

# "WHAT GAVE ME HOPE WAS HEARING STORIES..."

What gave me hope was hearing stories from individuals and families who came to Scotland ten years ago about their transition. Though these stories were not pleasant, they encouraged me to be resilient in order to overcome life challenges and realise my dreams.



## 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)

