



NEW ONLINE TRAINING AVAILABLE

Understanding Refugee and Asylum Seeker Mental Health and Wellbeing

And

Providing Effective Therapeutic Support for Asylum Seekers

Solace is delighted to launch two new free e-learning courses aimed at those who want to improve their support for the emotional wellbeing of Asylum Seekers and refugees.

The first course will provide you with an understanding of the issues affecting the mental health and wellbeing of asylum seekers and we would encourage anyone who may come into contact with people seeking sanctuary to undertake this training so you can provide effective help. This course is designed to be worked on at your own pace, and we recommend committing one hour per week for 6 weeks to be able to complete it fully.

The second course is aimed at mental health practitioners and will give you knowledge of the therapeutic issues refugees may bring, and how your practice can be adapted to make it appropriate for the very particular needs of this community. This course is also designed to be worked on in small sections to allow time for personal reflection and learning. Modules can be chosen according to your particular interest and expertise, and we recommend allowing a minimum of 8 hours in order to engage with the videos and resources.

These courses have been developed with the intention of increasing access for refugees and asylum seekers to compassionate and impactful wellbeing support across the UK. Our aim is to support a network of informed individuals and services and support learners to be a refugee mental health champion in their organisation. We will encourage learners to continue their learning through community of practice meetings and consultancy support.

You can enrol on the courses by visiting our website <https://www.solace-uk.org.uk/new-free-e-learning>

Everyone is welcome and we would value your feedback so we can continue to develop and improve.

Enrolling on a course will provide free access for 6 months. (If you have not completed the modules within this time you can contact us to extend your access to the materials.)

Thank you, I hope you enjoy your learning.