

# TALK TO US

## OFF THE RECORD

# COUNSELLING FOR YOUNG PEOPLE IN CROYDON WHO ARE REFUGEES, ASYLUM SEEKERS OR FORCED MIGRANTS

### WHO ARE WE?

Off The Record provides mental health support to young people in Croydon who are refugees, asylum seekers or forced migrants. This service we offer was referred to by the name of 'Compass'.

*"Compass was very helpful. It changed my feelings when we talked about my problems."*

### WHAT DO WE DO?

Talking to a counsellor can help you to increase your understanding of feelings or problems, exploring past or present issues confidentially without feeling judged, told what to do or under pressure to talk about problems. We support a wide range of issues, including trauma, loss, self-harm, suicide, anxiety, isolation and sleep problems.

Our refugee service provides individual counselling to young people who are refugees, asylum seekers or forced migrants. We can offer counselling through an interpreter, if requested.

Visit our website [www.talkofftherecord.org](http://www.talkofftherecord.org) for multilingual leaflets about what we do and information sheets about trauma and sleep problems.

*"I sleep okay now. My head is not so bad."*

Past memories, experiences or trauma can be difficult to cope with and worries about the future or problems within the UK can be hard to manage alone. We aim to provide a service which respects your own culture, beliefs and experiences, whilst offering you a safe space to talk about things that are going on in your life.

*"It's helpful to understand that I panic because I think I'm back home, so I need to remind myself that I'm here now."*

*"Three times I had tried to kill myself. If Compass weren't here to talk to me, I would have done it."*

## GETTING SUPPORT

If you would like to find out more about support we offer you can call us directly and talk to one of our counsellors. Your social worker, key worker or family may be able to help you with this and make a referral to our service.

## CONTACT US



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[www.talkofftherecord.org](http://www.talkofftherecord.org)



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