

Forced migration and mental health: The impact of post migration factors

Date: Thursday 16 April 2026

Venue: EventsAir (Online only)

Time	Session
9.15am	<p>Welcome: introduction and Overview</p> <p>Dr Sarah Majjid, Consultant Psychiatrist in Medical Psychotherapy; Manager of Tavistock Immigration Legal Service; RCPsych Working Group for Mental Health and Forced Migration.</p>
9.30am	<p>Uncertainty and its impact on health from a lived experience perspective</p> <p>Mishka Pillay and Ana Asatiani, Co-partners of A&M Consultancy, a partnership of two consultants with lived experience of the UK asylum and immigration systems; RCPsych Working Group for Mental Health and Forced Migration</p>
10.15am	Questions
10.30am	Morning Break
11.00am	<p>The second journey: post-migration stressors and mental health</p> <p>Dr Sawsan Saied, General Practitioner and Deputy Clinical Lead, Torture ID, and Dr Amber French, Resident Doctor in Core Training in Psychiatry; TID Clinician, Torture ID</p>
11.55am	Questions
12.05pm	<p>Housing and financial support for people seeking asylum and refugees; entitlements, difficulties and impact on mental health, and looking ahead to the new asylum reforms</p> <p>Zoe Dexter, Housing and Welfare Manager, Helen Bamber Foundation</p>
12.35pm	Questions
12.45pm	Lunch
1.45pm	<p>Respond, University College London Hospital (UCLH)</p> <p>Dr Philipa Harris; Respond is an integrated health service, based at UCLH, for people of all ages seeking asylum and refugees.</p>
2.15pm	Questions

2.25pm	<p>Addiction: hardship is a limit not a failing</p> <p>Dr Sophie Quarshie, Consultant in Addictions Psychiatry, Cumbria Newcastle Tyne and Wyre NHS Trust; and Volunteer medico-legal report writer at Medical Justice; RCPsych Working Group Forced Migration and Mental Health</p>
2.55pm	Questions
3.10pm	Afternoon Break
3.40pm	<p>Refugee and young people's experiences of mental health services. Culturally informed ideas about engaging young people with mental health services</p> <p>Dr Pallab Mujumder, Clinical Director of Children Young People and Families Nottinghamshire Healthcare NHS Trust; Executive member of the Royal College of Psychiatrists Academic and Child and Adolescent Psychiatry Faculties; RCPsych Working Group Forced Migration and Mental Health</p>
4.10pm	Questions
4.20pm	Final discussions and summary
4.30pm	End of programme

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