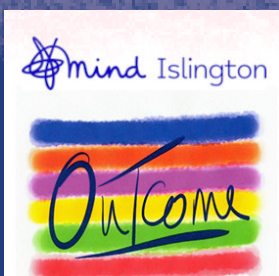


Freedom From Fear to Love

Open to LGBTQ+ Asylum Seekers and Refugees in London who experience mental distress. Our program for LGBTQ+ Asylum Seekers and Refugees offers:

- an individual support package based on a personalised needs assessment, offering support with the challenges of settling in the UK, including:
- companion support to critical appointments (e.g. interviews, hearings, health related appointments)
- peer support groups (e.g. women-only space, Experts-by-Experience workshops)
- a programme of activities addressing clients' needs
- 1-to-1 and group therapy facilitated by an experienced psychotherapist, exploring issues relating to PTSD
- opportunities to socialise in a safe LGBTQ+ space



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email: lizzie.hughes@islingtonmind.org.uk

Open every Wednesday 11:00 – 15:00



1-to-1 appointments and some groups will run on other days in different locations in Islington. For a full timetable click [here](#).