

**Are you a refugee or an asylum seeker?**

**Are you in emotional crisis?**

**You have no one to turn to?**

**You are not alone ...**



**Come and see our Emotional Support Officer on:**

Monday, Tuesday and Thursday  
from 10:00 a.m. to 1:00 p.m.

- ◆ **To make an appointment please contact Farida Stanikzai on:**
- ◆ **Tel: 02089059002**
- ◆ **Email: [farida@b-r-s.org.uk](mailto:farida@b-r-s.org.uk)**