

Trauma Support - Scotland

Scotland is at the forefront of designing, delivering and adapting existing services to recognise the impact of trauma. You can find more detail on that here, in the [National Trauma Training Framework](#).

Provision of specific trauma specific services for refugees, and their specific experiences will depend on whether the services in the area have experience of receiving asylum seekers and refugees. There are specific trauma services which support refugees based in Glasgow such as [Glasgow Psychological Trauma Service](#) and specialist services for survivors of torture, such as [Freedom From Torture](#).

It will be worth contacting your [health and social care partnership](#), when you are planning how you will support the families you have supported. All Scottish Local Authorities have been involved in the resettlement scheme and may have thought about specialist provision for mental health services, experienced in responding to trauma and working with refugees.

As a sponsor, your role is not to diagnose or respond to the trauma of those you support, but you will be working with families who may have experienced various levels of distress, which they might share with you. Being prepared for this and planning for it is important for your health and those families you are supporting. For advice and information on responding to trauma, please see [Considering the Impact of Trauma](#).