



# Information for Patients and Carers

## Support for asylum seeking families

### Starting in the UK

Moving to a new country can feel scary. Here is some help to make sure you and your family can get the support you need.



#### Sign up with a GP

It is very important to register with a doctor's office quickly. GPs (General Practitioners) are doctors who work in places called health centres or surgeries. A GP can give you free help, find out what is wrong and give you medicine. Everyone in the UK can see a GP for free. This includes people who have come from other countries to stay. You don't need to show where you live, your papers or identification to register.



Scan here



#### Sign up with a dentist

Taking care of your teeth is important for you and your child. Children can see a dentist for free. It is important for you and your child to be registered with a dentist to make sure their teeth are healthy. If your tooth is painful you should call 111 and ask for Urgent Dental Care Services.



Scan here



#### Visit your pharmacist

Pharmacists can help you with minor illnesses like coughs, colds, sore throats, rashes, tummy aches and pains. They can give advice and medicine. If you need to see a doctor, the pharmacist will tell you where to go to get the right care.



Scan here



If you are worried about you or your child's health and it is not an emergency, you can also call **111** on the phone. If you don't speak English well, you can ask for an interpreter when you call.

You can also go to their website **111.nhs.uk**

**If it is an emergency, please call 999 or go to the nearest Emergency Department**

# Help in Greater Manchester

There are lots of places to help you and your family:



## Migrant Help

Free help with housing, legal advice, and asylum.

Phone: **0808 8010 503**

Website: [www.migranthelpuk.org](http://www.migranthelpuk.org)



## Citizens Advice

Free advice about your rights, home, money, and more.

Phone: **0808 278 7800**

Website: [www.citizenadvicemanchester.org.uk](http://www.citizenadvicemanchester.org.uk)



## Food and Community Help

If you need food, you can find food banks here:

[www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank)

There are also groups like Boaz Trust and Revive that help refugees and migrants with homes and community support.



## Mental Health and wellbeing support

If you feel very upset or worried, you can call **NHS 111** anytime and select option 2.

For children's mental health support you or your child can also go to:

[www.childline.org.uk](http://www.childline.org.uk) or call **0800 1111**

Manchester Foundation Trust has a website with self help resources, websites and useful phone numbers for young people and carers who are struggling with their mental health.



To access more about this and to be able to read this in different languages, please visit our Paediatric Emergency Department webpage on <https://mft.nhs.uk/rmch/services/paediatric-emergency-department/support-if-you-are-new-to-the-uk/>



Scan the QR code to visit our webpage and read this information in different languages.