## **Counselling offers:**

- A safe, confidential service to talk about your worries
- An opportunity to develop new strategies to cope
- Speak to your GP or Case worker for a referral to St Bs
- We use professional Interpreters
- We are an independent charity



"At St Bs we work together with you."







St Barnabas Counselling Centre, Derby Street, Norwich, NR2 4PU

www.stbcc.org.uk (01603) 625 222 admin@stbcc.org.uk bacp Accredited Service

## St Barnabas Counselling Centre (St Bs)





Therapy for refugees, asylum seekers and migrants.





## Some people may find their life in the UK more difficult than expected...

- Are you worried about yourself and your family in the UK?
- Are you anxious about what is going on in your community or country left behind?
- Have you been through difficult experiences and have bad memories you can't forget?

Registered Charity No. 1000797 Company No. 2535600 A company limited by guarantee. St Barnabas Counselling Centre was founded in 1974 and is a registered charity. We are an open organisation with no religious affiliations.













Courtesy of Freedom from Torture/Alice Skinner

## People who leave their country to seek safety in the UK or start a new life can face many challenges:

- Learning a new language
- Adapting to a new culture
- Stress, anxiety, feeling sad or angry
- Nightmares or sleep problems
- Strange sensations or pain in your body
- Hard to concentrate
- Losing confidence
- Difficulty with relationships

