

**"WE TALKED ABOUT OUR EXPERIENCES, AND I REALISED THAT IT WAS IMPORTANT TO SPEAK OUT."**

I left my country to flee to the UK because my husband's family tortured me. They wanted to do some family rituals on my children.

I came to UK and it was very cold and I felt so cold as if I was freezing.

The asylum process is not easy, it's a very bad experience. After my first interview, I was refused. I felt like I should kill myself.

The second time I applied, the Home Office took me to court and they refused me again. The third time, I made a fresh claim which dragged on. I had a lot of things on my mind, I wanted to kill myself. Poor mental health is real.

My GP referred me to professionals to take care of me and introduced me to organisations to meet new people to talk to. We talked about our experiences, and I realised that it was important to speak out. I began to dream about a better future.

I learned to maintain my mental health by knowing that it is very important to say things out and not keep it to myself.

I also go out walking every day.



## **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)

