



## UK ORGANISATIONS OFFERING LEGAL SUPPORT TO REFUGEES

This information sheet has been created to support Afghan nationals and their family members by providing key details and contact information for organisations offering relevant services, support, and resources. It is intended as a practical guide to help individuals more easily navigate available assistance in their local area and beyond.



### ORGANISATION

Thrive LDN



### ELIGIBILITY

Afghans living in the UK.



### SUPPORT PROVIDED

Resources toolkit to support mental health and wellbeing of Afghans in the UK.

Help With Your Concerns and Worries Guide ([English](#)).

Help With Your Concerns and Worries Guide ([Dari](#)).

Help With Your Concerns and Worries Guide ([Pashto](#)).



### LINKS

[Guidance for supporting the mental health of Afghan asylum seekers and refugees - Thrive LDN](#)



### WEBSITE



This information sheet has been prepared to help Afghan nationals and their families access available support and services.

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