Hello, I am Maryam, and I am a migrant and refugee.

I arrived in the UK by a long way and i want to tell you about the difficulties we had experienced in this way.

Actually, I cannot explain it because all of us have experienced it and maybe lots of us have been suffering from depression when you had arrived in the UK. I never believed in depression until I got this illness. It was horrible but I thought that now I am in a fair and safe country, so I must build my new life.

Then I started! What did I do? I got out of home and joined some communities. I went to some holy places, not matter, church or mosque. I mean, not stay at home, go out and join in some outdoor activities, involve yourself in some community activities, nature, sport.

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If your problem is serious, you can ask for more help and treatment. They (NHS MENTAL HEALTH TEAM SUPPORT) can prescribe you some medicine. They came to my house and gave me advice to overcome this horrible situation.

I really want you to help yourself.  Just by staying at home and avoiding to attend to society nothing ever gets better.

So, I, as a person who has experienced this situation, ask you to try your best and help yourself. Try to be in touch with those who speak English, this makes you feel confident .

Relation and connection are not just by language, it can be by a smile! So, try to be in touch with others, not isolate yourself due to the language barrier.

So please keep strong and make yourself ready for starting a new and nice life in this fair and nice country.