

Course 1

# Understanding Refugee and Asylum Seeker Mental Health and Wellbeing - eLearning

NEW

**Would you like to be able to better support the emotional wellbeing of people seeking asylum in the UK, and influence others in your organisation to do the same?**

**Our new online course is aimed at people in any role who may find themselves coming into contact with asylum seekers and would like to develop their understanding of the issues impacting their wellbeing so they can provide effective help.**

By completing the modules, you will build your awareness and understanding, to help you consider ways to support those who have fled to safety in the UK. With this shared learning it is our intention that together we can create a national network of informed individuals and services to offer the most compassionate and impactful wellbeing support for those who are seeking asylum in the UK.

The course is presented by Solace's clinical director, Anne Burghgraef, and fellow therapist Fiona Lothian. Through their work in this area Anne, Fiona and colleagues have seen people seeking asylum in the UK learn to cope, and progress following trauma and displacement.

As a guide we suggest completing one module per week over a 6 week period.

A follow up course, should you choose to continue your learning, contains in-depth modules on specific topics to help you to strengthen a therapeutic practice.

Head to our website - <https://www.solace-uk.org.uk/new-free-e-learning>

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