

## FREE intercultural counselling sessions for nursing

The NHSE&I NEY Equality and Inclusion team are offering a time limited pilot of **intercultural counselling sessions to nurses within the North East and Yorkshire region**. These sessions are targeted at nursing staff whose first language is not English. The counselling can be in their mother tongue and provided by an intercultural counsellor. Our provider will offer **multiple languages**

Participants can **self-refer** and will undertake a virtual assessment, followed by up to 8 virtual sessions. These sessions will be held via Zoom/Phone.

During Wave I of the pandemic, support for Pilipino nurses allowed us to make a case to support other staff from ethnic minority communities. There is also a drive to recruit 30,000 nurses from overseas. Therefore, it is vital we plan support for multi-lingual/bi-lingual nurses.

This service is now starting up and is open for up to 27 referrals shared across North East and Yorkshire. This is available to **all nurses working in NEY trusts** OR nurses in NEY trusts who are also working in the community, or at a GP practice

Please find the referral form attached. Nafsiyat would also be happy to take referrals through their online [form](https://www.nafsiyat.org.uk/index.php/therapy-via-referral/) (<https://www.nafsiyat.org.uk/index.php/therapy-via-referral/>) or email:

**[admin@nafsiyat.org.uk](mailto:admin@nafsiyat.org.uk) or call 020 7263 6947**

**Please mention your trust and that you are a nurse.**

Nafsiyat is an experienced intercultural therapy centre, committed to providing effective and accessible psychotherapy and counselling. The organisation establishes and maintain policies to ensure compliance with the Data Protection Act 2018, Human Rights Act 1998 and common law confidentiality