

## **How to get mental health support**

If English isn't your first language, we understand that it can be difficult to get the mental health support you or your family needs.

Here are some suggestions to help.

### **Use Google Translate to help with your conversation**

You can download free apps such as Google Translate to help you speak to someone. You can show them what you are trying to say on your phone.

At Shout, we offer a text message service, which means you don't need to speak to someone on the phone. If you text the word SHOUT to 85258 you can start a text conversation. If you tell the volunteer that you don't speak English and are using Google Translate, they will work with you and help support you to feel calmer.

You can also take your text conversation to your local healthcare professional and show them the messages to help explain how you are feeling, so that you don't have to try and say it out loud to them.

### **Get help finding an interpreter**

Some charities offer the support of an interpreter who can help you with appointments, explaining how you feel or helping you get practical advice.

Organisations such as Migrant Help can help put you in touch with an interpreter who might be able to help you with speaking to a doctor or health professional.

### **Try some breathing exercises to help you when you feel stressed**

You can follow along with this short video to breathe in and out and help calm you down.

<https://www.youtube.com/watch?v=eZBa63NZbbE>

### **Use art, film or music to describe how you feel**

It can be difficult to find the words to say how you are feeling.

Sometimes using a film, art or music to express yourself can help you explain how you feel to someone else.

### **Other places to get support**

You can find a list of support organisations and translators in a number of different languages here:

[Translated Mental Health Resources | University of East London](#) - Provides direct links to translated mental health resources and information in different languages.

[Arch Healthcare](#) - Provides information about the National Health Service and how to access the emergency services to newly arrived individuals seeking asylum.

[Charity Translators](#) - Offers advice and guidance to anyone reaching out for help with languages, translation, and interpreting.

[Absolute Interpreting](#) - Provides high-quality and reliable charity translation and interpreting services in order to provide you with support.

<https://www.baatn.org.uk/> - You can access mental health counsellors and psychotherapists of Black, African, Asian and Caribbean Heritage in the UK.

<https://www.movertongue.org.uk/> - A culturally sensitive, professional counselling and listening service where you are listened to with respect in your chosen language.