



# BEYOND CONFLICT

The mental health charity for victims of war

## MENTAL HEALTH CONTACTS

Beyond Conflict provides mental health support to civilians and frontline workers living in overseas regions impacted by war, terrorism or displacement.

The Charity is often contacted by people in the UK who are also in need of mental health support. Beyond Conflict does not offer Mental Health and Psychological Support ("MHPSS") in the UK but if you have been affected directly or indirectly by war and some of the issues discussed on this website, please look at the following links for mental health support available in this country. There are also links to international organisations that may be useful.

Hopefully, these contacts can provide a starting point for people seeking professional support or more information.

(Please note, these links and organisations are not endorsed, approved or verified by Beyond Conflict or its personnel.)

Thank you.

**The Beyond Conflict Team**

# TRAUMA SUPPORT IN THE UK

## Refugee Council

Mental health support for all refugees:

[https://www.refugeecouncil.org.uk/service-category/mental-health/?gad=1&gclid=EAlaQobChMI7uno0KmnggMVlvtCh0FQgBjEAAYASAAEgJ5dPD\\_BwE](https://www.refugeecouncil.org.uk/service-category/mental-health/?gad=1&gclid=EAlaQobChMI7uno0KmnggMVlvtCh0FQgBjEAAYASAAEgJ5dPD_BwE)

## Royal Society of Psychiatrists

Mental health support for all refugees:

<https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2022/04/12/royal-college-of-psychiatrists-launches-new-resource-to-support-the-mental-health-of-asylum-seekers-and-refugees>

## ASSIST Trauma Care

Information and specialist help for people who've experienced trauma or are supporting someone who has,

[assisttraumacare.org.uk](http://assisttraumacare.org.uk)

## Trauma Response Network

Supporting mass trauma recovery in the UK.

<https://traumaresponsenetwork.org/what-we-do/>

## Mind (England and Wales)

Advice, support and information around mental health issues including self-harm. Mind also has a mental health legal advice line in England and Wales. Both helplines are open Mon-Fri 9am-6pm.

Infoline: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Website: [www.mind.org.uk](http://www.mind.org.uk)

## Hub of Hope

Hub of Hope is UK mental health support database. Provided by national mental health charity Chasing the Stigma. People can find support within their local area by entering their address or postcode into the search bar on the website. National charities/services are also listed:

[www.hubofhope.co.uk](http://www.hubofhope.co.uk)

## Samaritans

Samaritans website is a valuable resource for those who are suicidal and for their family members or carers [www.samaritans.org](http://www.samaritans.org)

[www.samaritans.org](http://www.samaritans.org)

## Aware (Northern Ireland)

Confidential service for people who are experiencing depression

Email: [info@aware-ni.org](mailto:info@aware-ni.org)

Online support groups/email services via website

[www.aware-ni.org](http://www.aware-ni.org)

## NHS Talking Therapies

For anxiety and depression. Available in England, need to be registered with a GP. Can apply online:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies>

## British Association for Counselling and Psychotherapy ("BACP")

Membership organisation that sets standards for therapeutic practice. Their online directory can be used to locate a professional counsellor, who will usually charge for their services.

Telephone: 01455 883300 option 2

Email: [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

Website: [www.bacp.co.uk](http://www.bacp.co.uk)

# TRAUMA SUPPORT IN THE UK

## Scottish Association for Mental Health (“SAMH”)

Mental health information and signposting to local services.

Telephone: 0344 800 0550 (general enquiries)

Email: [info@samh.org.uk](mailto:info@samh.org.uk) or webform

Website: [www.samh.org.uk](http://www.samh.org.uk)

## Combat Stress

Provides specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues related to their military service.

Telephone: 0800 1380 1619

[www.combatstress.org.uk](http://www.combatstress.org.uk)

## DisasterAction

Information and support for people affected by major disasters in the UK and overseas.

[disasteraction.org.uk](http://disasteraction.org.uk)

## Eye movement desensitisation and reprocessing (“EMDR”) Association UK

EMDR is a powerful scientifically proven psychotherapy to help people recover from traumatic events in their lives which have led to poor mental health.

The association of EMDR clinicians and researchers in the UK and Ireland provides lots of information about EMDR. Includes a search tool to find EMDR-accredited therapists.

[emdrassociation.org.uk](http://emdrassociation.org.uk)

## Websites for people needing support with self-harm

[www.giveusashout.org](http://www.giveusashout.org)

[www.mind.org.uk](http://www.mind.org.uk)

[www.nhs.uk/conditions/self-harm](http://www.nhs.uk/conditions/self-harm)

[www.selfharm.co.uk](http://www.selfharm.co.uk) (10-17 years)

[www.themix.org.uk](http://www.themix.org.uk) (under 25)

[www.aware-ni.org](http://www.aware-ni.org) (Northern Ireland only)

[www.samh.org.uk](http://www.samh.org.uk) (Scotland only)

# CONFLICT SUPPORT

## Ukraine

### Ukrainian Institute

Mental health support for Ukrainian refugees.

<https://www.refugeecouncil.org.uk/get-support/services/ukrainian-therapeutic-service-london/>

### Refugee Council

Mental health support for Ukrainian refugees.

[https://www.refugeecouncil.org.uk/service-category/mental-health/?gad=1&gclid=EAlalQobChMI7uno0KmnggMVluytCh0FQgBjEAAYASAAEgJ5dPD\\_BwE](https://www.refugeecouncil.org.uk/service-category/mental-health/?gad=1&gclid=EAlalQobChMI7uno0KmnggMVluytCh0FQgBjEAAYASAAEgJ5dPD_BwE)

## Middle East

### Mind's Muslim mental health support:

<https://www.mind.org.uk/about-us/our-policy-work/equality-and-human-rights/our-work-with-muslim-communities/>

### Friends for Mental Health, Gaza

Mental Health and Psychosocial Support for Palestinians

<https://www.map.org.uk/what-we-do/mental-health-and-psychosocial-support>

### The Palestinian Counselling Centre

Psychosocial support for Palestinians

<https://www.pcc-jer.org/en/about/about-us>

### Jami, the Jewish mental health charity:

<https://jamiuk.org/>

### Enosh

Enosh - General mental health care, including social integration and rehabilitation efforts.

<https://www.enosh.org.il/english/>

### Natal

Natal - Multidisciplinary treatment and support to direct and indirect victims of trauma due to terror and war in Israel.

[https://il.natal.org.il/?lang=en&gad\\_source=1&gclid=Cj0KCQjwgrO4BhC2ARIsAKQ7zUkmZne9uiYRjH9pMNtmAJPdXYaBziO2edl6yHdDtZ-q8Sc2JEJEqugaAnppEALw\\_wcB](https://il.natal.org.il/?lang=en&gad_source=1&gclid=Cj0KCQjwgrO4BhC2ARIsAKQ7zUkmZne9uiYRjH9pMNtmAJPdXYaBziO2edl6yHdDtZ-q8Sc2JEJEqugaAnppEALw_wcB)

# TORTURE SURVIVORS

## **Freedom from Torture**

Supports survivors of torture providing help for adults and children.

[freedomfromtorture.org](https://freedomfromtorture.org)

# INTERNATIONAL SUPPORT NETWORKS

## **British Red Cross**

Offers psychosocial and mental health support

<https://www.redcross.org.uk/about-us/what-we-do/psychosocial-support>

## **The European Society of Traumatic Stress Studies ("ESTSS")**

Promotes the sharing of knowledge and experience about all aspects of psychotraumatology by fostering research and best practice, building networks, and by contributing to public policy at a European level."

<https://estss.org/about/>

## **Global Collaboration on Traumatic Stress**

The Global Collaboration on Traumatic Stress brings together researchers and clinicians from around the world who collaborate on topics of global importance. We serve all involved in traumatic stress research, practice or policy. We share the products we create for free and make data we collect available; we enhance dissemination of evidence based interventions.

<https://www.global-psychotrauma.net/>  
<https://www.global-psychotrauma.net/resources>