

Cantonese (Chinese Traditional) - 廣東話

關於我們

目標和方向

難民及尋求庇護者精神健康和福利平台是一個一站式資源網站，成立目的是為精神健康和社會關懷專業人員、社區組織、法定、國際和國內第三者組織，以及難民和尋求庇護者本身提供豐富的信息、資源和實用工具。這些資源由醫療專業人員、國際組織、國內組織，以及在英國和國際上具相關經驗及專家知識的學術及研究機構製作和研發。

這個網上平台體現了東倫敦大學的公民參與精神，創建了一個跨學科的方法，匯集來自多個東倫敦大學學院的職員和學生，並促進專業團體、非政府組織、慈善組織和社區組織在東倫敦、國家及國際層面的互動。

About Us

Aims & Objectives

The Mental Health and Wellbeing Portal for Refugees & Asylum Seekers has been created to be utilised as a first stop resource to enable mental health and social care professionals, community organisations, statutory, international and national third sector organisations and refugees and asylum seekers themselves, to easily access the wealth of information and resources, and practical tools many of which are not accessible in one place. These resources have been produced and developed by health care practitioners, international and national organisations and academic and research bodies with experience and expert knowledge of working with refugees and asylum seekers, both in the UK and internationally.

The online portal embodies the ethos of civic engagement at university of East London through the creation of an interdisciplinary approach aimed at bringing together staff and students from a number of UEL schools and services as well as facilitating interaction with professional bodies, NGO's, charities and community organisations in East London and at national and international levels.

聯繫我們

我們歡迎服務使用者提供意見，以便改善網站的服務。如果您有任何關於改進本網上平台的建議，我們歡迎您發表意見。此外，新資源和信息將定期上傳到網站；例如：定期發布的新指引，新研發或經改進的心理健康干預措施，新成立的組織或新增服務，現有的組織或服務不時改動等。

請使用以下的電子郵件向我們發送您的建議或更新資源和信息，一起協助這個網站平台保持最新和對難民及尋求庇護者相關的資源。

farahfarsimadan@yahoo.co.uk

p.v.dudman@uel.ac.uk

r.tribe@uel.ac.uk

Contact Us

We welcome feedback from our service users and use them to improve our Portal. If you have any suggestions about how we can improve our online Portal, we would like to hear from you. In addition, there would always be new resources and information to be included e.g. new guidelines are published regularly; new or improved psychosocial interventions are researched and developed; new organisations or services may set up or existing ones may alter services they provide.

Please email us your suggestions and/or updated resources and information using emails below and help this online Portal remain current and relevant in assisting refugees and asylum seeking population.

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資源中心

難民及尋求庇護者精神健康和福利平台網站可以作為難民和尋求庇護者尋找資源的第一站，同時亦為在英國的精神健康和社會關懷專業人員及組織，以及在其他地方難民營內的難民、心理上流離失所者、與他們合作的專業人員等各界人士提供信息和資源。

資源包括：

- 英文精神健康資源
- 翻譯精神健康資源
- 難民和尋求庇護者精神健康和社會關懷的指南和下載
- 音頻和視頻資源
- 放鬆技巧和練習音頻
- 難民和尋求庇護者的心理干預參考文獻和連結
- 從事難民和移民工作的介紹與教學
- 年輕難民和尋求庇護者的個人經歷與故事
- 難民、尋求庇護者和移民服務和組織目錄
- 難民、尋求庇護者和移民的精神健康和福利參考資料

資源中心及其各種資源由 Farkhondeh Farsimadan 博士創建，他是一名特許輔導心理學家、英國心理學會副研究員、HCPC 註冊心理學家。

資源可以通過以下連結搜索：

Resource Centre

Resources on the Mental Health and Wellbeing Portal can be utilised as a first stop Resource Centre for refugees and asylum seekers as well as mental health and social care professionals, organisations and agencies working with them in the UK and internationally by refugees in camps, internally displaced people and professionals working with them.

The resources include:

- Mental Health Resources in English
- Translated Mental Health Resources
- Guides & Downloads on Mental Health and Social Care of Refugees & Asylum Seekers
- Audio and Video Resources
- Relaxation Techniques and Exercise Audios
- Psychosocial Interventions References & links on Refugees & Asylum Seekers
- Presentations & Teachings on Working with Refugees & Migrants
- Personal Experiences & Stories of Young Refugees & Asylum Seekers
- Directory of Services & Organisations for Refugees, Asylum Seekers & Migrants
- References on Mental Health & Wellbeing of Refugees, Asylum Seekers & Migrants

The Resource Centre and its various resources have been researched and developed by Dr Farkhondeh Farsimadan, a chartered counselling psychologist, who is an Associate Fellow of the British Psychological Society and an HCPC registered Psychologist.

The resources can be accessed via the links below:

翻譯精神健康資源

本頁提供可靠國內和國際網站及數據庫的連結，使難民和尋求庇護者、及在英國和國際上的精神健康和社會關懷專業人員及組織能夠輕易地取得大量已翻譯成各種語言的精神健康資源和信息。

請使用以下連結到訪網站。

Translated Mental Health Resources

This page provides direct links to reliable national and international websites and databases enabling refugees and asylum seekers, social and mental health care professionals, organisations and agencies working with them in the UK and internationally to easily access an abundance of translated health resources and information in a variety of languages.

Please use the links below to access the websites.

放鬆技巧和練習音樂

這個頁面為您提供一些放鬆技巧和練習的音頻連結；資源以五種語言（包括英語、法語、阿拉伯語、烏爾都語、波斯語）提供，並有男聲和女聲選擇，以輔助精神健康專業人員支援難民和尋求庇護者難民的壓力管理工作。

對於健康人士而言，放鬆技巧一般被認為是安全的；但有身體或精神健康問題人士在使用之前，應先諮詢精神健康專業人員。

請使用以下連結查看放鬆技巧和練習音樂。

Relaxation Techniques and Exercise Audios

On this page, you are provided with a number of relaxation techniques and exercise audio links in five languages including English, French, Arabic, Urdu, Farsi all in male and female voices that are intended to complement the work of the mental health practitioners with refugees and asylum seekers to aid stress management.

Although, relaxation techniques are generally considered safe for healthy people, individuals with some physical and mental health problems should consult their mental health professionals before applying them.

Please, use the links below to view the relaxation techniques and exercise audios.

難民、尋求庇護者和移民服務和組織目錄

本目錄旨在讓難民、尋求庇護者、移民、醫療和社會關懷專業人員及與他們合作的機構得知從事協助難民、尋求庇護者和移民的服務，幫助他們重建生活並在英國定居。

儘管我們竭盡全力確保本目錄中的信息是正確和最新的，但由於慈善組織和項目會定期改變；部分服務或組織亦可能可能結束或減少特定的服務。在傳遞本目錄資訊給他人之前，請先與慈善組織瞭解服務細節。本目錄提供其他服務和組織的資料，並不代表我們對這些服務和組織的認可。

如有任何其他可添加的組織和服務，或更新資源和信息的建議，請通過電子郵件通知我們。farahfarsimadan@yahoo.co.uk

組織分為全國、地區、國際和倫敦地域的，按字母順序排列，並提供網站鏈接。本目錄最後部分提供了精神健康慈善組織和服務的網站鏈接，為難民、尋求庇護者、醫療和社會關懷專業人員及與他們合作的機構提供支持、意見和信息。

本目錄由 Farkhondeh Farsimadan 博士創建，他是一名特許輔導心理學家、英國心理學會副研究員、HCPC 註冊心理學家。

將目錄下載為 PDF：難民服務和組織目錄

Directory of Services & Organisations for Refugees, Asylum Seekers & Migrants

This directory is intended for refugees, asylum seekers, migrant communities, health and social care practitioners and agencies working with them to identify services that offer advice and support to assist refugees and asylum seekers and migrants rebuild their lives and settle in the UK.

Charity organisations and projects change regularly; some services/organisations may close down or reduce the services they offer. Although, every effort has been made to ensure that the information on this Directory is correct and up-to-date, please check this information with service providers before passing onto others. The inclusion of services and organisations in this Directory is not indicative of our endorsement of such services.

If you are aware of any organisations and services that should be added and/or details corrected, please let us know by emailing farahfarsimadan@yahoo.co.uk.

Organisations are divided into nationwide, regional, international and London-based, are in alphabetical order and a website link is also provided. The Directory concludes with useful mental health charity organisations and services website links that provide support, advice and information which may be beneficial to refugees, asylum seekers and health and social care professionals and services working with them.

This Directory has been produced by Dr Farkhondeh Farsimadan, a chartered counselling psychologist, who is an Associate Fellow of the British Psychological Society and an HCPC registered Psychologist.

Download the directory as a PDF: **Directory of Refugee Services & Organisations**