

CONTACT DETAIL

Dorinda Farrington

Manager

Dr Rebecca Farrington

*GP with Special Interest in Asylum Seeker
Mental Health*

Dr Iyesha Nadim

*GP with Special Interest in Asylum Seeker
Mental Health*

Irfan Seyed

Outreach worker

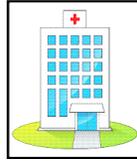
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Team Administrator/Secretary

Monday and Tuesday 9.00am–5.00pm

If you are in **CRISIS** or it is an **EMERGENCY** or you are experiencing thoughts of **SUICIDE** or **HARMING YOURSELF** please see your GP or go to Accident and Emergency at the Hospital.

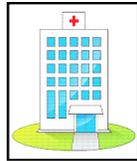
Accident and emergency departments:



Salford Royal NHS Foundation Trust
Scott Lane
Salford
M6 8HD



0161 789 7373 and press 1



Manchester Royal Infirmary A&E,
Oxford Road
Manchester
M13 9WL



0161 276 4147/0161 276 1234



North Manchester General Hospital
Delaunays Road
Crumpsall
Manchester
Greater Manchester
M8 5RB



0161 795 4567

If you cannot get to the accident and emergency department please call 999.

Specialist Asylum Seeker Service



St James's House
Pendleton Way
Salford
M6 5FW
Tel: 0161 358 1044
Fax: 0161 737 8971

Information Leaflet

Post Traumatic Stress Disorder

Diagnosed if suffering with the following symptoms.

- Regular intrusive thoughts, flashbacks, hallucinations, unusual sensations which feel real and overwhelming.
- Reduced interest/pleasure from activities.
- Avoiding triggers that make you remember bad things that happened.
- Difficulty sleeping or sleeping for longer, nightmares.
- Noticeably more agitated or slowed down.
- Feeling exhausted from fear and suspicion.
- Feeling worthless / guilty.
- Difficulty concentrating and remembering or feeling indecisive.
- Thoughts of death, suicidal ideas or self-harm.

Triggers for PTSD

PTSD is usually associated with Stressful Life Events. Such events include:

- Witnessing, and/or Experiencing torture, death, loss of a loved one.

Frequently Asked Questions About

What help and support can I receive? -

We offer a review of your diagnosis and advice to your GP re: medication. We are able to refer for psychological therapy. Practical support with form completion, housing application, bus pass application and to register with GP, Dentist, or schools for children.

What should I expect to happen at the appointment.

The first appointment lasts 1hr and you may have an interpreter present who will be able to translate what the doctor is saying to you. This will enable you to be able to discuss your concerns with the doctor, so that they are able to understand how your symptoms impacts upon your life.

What will happen next? -

We will arrange a follow up appointment.

Will I have to disclose everything that has happened to me? -

We will listen to whatever you wish to tell us, and will wait until you are ready to talk.

Time, place and duration? -

Appointments take on average between 1/2 hr –1 hr approx. Always at the same venue.

What if I can't attend a session? - .

Please phone and cancel so we can give your appointment time to another patient and your appointment can be re-arranged.

How do I get referred to the service?

Please discuss with your GP in the first instance and they will be able to refer you.

What we can help you with.

Understanding your unique circumstances, and assisting you with the Asylum Seeker processes.

Advising on Medication/ Treatment options.

Helping you to understanding negative thinking and helping with problem solving.

Looking After Yourself.

Assertiveness.

Planning for the Future.

Confidentiality

We sometimes use Interpreters to assist us with helping you, and they like us are governed by Confidentiality.

Generally, what you say within your appointment is private and will be kept confidential. However, there are some limitations on this and that will be discussed in your first meeting.