

BOLOH HELPLINE

Supporting the emotional health and wellbeing of adults seeking Asylum across the UK



You can contact us by:



Call us on
0800 151 2605



Email the team at
Boloh.helpline@barnardos.org.uk



Talk to us on webchat
helpline.barnardos.org.uk

How can we help?

You will be allocated a dedicated Advisor who will work with you over a series of calls to ensure that you have someone to talk to, and access to all the support that you need. Some ways we can help are:

- To listen to you and provide emotional support.
- Provide specialist advice on a range of issues you might be experiencing.
- Offer free counselling to adult asylum seekers.
- Support you to access help from other organisations.
- Provide practical support such as food vouchers and access to digital devices

BARNARDOS

