

What to do if you're experiencing mental health problems

- Try talking to someone who you trust, it may be a friend, family member or colleague. Many people experience mental health problems and they may have experienced it themselves already or know someone who has. Taking this first step can be terrifying but you will be glad you did it.
- Inform yourself about your mental health problem, this will help you understand it and deal with it. Information in various languages is available at www.rcpsych.ac.uk/mental-health/translations
- Talk to your GP. They can diagnose your mental health problems and explain which wellbeing and counselling services are available in your area.
If you have limited English you may be able to have access to an interpreter to be present for counselling.
- If you have limited English you may wish to book an appointment with the ACAA to book a doctors appointment or apply for counselling services
- If you are unsuccessful in accessing counselling services or it is a slow process, you may wish to access self-help resources. The ACAA has self-help resources translated into Farsi.
- If you are feeling suicidal or at risk of serious harm to yourself always call 999.

Remember:

- Don't be too hard on yourself, for example if you are unable to carry out your daily tasks. Mental illness can be like any physical illness and you may have to be kind to yourself about what you're capable of doing at the moment.
- No matter how overwhelming your problems may seem, you won't feel like this forever.
- Refugees and migrants experience mental health problems at five times the amount of the rest of the population. This is due to the problems they may have faced in their home country and the unique challenges of living in a new country. Therefore, you are not alone.