

I came to the UK to seek political asylum. My involvement as a student activist meant I was being hunted by agents of the government in my country. I escaped through the border and fled to the UK. I became destitute and homeless and had to stay at the night shelter.

One of the volunteers there noticed how jovial I was despite my situation. Most of the time I would tell jokes and funny stories to my fellow residents. He asked me if I would consider stand-up comedy. I quickly learnt how to do this and I started writing comedy. I now have regular shows and a podcast. It gives me something to focus on. He connected me to his friend who was a standup comedian.

I am still waiting for a decision from the Home Office on my asylum case but I have something to keep me busy and I love it. This not only gives me hope, but

it helps me to spread hope to others too. Once I get my papers I might go full time into standup comedy.



**"I NOW HAVE
REGULAR SHOWS
AND A PODCAST."**

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 | mentalhealth.org.uk