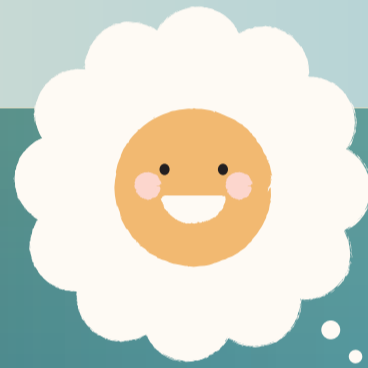


In my country it felt like chaos. I felt I had no control over anything in my life. People were dying – my family and friends. I was hurting so much.

What I love about Scotland is the calmness and peace. This gives me hope. There is a system of government because the whole system is built

on integrity and this goes a long way to moulding the people. For me, the environment I am now in promotes positive values. Each day brings me a renewed sense of hope because I am driven by what I love to see. I feel great being in a new environment where I can be a better me.

**“WHAT I LOVE ABOUT SCOTLAND IS THE CALMNESS AND PEACE.”**



## THIS IS WHAT HOPE LOOKS LIKE

When you are forced to leave everything and everyone you know behind, and all you can carry with you are memories often coated with trauma, you look for a glimmer of hope, something to lift you out of the darkness. These short stories shared by people in our refugee communities show what 'hope' looks like.

If you think your story as an asylum seeker or refugee will help to inspire hope in others, please contact us on: [msaki@mentalhealth.org.uk](mailto:msaki@mentalhealth.org.uk) | [mentalhealth.org.uk](http://mentalhealth.org.uk)

