

## Support and Resources in the event that individuals evacuate from Lebanon to the UK (London specific)

[London Communities Emergencies Partnership \(LCEP\)](#) and [London Plus](#) are developing, with input from partners, this list of resources to support the voluntary, community and faith sector in London in the event that individuals evacuate from Lebanon to the UK. Thank you to our colleagues at the [VCS Emergencies Partnership](#) for sharing many of these resources.

**This is a public resource, so please feel free to share with anyone who may find it useful.**

For contents and ease of navigation, please use the document outline pane on the left of the document; you may need to click on the icon for this to appear.

*Please note this list is a working document and not yet complete. **Last updated: 26 Sept 2024***

*This information has been collated by the team at LCEP, London Plus, and our partners. Whilst we have systems in place to ensure that as much as possible, we are sharing trusted and legitimate organisations, they have not been officially verified or approved by ourselves. This document is for signposting and information only.*

*If there are any resources missing that would be useful for us to include please email [info@londonplus.org](mailto:info@londonplus.org). Please include: the name of the organisation, weblink (if applicable), email/contact number, and a brief description of what services the organisation offers.*

*All contact details in this document are being shared in order to facilitate connections to join up London's response to this crisis. The UK GDPR and DPA 2018 do not prevent the sharing of personal data where it is appropriate to do so. We've taken into account the relevant ICO guidance and the risk involved in not sharing the information. We have deemed this level of information, sharing appropriate. Information is being shared under the specific category 'supporting vulnerable adults and children'.*

**Where can I find support and information?**

## Support by theme

### Mental Health Support (Adult)

[Resources for displaced people and crisis situations](#) from Thrive LDN

**Thrive LDN** Jewish and Palestinian support for those impacted by the [war and violence in Israel and Gaza](#).

[VCSEP mental health hub](#)

[Samaritans](#) are here to listen at any time of the day or night, call 116 123.

[Shout's 24/7 crisis text support](#) is there when you need immediate assistance, text "SHOUT" to 85258 to start a conversation.

[Mind's support line](#) is open 9am to 6pm, Monday to Friday, call 0300 102 1234.

[Good Thinking](#) is London's online wellbeing service that supports anxiety, stress, low mood, sleep problems and other concerns.

[Cruse Bereavement](#) - 0808 808 1677

Explore Healing Justice London's [Aftercare Menu](#) to practice coping skills following a trauma or major event or watch their [Anchoring Resilience workshop video](#).

### Mental Health Support (Children)

**UK Trauma Council** have published a range of relevant resources for those working with children and young people affected by trauma and bereavement. Some key pages are:

- <https://uktraumacouncil.org/resources>
- [Critical Incidents in Educational Communities - UK Trauma Council](#)
- [Guidance on creating the best environment for recovery - UK Trauma Council](#)
- [Traumatic Bereavement for children & young people - UK Trauma Council](#)

**British Red Cross** offer [workshops on Empathy and Migration and Coping With Challenges for young people](#). More information can be found on their web page including resources about how to talk to children about conflict:

- Talking to [children about conflict](#)
- [Understanding people's experience of migration](#)
- [Positive images - a toolkit to teach young people about migration and development](#)
- [Dealing with emotional and physical distress](#)

[The Muslim Youth Helpline](#) is contactable any day of the week between 4pm and 10pm, call 0808 808 2008.

Childline, [childline.org.uk](https://www.childline.org.uk) 0800 1111

The [scouts bereavement page](#), signposting to a range of organisations and resources.

[Mental health support app](#) for children and young people from Kooth

### **Organisational/Practitioner Support**

[Trauma-Informed Practice training](#) from Thrive LDN offers free, pre-recorded training to support individuals and organisations.

UK Trauma Councils [Free, evidence-based resources](#) to support schools, colleges and practitioners working with traumatically bereaved children and young people. You can watch a short video introducing the resources [here](#).

[Bee the difference report](#) a research project by and for young Manchester survivors.

### **Immigration Advice**

The Immigration Law Practitioners' Association (ILPA) has a [directory of members so that you can find an immigration advisor near you](#). You may also find it helpful to read the [Do you need a Lawyer?](#) leaflet from Migrants Organise.

### **Communications**

Migrants Rights Network - [Words matter campaign](#)

[The VOICES network](#) is a collective of refugees and people seeking asylum. Together, they speak out about issues that affect them.