



**SUPPORTING AND
EMPOWERING
REFUGEES**

My View Remote

Therapeutic Services for Separated Children Remote Service

We are now accepting new referrals

My View Remote

This is a brand new service, supporting unaccompanied/separated children and young people to access therapy. Therapeutic interventions are offered entirely online or by telephone.

Who can be referred?

Any young person who is:

- A separated/unaccompanied child;
- Aged under 18 at the time of referral;
- And living in a region of England not covered by our existing My View offices (which are currently in Kent, London, Leeds and Birmingham)

When should I make a referral?

If you are concerned about a young person's

- Mental health
- Changes in mood or behaviour
- Sleep-related difficulties
- Overwhelming thoughts
- Difficulties in social interactions

Are interpreters available?

We are able to provide interpreters for 1:1 therapy sessions.

Our Services

- 1: 1 therapy—up to 12 sessions
- Psychosocial groups
- Psychoeducational workshops
- Training and workshops for other professionals who work with separated children



How to refer:

If you have any questions or queries, or would like to request a referral form, please contact

MyView.Regional@RefugeeCouncil.org.uk