

**“INFORMATION
ON RIGHTS,
ENTITLEMENTS,
EDUCATION,
HEALTH...
MADE ME FEEL
THAT I’M IN A
GOOD PLACE”**

The first thing that gave me hope when I came to Scotland was feeling safe. The second is information which I will say is power because it gave me hope that Scotland is a better place for me.

The ability to have reasonable access to information on rights, entitlements, education, health, etc. through friends, charity organisations and government agencies made me feel that I’m in a good place and, with time, living in Scotland will be the best thing that happened to me and my family.



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

