

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

Date: Thursday 16 April 2026

Venue: EventsAir (Online only)

Time	Session
9.15am	Welcome: introduction and Overview Dr Sarah Majjid, Consultant Psychiatrist in Medical Psychotherapy; Manager of Tavistock Immigration Legal Service; RCPsych Working Group for Mental Health and Forced Migration.
9.30am	Uncertainty and its impact on health from a lived experience perspective 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
10.15am	Questions
10.30am	The second journey: post-migration stressors and mental health Dr Sawsan Saied, General Practitioner and Deputy Clinical Lead, Torture ID Dr Amber French, Resident Doctor in Core Training in Psychiatry; TID Clinician, Torture ID
11.30am	Questions
11.45am	Break
12.00pm	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 Zoe Dexter, Housing and Welfare Manager, Helen Bamber Foundation
12.30pm	Questions
12.45pm	Lunch
1.30pm	Respond, University College London Hospital (UCLH) Respond is an integrated health service, based at UCLH, for people of all ages seeking asylum and refugees. Speaker tbc
2.00pm	Questions

2.15pm	Addiction: hardship is a limit not a failing Dr Sophie Quarshie Consultant in Addictions Psychiatry, Cumbria Newcastle Tyne and Wyre NHS Trust; Volunteer medico-legal report writer at Medical Justice; RCPsych Working Group Forced Migration and Mental Health
2.45pm	Questions
3.00pm	Break
3.15pm	Refugee and young people's experiences of mental health services. Culturally informed ideas about engaging young people with mental health services 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
4.00pm	Questions
4.15pm	Final discussions and summary
4.30pm	End of programme

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