

Boloh Helpline

We are here to support Hong Kong BN(O) status holders and their families. We offer advice in Cantonese and English.

You can call us for free on: **0800 151 2605**

Talk to us on webchat by visiting:

helpline.barnardos.org.uk

Opening hours: Monday to Friday 10am-8pm
and Saturday 10am-3pm



**Believe in
children**
 **Barnardo's**



How can we help?

- We can provide free therapy with a qualified Barnardo's psychotherapist
- Helpline Advisors are here to listen and provide emotional and practical support
- We can provide Specialist advice on a range of issues you may be experiencing e.g. health, housing, education, employment and mental health
- Help you to find the right support from other organisations

Barnardo's Registered Charity Nos. 216250 and SC037605