

# Barnardo's Helplines



Support for Hong Kong BN(O) status holders arriving in the UK. The Helpline provides emotional support, advice and signposting. Families can access practical and therapeutic support.

Advisors speak English and Cantonese.

Monday- Friday 10am-8pm, Saturday 10am-3pm



0800 151 2605



[boloh.helpline@barnardos.org.uk](mailto:boloh.helpline@barnardos.org.uk)



[helpline.barnardos.org.uk](http://helpline.barnardos.org.uk)



Support for Adult Asylum Seekers across the UK. The Helpline provides emotional support, advice and signposting. Service users can also access practical and therapeutic support.

Monday- Friday 10am-8pm, Saturday 10am-3pm



0800 151 2605



[boloh.helpline@barnardos.org.uk](mailto:boloh.helpline@barnardos.org.uk)



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Helpline support for anyone impacted by the war in Ukraine. The Helpline provides emotional support, advice and signposting. Service users can access practical and therapeutic support. Callers can receive support in English, Russian or Ukrainian.

Monday- Friday 10am-8pm, Saturday 10am-3pm



0800 148 8586




[ukrainiansupport@barnardos.org.uk](mailto:ukrainiansupport@barnardos.org.uk)



[www.barnardos.org.uk](http://www.barnardos.org.uk)



  
 Department for Levelling Up,  
 Housing & Communities

- Funded by Department for Levelling Up, Housing and Communities.
- Support is available to adults and children across the UK.
- Therapeutic support is available through Barnardo's LINK service.
- Families can request 6-8 sessions of virtual therapy.
- Support is available via freephone, webchat, email or via a professional referral to the service.

Additional support:  
 Monthly online conversation Club



  
 Home Office

- Funded by Home Office until March 2025 to support the emotional and mental wellbeing of adult asylum seekers across the UK. Advisors and therapists speak a range of languages, with access to interpreters when required.
- Therapeutic support is available through Barnardo's LINK service.
- Services users can request 8 sessions of virtual therapy.
- Support is available via freephone, webchat, email or via a professional referral to the service.



- Support is available to families across the UK, including hosts and professionals seeking advice.
- Therapeutic support is available through Barnardo's LINK service.
- Services users can request 8 sessions of virtual therapy.
- Support is available via freephone or email.

Additional support:  
 Group therapeutic support for hosts