

# THERAPEUTIC SUPPORT

Funded by Department for Levelling Up, Housing and Communities we can offer free therapeutic support to children and young people aged 21 and under on the Ukraine and Afghanistan pathways who are living in England.



**For more information contact our Refugee Family Helpline**



**0808 156 9877**

Our lines are open  
Monday - Friday (10am-8pm)  
and Saturday (10am-3pm)

*Scan me*



[RefugeeFamilyHelpline@barnardos.org.uk](mailto:RefugeeFamilyHelpline@barnardos.org.uk)

Professionals can make a referral via our website  
[helpline.barnardos.org.uk](https://helpline.barnardos.org.uk)



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# What is therapy?

## What can our therapy service support you with?

Our therapist will listen to you and explore your feelings and experiences in a safe space, without fear of judgement. It is a chance to discuss any difficulty or distress you may be experiencing or have experienced in the past.

They can help you to accept the things that you cannot change and help you to bring about the changes that are possible.

We offer you 8 sessions with the therapist. Each session will last 45 minutes. This will take place virtually (via phone call or video call). We have over 90 therapists who speak over 40 languages.

## How can I access this therapy support?

If you would like therapeutic support, you can contact our Helpline service by telephone on our freephone number **0808 156 9877** or you can email **RefugeeFamilyHelpline@barnardos.org.uk**

When you contact our Helpline our friendly Advisors will listen to you to learn and understand more about your situation.

With your agreement our Advisor will refer you to our therapeutic support service.

The therapist will then make contact with you in within approximately 2-4 weeks at a date and time that is convenient for you to begin sessions.

Whilst you are being supported by our therapy team, you can continue to contact our Helpline Advisors who will be happy to offer you any additional support that you may require.

## How do I know if I could benefit from support?

If you are feeling low, lonely, stuck, hopeless, feel like you need someone to talk to or listen to you, then therapy may be for you.

We can support children and young people aged 21 and under who have settled in England on one of the following schemes;

The Homes for Ukraine scheme

Ukraine Family scheme

Ukraine Extension Scheme

Afghan Citizens Resettlement Scheme (Pathways 1, 2 and 3)

Afghan Relocations and Assistance Policy



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