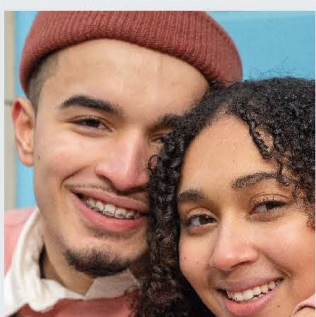




BOLOH HELPLINE



We work with adult Asylum Seekers UK-wide by supporting their emotional health and wellbeing



HOW CAN WE HELP YOU?

- ◆ Helpline advisors are here to listen to you and provide emotional support
- ◆ Helpline advisors can provide specialist advice on a range of issues you might be experiencing
- ◆ We can provide free counselling to adult asylum seekers
- ◆ Helpline advisors can support you to access help from other organisations



Call us for free
0800 151 2605

Staff speak different languages or can provide an interpreter who speaks your language



Talk to us on web-chat
helpline.barnardos.org.uk

Click on the icon on the bottom right
Our helpline is open:

- Monday to Friday 10am – 8pm
- Saturday 10am – 3pm

**Believe in
children**
Barnardo's

For more information about how we can help you, please visit: helpline.barnardos.org.uk