Mondays and Wednesday, and 12-2pm on Tuesdays and Thursdays. It is closed Friday to Sunday.



0808 800 2073



www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline

Shifa Project

The Shifa Project offer a variety of classes and short courses in a safe, friendly and supportive environment to help Asian Women build their mental and emotional wellbeing, resilience, recovery and independence. The Shifa Project is based in Woking but accepts referrals from across Surrey.



07897316978



admin@shifanetwork.org.uk



<https://shifanetwork.org.uk>



Corner House, 2 Courtenay Road, Woking, Surrey GU21 5HQ

Slough Refugee Support

Slough Refugee Support offers a range of support to refugees and asylum seekers in Slough and across the Thames Valley. Their Family Support Worker helps families access medical, educational and social support and she works closely with women to help them settle into their new communities.



01753 537142



srsinfo@sloughrefugeesupport.org.uk



www.sloughrefugeesupport.org.uk/what-we-do



28 Bath Road, Slough SL1 3SR

Sussex Mental Healthline

The Sussex Mental Healthline offers listening support, advice, information and signposting to anyone experiencing difficulties, or who may be in crisis and in urgent need of help, with their mental health. The service is free and telephone interpreters can be provided if needed.



Call NHS 111 and select option 2 or dial 0800 0309 500



www.sussexpartnership.nhs.uk/your-mental-health/getting-help/sussex-mental-healthline

Utulivu Women's Group

The Utulivu Women's Group in Reading provides one-to-one and community-focussed support and activities aimed at improving women's mental health and wellbeing. Their wellbeing hub offers mental and other community health support, NHS health visitor sessions and community conversations.



0118 304 9030



info@utulivu.co.uk



www.utulivu.co.uk



344 Oxford Rd, Reading RG30 1AF

Teaching resources

Amiko cards

A [set of cards](#) co-created with female Afghan ESOL learners which aim to promote wellbeing amongst asylum seekers and refugees. The cards have been translated into Dari and Pashto.

ESOL teaching resources

The Bromley By Bow Centre has created [a full ESOL course themed around health and wellbeing](#). One of the courses is focussed on mental health and includes four modules which take learners through relevant vocabulary, help them discuss mental health issues, and enable them to identify risk and protective factors around wellbeing.

The free-to-download materials include a comprehensive activity pack with lesson plans, activities for learners and assessments.

Kindness and wellbeing teaching resources

These [teaching resources from the British Red Cross](#) helps learners to improve their wellbeing and build resilience by celebrating the power of kindness. They cover topics such as tackling loneliness, managing stress, coping skills and resilience. The resources include activities for learners, videos and real-life stories. The resources are aimed at primary and secondary students but can easily be adapted for ESOL learners – they are not childish and the language is accessible.

Mental health downloadable worksheets

These [free resources from SAVTE](#) aim to teach the vocabulary needed to describe symptoms and experiences of poor mental health. They include images and a few words on topics such as bereavement, depression, loneliness, post-natal depression, PTSD and self-harm.

NHS mental health resources

The [NHS has a set of webpages](#) which give information on mental health conditions, tips, audio guides, activities to improve wellbeing, and advice for life situations and events. These can be incorporated into ESOL lessons, with learners trying out activities and reading about symptoms and behaviours.

Off the Record resources

Off the Record have developed [resources to help refugees and asylum seekers](#) to overcome some of the challenges associated with trauma. These include audio guides on breathing and relaxation exercises, anxiety and good sleep, and one-page information sheets on trauma and sleeping difficulties. All the resources are available in different languages.

Refugee Council therapeutic wellbeing resources

In partnership with City University London, the Refugee Council have developed [these practical resources](#) to support refugees and asylum seekers to access primary healthcare. These include a guide to using the GP and NHS services, as well as communication cards learners can use when they visit health services.

Self-help leaflets

Northumberland, Tyne and Wear NHS Partnerships Trust has developed a set of [self-help leaflets on different mental health topics](#). These can all be translated into different languages using the 'accessibility and translation' option (click the resource you want to access, then click 'leaflet' and this option will appear).

Skilled for Health resources

[Skilled for Health](#) is a set of evidence-based, tested resources which embed health topics into language, literacy and numeracy learning. They cover a set of 12 themes, one of which is mental wellbeing. This is broken down into topics such as:

- What are you like?
- Positive thinking
- What gets you up in the morning?
- Getting involved with things
- Managing your time
- Managing in the community
- Getting help and support
- Avoiding Debt

The resources include session plans and printable resources for learners as well as audio resources.

The ESOL podcast – Wellbeing and exercise

The ESOL podcast is recorded by ESOL students and teachers in the UK. In [this episode](#), ESOL students Sophie, Veronica and Nadifa talk about wellbeing and exercise, and what they do to keep themselves mentally and physically well. It was recorded during lockdown, but it includes some useful suggestions of things learners can do in their home to help their wellbeing. There are lots of other episodes of the podcast that may be interesting for learners (and tutors) to listen to.

Thrive LDN mental health conversation starter

This [conversation starter tool](#) may be useful to help tutors engage learners in discussions about good mental health, wellbeing and financial worries.

Thrive LDN guidance to support mental health

Thrive LDN have developed guidance for professionals on how to support the mental health and wellbeing of [displaced Ukrainians](#), [Hongkongers](#) and [Afghan refugees](#). They include some information and advice directly aimed at migrants and refugees. While some of the signposting is specific to those living in London, much of the general advice and guidance is relevant to those living across the UK.

Translated wellbeing resources

These [resources from the British Red Cross](#) aim to help migrants, refugees and asylum seekers cope with everyday issues and also develop personal skills to manage feelings of worry and loneliness. Activities include wellbeing cards and kindness activity packs, which are translated into Welsh, Arabic, Farsi, Pashto, and Tigrinya.

Wellbeing guidance

These [six wellbeing tips for migrants, refugees and asylum seekers](#) have been translated into multiple languages by Doctors of the World. Although the introduction says it is aimed at people living in London, the advice is relevant to anyone living in the UK.

Doctors of the World also have an [infographic guide to the NHS](#), which has also been translated into many different languages.

Wellness flashcards

These [flashcards](#) can help learners practice vocabulary around wellbeing as well as prompt discussion about some of the activities they do to improve their mental health.

Widget refugee support pack

This [support pack](#) contains a range of symbol-supported communication charts and useful resources that can be used by anyone to help refugees convey health information, urgent needs and requirements. It includes tools for refugees to talk about immediate and long-term health needs, and to talk about their experiences of trauma.