

**"THE WARM RECEPTION, ACCOMMODATION AND FOOD I RECEIVED GAVE ME GREAT RELIEF AND COMFORT."**



When I was leaving my home country, I was confused, perplexed and hopeless with no direction.

Upon my arrival in Scotland, tears rolled down my cheeks due to the scars of the persecution I faced in my country. I was homeless and was so scared about the future.

The warm reception, accommodation and food I received gave me great relief and comfort.

Having my basic human needs met in such an organised and co-ordinated way gave me a sense of hope. A hope that came from having trust and confidence in a government that wouldn't let me go to sleep hungry.



**SCOTLAND**  
welcomes you



## **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)

