

**Video Transcript
Course 1, Welcome**

Hi, my name's Kathryn Ashworth. I'm the CEO at Solace, and I want to welcome you to this self-guided learning course. You're here because you want to know more about supporting asylum seekers' mental health and wellbeing, so I really hope that by engaging with the materials and resources in this course, you'll learn more about the context they live in and how best to support their wellbeing.

Solace has provided support for refugees and asylum seekers for 15 years, and we were asked to prepare this course to share some of that learning and expertise so that other skilled professionals across the country could make their services more accessible and helpful for refugees and asylum seekers. We know that people fleeing persecution are more likely to suffer from mental health difficulties, but they're under-represented in mental health services, so whatever your role is, you're very welcome on this course.

Asylum seekers are some of the most resilient people in our community, but they face unique barriers in accessing help when they need it. Our aim in delivering this course is to help you and your organisation reflect on how you can reduce these barriers and make your service more accessible by providing an environment of safety and respect.

We recognise this isn't always easy in fast-paced and complex service delivery, but if services are to be accessible to asylum seekers, then we need to consider what needs to be put in place, whether that's a small change or more strategic and structural changes.

We know it's not possible to have specialist services everywhere, so our long-term vision is to support a network of mental health champions for asylum seekers, supported through delivery of training, support, and consultancy, so that we can create sustainable and realistic changes to mental health services for asylum seekers.

Participating in this course is the first step towards becoming a champion. At the end of the course, we'll ask you what you've learned, what you will change, and what you will share. We'd love to know more about this, so please do get in touch and tell us what difference this course has made.

Whatever you do, big or small, you're invited to make changes to your practice so that asylum seekers can benefit from, and access, your skills and your service provision.

So enjoy, and be challenged.