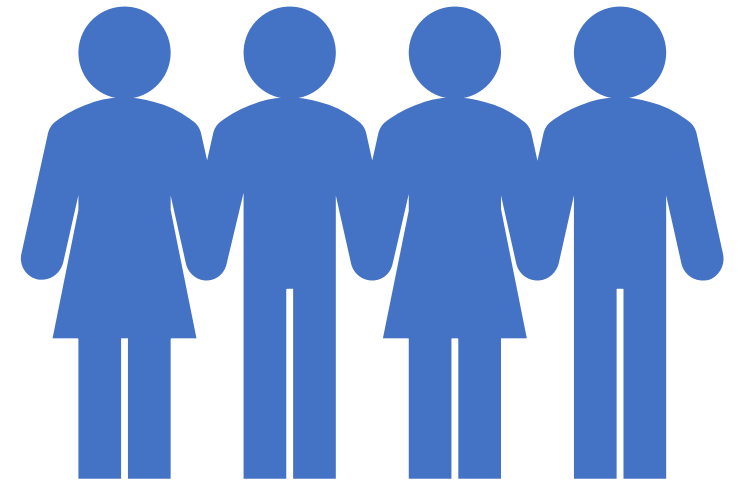


Mental Health Support for Refugees and Asylum Seekers in Sheffield

Guide for professionals in navigating
services and pathways

Updated September 2025



What and who is this slide pack for?

- The aim of this slide pack is to guide **professionals** to help **refugees and asylum seekers** – children, young people and adults – access the right kinds of **mental health support** in **Sheffield**
- It aims to set out the different types of support available, depending on the person's need and severity of symptoms
- It's not an exhaustive guide and cannot guarantee that services will have continued funding or capacity to immediately support people or be well adapted to do so. There will be gaps in provision, and some services will only be available for refugees, or asylum seekers, not both
- This guide has been pulled together by NHS South Yorkshire ICB Sheffield Place, on behalf of city partners. Please send any feedback, corrections or additions to syicb-sheffield.mhldportfolio@nhs.net
- A general guide, that explains mental health support for all users of services, is available in English and some other languages, at: [Sheffield Mental Health Services: Explained](#)

Levels of support





Emergency and crisis support: *when a person could be at risk of immediate serious harm to themselves or others*

- Accident and Emergency: [link](#) for adults and [link](#) for children
- Mental Health Urgent and Crisis Services (all age): accessed via 111 phonenumber/online form for advice (all age options available): [link](#)
- Sheffield Support Hub ‘crisis café’: [link](#)
- Walk-in Centre Wellbeing Service: [link](#)
- Samaritans: call 116 123 or email jo@samaritans.org
- Text ‘EYUP’ to 85258
- Other forms of support available on the Sheffield Mental Health Guide: [link](#)

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More intensive care support: *when a person needs support for more complex, severe or specific mental health needs*

- GP support at the Mulberry Practice (or other practices depending on where the person is registered) and a way in to further mental health support (e.g. inpatient, home treatment and specialist psychotherapy): [link](#)
- Therapeutic services for resettled refugees (often referral by professionals only, not self-referral):
 - Refugee Council: [link](#) for adults and [link](#) for children
 - Solace: [link](#) via referral to the [SPRING project](#)
- Drug and alcohol support (Likewise): [link](#)
- Help with domestic abuse: [link](#)
- Health visiting team and family support for this population: [link](#)
- Adult social care: [link](#)
- Children's social care: [link](#)
- Other forms of support available on the Sheffield Mental Health Guide: [link](#)

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Initial care support: *when a person has a common mental illness or hasn't had support before for their mental health*

- Talking Therapies (CBT, counselling, online groups) for adults experiencing mild/moderate anxiety and depression: [link](#)
- General counselling and wellbeing groups for young people (not just refugees and asylum seekers): [link](#)
- Stress management support group specifically for asylum seekers, run by Solace (referral only): [link](#) via referral to the [SPRING project](#)
- GP support at the Mulberry Practice (or other practices depending on where the person is registered) and a way in to further mental health support (counselling, PTSD support, CAMHS, psychosis services etc.): [link](#)
- Walk-in Centre Wellbeing Service: [link](#)
- Other forms of support available on the Sheffield Mental Health Guide: [link](#)

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Voluntary sector support in the community: *where the local community can offer support and advocacy to aid wellbeing*

- City of Sanctuary drop ins and support: [link](#)
- SPRING project support: [link](#)
- Help to access services through advocacy support: [link](#)
- Refugee Council infoline (signposting service for adults): [link](#)
- Refugee Council helpline for unaccompanied asylum-seeking children: [link](#)
- There are lots of other services out there – see the Sheffield Mental Health Guide: [link](#)

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Proactive and independent care: *where a person takes action to proactively care for their wellbeing*

- Community around you, such as religious community, friends, family and neighbours
- Ways to help yourself: [link](#)
- Five Ways to Wellbeing: [link](#)
- Voluntary Action Sheffield: [link](#)
- Lots of support and groups available on the Sheffield Mental Health Guide: [link](#)