

Refugee Programme

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Mental Health
Foundation
Scotland



Outline

- Brief overview of MHF
- UK / Scottish context
- Reflection on MHF Refugee Programme
 - Sawti
 - Musawa



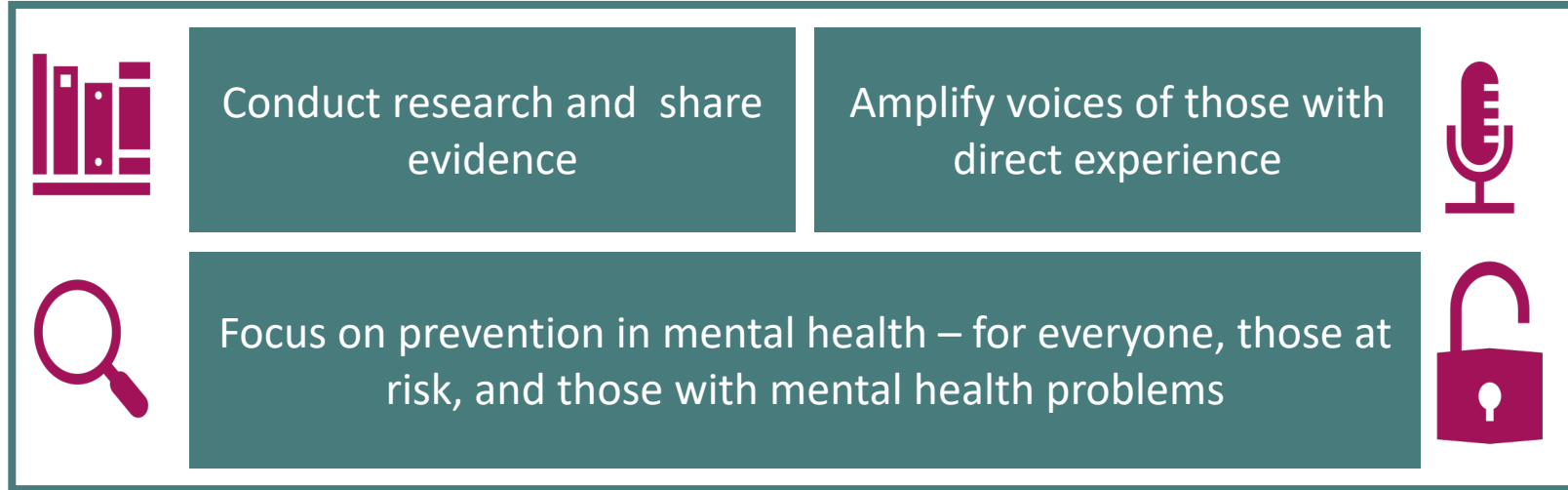


Our **vision** is for a world with good
mental health for all

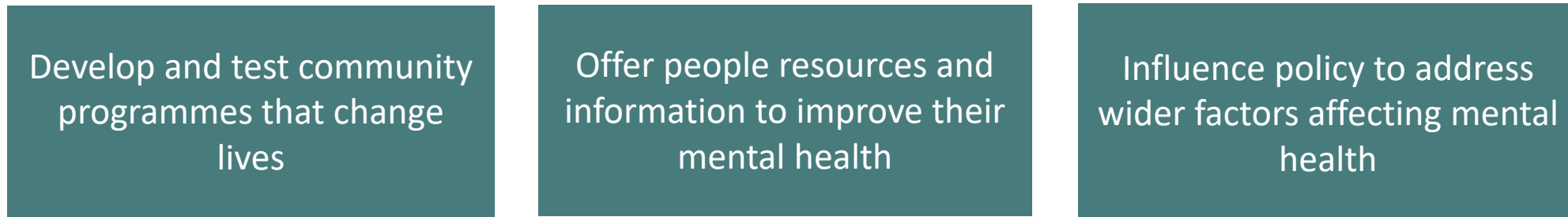
Our **mission** is to help people
understand, protect and sustain their
mental health



What do we do?



So that we can...



Refugees, mental health and stigma in Scotland



POLICY BRIEFING | JUNE 2016



FUTURE PATHWAYS

Scotland's In Care Survivor
Support Fund

We connect policy,
research and practice in
services, communities
and workplaces.

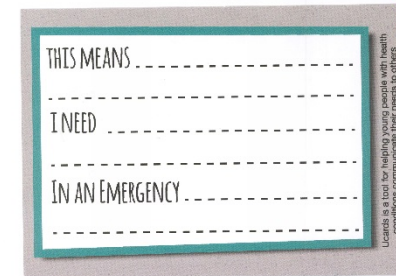
We develop and test
programmes of work
with partners across the
UK and beyond that
change lives.

We nurture and amplify
the voice of **experts by
experience**, especially
those most
marginalised.

We reach the public
with eye-catching and
evidence informed
campaigns and media
work.



Better Mental Health For All
A public health approach to mental health improvement





TERMINOLOGY (UK Context)

Asylum Seeker:

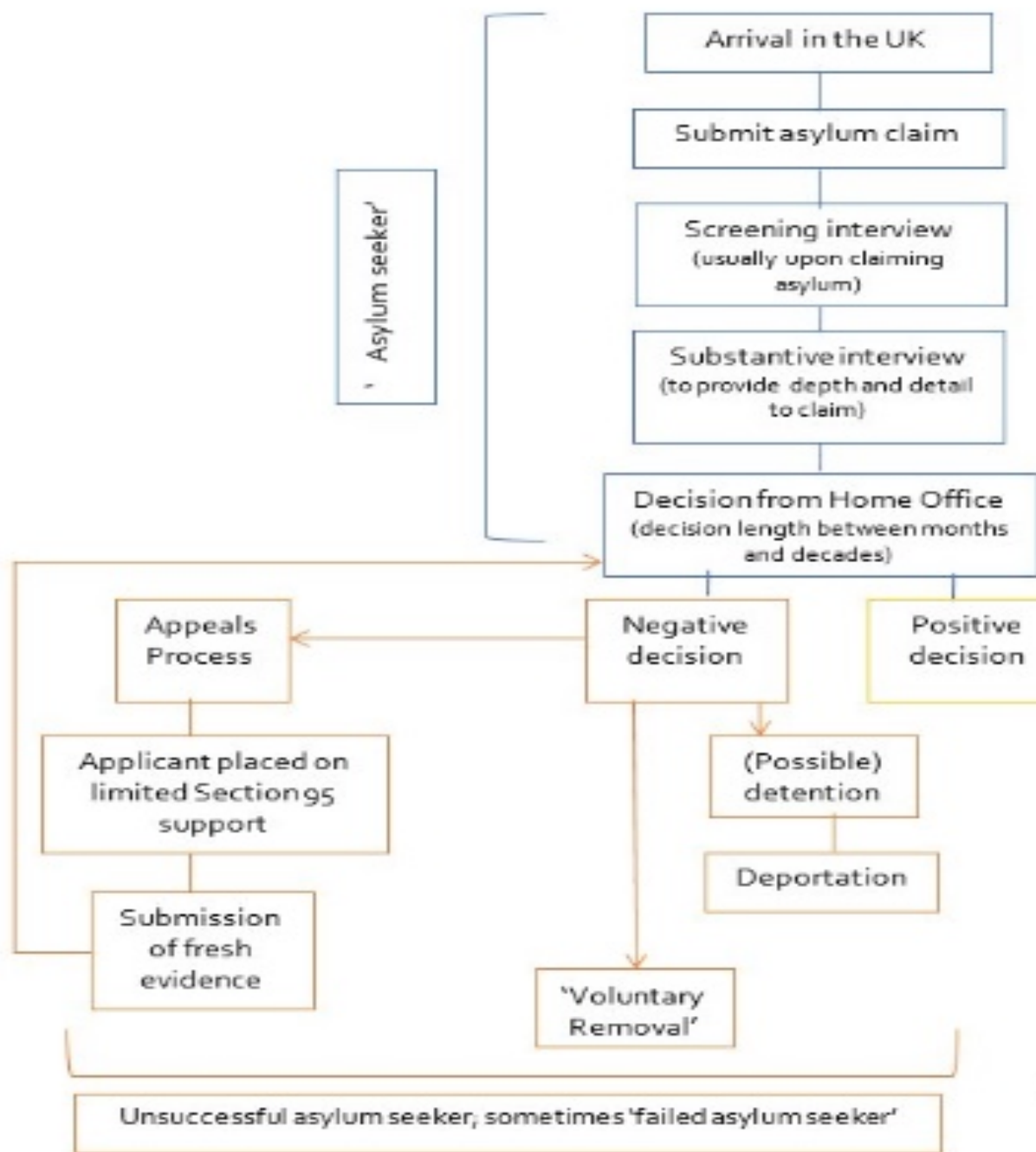
A person who has made a claim for asylum, but who is **NOT** yet recognised as a refugee under the 1951 Convention.

Refugee:

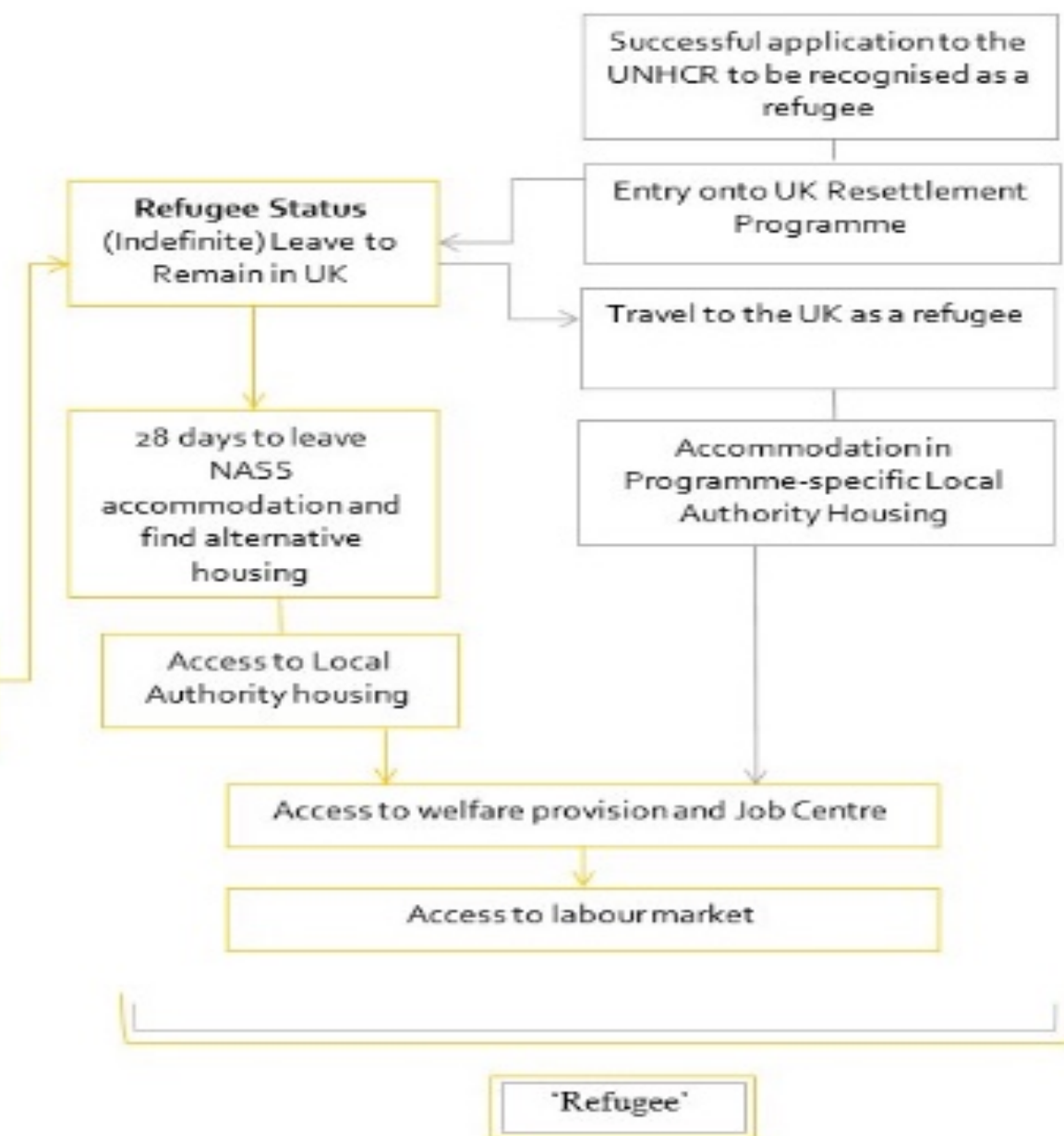
Successful asylum applicants will gain refugee status and be granted their Leave to Remain.



Asylum >> Refugee Status Pathway



Refugee Resettlement Pathway

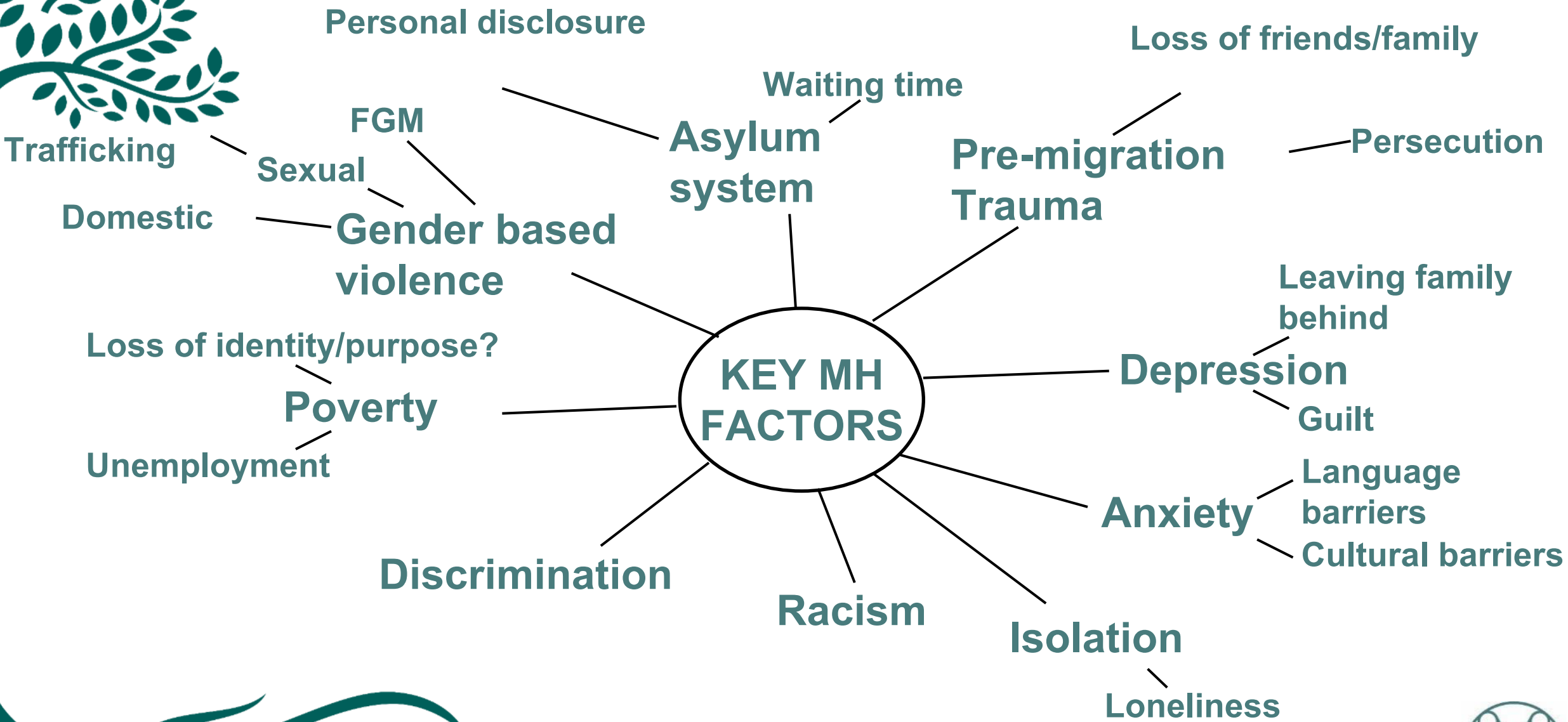




SCOTTISH CONTEXT

- Immigration reserved to UK Government
- Devolved matters (incl. Health and Wellbeing)
- New Scots Refugee Integration Strategy 2018 - 2022
- Historically Glasgow only dispersed area







SAWTI

3 stage project to engage refugees in wellbeing activities, develop their skills and raise public awareness of the importance of refugee mental health and wellbeing

- **Community Conversation**
- **Mentoring Scheme**
- **Art Exhibitions**





Musawa

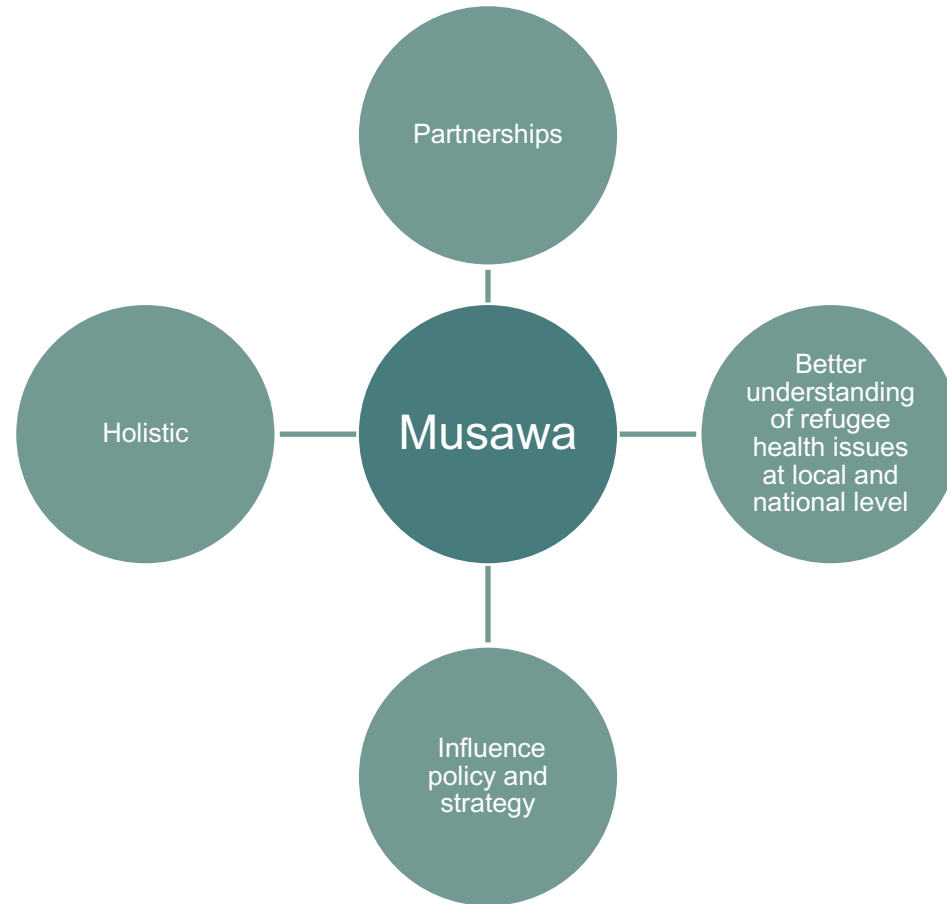
Address lack of voices and visibility of refugees across health services, policy and strategic forums in Scotland

- Scottish Government funded project (2017-2020)
- Initially focused exclusively on Syrian refugees
- Now asylum seekers included
- Training: Mental Health, Human Rights and Rights to Health, Health Policy and Advocacy and Communication Skills





Musawa cont.





WHAT DOES MENTAL HEALTH
MEAN TO YOU?

ماذا تعني الصحة النفسية
والعقلية بالنسبة لكم؟

- Handwritten notes on sticky papers, including definitions and personal experiences.

What has supported/
supports your mental
health and wellbeing??

ماهي الأشياء والعوامل التي
قدمت لك الدعم في مجال الصحة
النفسية والعقلية؟

- Handwritten notes on sticky papers, including factors like family, friends, and professional help.

What helped or would
help you to access these
supports?

ماهي الأمور التي ساعدتك
في الوصول
إلى الدعم الذي تحتاجه؟

- Handwritten notes on sticky papers, including barriers and facilitators to accessing support.

①
- WHAT ARE THE THINGS THAT
ARE AVAILABLE IN YOUR COMMUNITY
AND ARE IMPORTANT TO YOUR
HEALTH AND WELLBEING?

- EDUCATION -
ST ANDREW'S COMMUNITY CENTRE
AT HOME, CENTRE
ST ANDREW'S COMMUNITY CENTRE
IMPORTANT TOWARDS HWB BECAUSE EDUCATION
INDIVIDUAL.
-> ONCE YOU LEARN @ SCHOOL YOU LEARN
HOW TO ACCESS WHAT IS AVAILABLE
IN THE COMMUNITY
CATHOLIC
AUTISM ADULT (FROM THE CAPSULE) -> LEARN
ADULTS ORGANIZING
TRIAL CASES
- VOLUNTEERING ->
IMPORTANT TOWARDS HWB BECAUSE YOU
CAN BUILD A RELATIONSHIP



#NewScots



Scottish Government
Riaghaltas na h-Alba
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