UK Welcome Guide

ለዩናይትድ ኪንግደም የእንኳን ደህና መጡ መመሪያ

I just arrived

አሁን ደረስኩ

You are not alone

አሁን ደረሱ? ዋናው ነገር ደረጃ በደረጃ ይሸውና። ብቻዎን አይደሉም።

Just arrived? Here is the essential, step by step. You are not alone.

1 ⚖️ Claim asylum · ጥገኝነት ይጠይቁ

ጥገኝነት መጠየቅ ይፈልጋሉ? ዩኬ ሲደርሱ ለድንበር መኮንን (Border Force) ይንገሩ። ቀደም ብለው ከገቡ ቀጠሮ ለመያዝ 0300 123 4193 ይደውሉ።

Want to claim asylum? Tell a Border Force officer when you arrive. Already in the UK? Call 0300 123 4193 to book an appointment.

2 🏠 Nowhere to sleep? · የሚተኙበት የለም?

ጥገኝነት ከጠየቁ ወይም ሊጠይቁ ካሰቡ፣ ነፃ መስመር Migrant Help 0808 8010 503 (ለአስቸኳይ ጉዳይ 24 ሰዓት) ይደውሉ። ሌላ ከሆነ Shelter 0808 800 4444 ይደውሉ።

If you have claimed or plan to claim asylum, call Migrant Help on 0808 8010 503 (24 hours for emergencies). Otherwise call Shelter on 0808 800 4444.

3 🍽️ Hungry or no money? · ተርበዋል ወይስ ገንዘብ የለም?

ነፃ መስመር 0808 208 2138 ይደውሉ (ሰኞ–አርብ፣ 9am–5pm)። የምግብ ባንክ ቫውቸር ሊሰጡዎት ይችላሉ።

Call the free helpline 0808 208 2138 (Mon–Fri, 9am–5pm). They can arrange a food bank voucher.

4 ⚕️ Sick? Free doctor · ታመዋል? ነፃ ሐኪም

ማንኛውም ሰው ያለ መታወቂያና ያለ አድራሻ ነፃ GP (የቤተሰብ ሐኪም) መመዝገብ ይችላል። አስቸኳይ ካልሆነ 111 ይደውሉ።

Anyone can register with a GP (family doctor) for free, with no ID and no address. Not an emergency? Call 111.

5 🆘 Emergency · አደጋ

ለሕይወት አስጊ ነው? 999 ወይም 112 ይደውሉ። ነፃ ነው።

Life in danger? Call 999 or 112. It is free.

6 🤝 Need more help? · ተጨማሪ እገዛ ይፈልጋሉ?

የአማራ ጀግኖች አደራ (አጀአ) በዩኬ የሚኖሩ አማራዎችንና ኢትዮጵያውያንን ይደግፋል።

Amhara Heroes Trust (AHT) supports Amhara and Ethiopian people living in the UK.

❓ What do I do if...

ምን ላድርግ...

Find your situation

ሁኔታዎን ያግኙ። ወደ ትክክለኛው ገጽ ለመሄድ ይጎኩ።

Find your situation. Tap to go to the right page.

⚖️ **I want to claim asylum**
ጥገኝነት መጠየቅ እፈልጋለሁ

🏠 **I have nowhere to sleep tonight**
ዛሬ ማታ የምተኛበት የለኝም

🍽️ **I am hungry / I have no money**
ተርቤያለሁ / ገንዘብ የለኝም

⚕️ **I am sick**
ታምሜያለሁ

🆘 **It is an emergency**
አደጋ ነው

📄 **I need a lawyer**
ጠበቃ እፈልጋለሁ

🧒 **I am under 18 and alone**
ዕድሜዬ ከ18 በታች ነው፣ ብቻዬን ነኝ

🛡️ **I am in danger at home**
በቤቱ ውስጥ አደጋ ላይ ነኝ

⛓️ **Someone is forcing me to work**
ሰው እንድሠራ እያስገደደኝ ነው

🤝 **I just arrived, help me**
አሁን ደረስኩ፣ እርዱኝ

Emergency numbers

የአደጋ ጊዜ ቁጥሮች

Tap a number to call

999

Emergency: police, ambulance, fire

ፖሊስ፣ አምቡላንስ፣ እሳት አደጋ

112

Same as 999

እንደ 999

111

NHS urgent help (not life-threatening)

አስቸኳይ የሕክምና ምክር (ለሕይወት አስጊ ያልሆነ)

101

Police (not urgent)

ፖሊስ (አስቸኳይ ያልሆነ)

116 123

Samaritans: talk to someone, 24h

ሳማሪታንስ፡ ለማውራት፣ 24 ሰዓት

85258

Text SHOUT: crisis text line

«SHOUT» ብለው ይላኩ፡ የቀውስ ጊዜ መልእክት

0800 1111

Childline (under 19)

ለልጆች (ከ19 ዓመት በታች)

0808 8010 503

Migrant Help: asylum (24h for emergencies)

የጥገኝነት ነፃ መስመር (ለአስቸኳይ ጉዳይ 24 ሰዓት)

999, 112 and 111 are free. Say which service you need (police, ambulance, fire) and where you are. On 111 you can ask for an interpreter. Not life-threatening? Use 111, not 999.

999፣ 112 እና 111 ነፃ ናቸው። የሚፈልጉትን አገልግሎት (ፖሊስ፣ አምቡላንስ፣ እሳት አደጋ) እና ያሉበትን ቦታ ይናገሩ። በ111 አስተርጓሚ መጠየቅ ይችላሉ። ለሕይወት አስጊ ካልሆነ 999 ሳይሆን 111 ይደውሉ።

Deaf or hard of hearing: dial 18001 111 for NHS 111 and 18000 for 999 through the Relay UK app or a textphone. To text 999, first send the word “register” to 999.

መስማት ለተሳናቸው፡ በRelay UK መተግበሪያ ወይም በጽሑፍ ስልክ ለNHS 111 18001 111፣ ለ999 ደግሞ 18000 ይደውሉ። 999ን በጽሑፍ ለመጠቀም መጀመሪያ «register» የሚለውን ቃል ወደ 999 ይላኩ።

Asylum & legal help

ጥገኝነትና የሕግ እገዛ

United Kingdom

ጥገኝነት ለመጠየቅ ዩኬ እንደደረሱ ወይም ወደ አገርዎ መመለስ አደገኛ እንደሆነ እንዳሰቡ በፍጥነት ይጠይቁ። ከዘገዩ ማመልከቻዎ ሊቀር ይችላል።

To claim asylum, ask as soon as you arrive in the UK, or as soon as you think it is unsafe to go back. If you wait, your claim is more likely to be refused.

1 · At the border

በድንበር

ዩኬ ሲደርሱ (አውሮፕላን ማረፊያ፣ ወደብ፣ ባቡር ጣቢያ) ለድንበር መኮንን (Border Force) «ጥገኝነት መጠየቅ እፈልጋለሁ» ይበሉ። ምዝገባው (screening) በድንበር ላይ ይደረጋል።

When you arrive (airport, port, train station), tell a Border Force officer you want to claim asylum. Your registration (screening) is done at the border.

2 · Already in the UK

ቀደም ብለው ከገቡ

Asylum registration appointment line

ቀጠሮ ለመያዝ ይደውሉ። የሚተኙበት ከሌለዎት እንኳን ይደውሉ፤ ቀጠሮ ሊሰጥዎት ይችላል። ቀጠሮ ሳይዙ ከሄዱ ላይቀበሉዎት ይችላሉ። ጥያቄዎ የሚመዘገበው ምዝገባውን (screening) ከተሳተፉ በኋላ ብቻ ነው፤ ድጋፍም የሚጀምረው ጥያቄዎ ሲመዘገብ ነው።

Call the asylum registration appointment line to book an appointment. If you have nowhere to live, still call: you may be given an appointment. If you turn up without an appointment, you may not be seen. Your claim is not registered until you attend your screening, and asylum support only starts once your claim is registered.

ሰኞ–አርብ 9am–5pm

Monday–Friday 9am–5pm

📞 0300 123 4193

3 · Your screening

ምዝገባ (screening)

ከስደተኛ መኮንን ጋር ይገናኛሉ። ፎቶና የጣት አሻራ ይወሰዳል። አስተርጓሚ ይጠይቁ። የሕግ ተወካይና አስተርጓሚ ይዘው መምጣት ይችላሉ። ከእርስዎ ጋር በማመልከቻው ውስጥ ያሉ ቤተሰቦች አብረው መምጣት አለባቸው። ስምዎን፣ የትውልድ ቀንዎንና ዜግነትዎን የሚያሳዩ ሰነዶችን እንዲሁም የዩኬ አድራሻዎን የሚያሳይ ማስረጃ ይያዙ (ወይም ከሚያስተናግድዎ ሰው ከ3 ወር ያልበለጠ ደብዳቤና የራሱን የአድራሻ ማስረጃ)፤ ለእርስዎና በእርስዎ ላይ ጥገኛ ለሆኑ ሰዎች። ከፈለጉ ስለ ጉዳይዎ የጽሑፍ ማስረጃም ይዘው መምጣት ይችላሉ፤ ግን ግዴታ አይደለም። አንዳንድ ሰዎች ከምዝገባው በኋላ ይታሰራሉ፤ ብዙዎቹ ግን ይለቀቃሉ።

You meet an immigration officer. They take your photo and fingerprints. Ask for an interpreter. You may bring a legal representative and an interpreter with you. Family members who are part of your claim must come with you. Bring documents that show your name, date of birth and nationality, and proof of your UK address (or a letter from the person you stay with, less than 3 months old, with their proof of address), for you and your dependants. You may also bring written evidence about your claim if you want, but you do not have to. Some people are detained after screening, but many are released.

4 · After screening

ከምዝገባ በኋላ

Home Office ጉዳይዎ በዩኬ መታየት እንዳለበት ይወስናል። የጥገኝነት መመዝገቢያ ካርድ (ARC) በፖስታ ይላክልዎታል። ካርዱን በጥንቃቄ ያስቀምጡና ወደ እያንዳንዱ የሪፖርት ቀጠሮ (reporting event) ይዘው ይሂዱ። የሪፖርት ቀጠሮዎችን ካጡ ማመልከቻዎ ሊሰረዝና ሊታሰሩ ይችላሉ። ከዚያ ከጉዳይ ሠራተኛ ጋር ቃለ መጠይቅ ይኖርዎታል። አድራሻዎ፣ ስልክ ቁጥርዎ ወይም የቤተሰብዎ ሁኔታ ከተቀየረ ወዲያው ለHome Office ያሳውቁ (asylumcentralcommunicationshub@homeoffice.gov.uk)። ARC ከጠፋ፣ ከተሰረቀ ወይም ካልደረሰዎት የHome Office የመስመር ላይ ፎርም ይጠቀሙ።

The Home Office decides if your claim can be considered in the UK. You get an Asylum Registration Card (ARC) by post. Keep it safe and bring it to every reporting event. If you miss reporting events, your claim may be withdrawn and you may be detained. Then you have an interview with a caseworker. If your address, phone number or family situation changes, tell the Home Office straight away (asylumcentralcommunicationshub@homeoffice.gov.uk). If your ARC is lost, stolen or does not arrive, use the Home Office online form.

If you travelled through another country

በሌላ አገር በኩል ከተጓዙ

Tell your lawyer

Home Office ጉዳይዎን በሌላ ደህንነቱ በተጠበቀ አገር እንዲታይ ሊወስን ይችላል፤ ይህም በዚያ አገር ካለፉ ወይም ከዚያ አገር ጋር ግንኙነት ካለዎት ነው። ያለፉባቸውን አገሮች ሁሉ ወዲያው ለጠበቃዎ ይንገሩ። ጉዞዎን አይደብቁ፤ የሐሰት መረጃ ወደ እስር ወይም ወደ ማባረር ሊያደርስ ይችላል።

The Home Office may decide that another safe country should look at your claim if you travelled through it or have a connection to it. Tell your lawyer right away about every country you passed through. Do not hide your journey: false information can lead to prison or removal.

Your asylum interview

የጥገኝነት ቃለ መጠይቅ

Prepare

አብዛኞቹ የጥገኝነት ቃለ መጠይቆች በቪዲዮ ናቸው። ቀኑን የሚገልጽ ደብዳቤ ይደርስዎታል። ከቃለ መጠይቁ በፊት የመጀመሪያ መታወቂያ ሰነዶችዎንና ማንኛውንም ማስረጃ ተርጓሚው ማን እንደሆነ የሚያሳይ የእንግሊዝኛ ትርጉም አያይዘው ይላኩ። የመጀመሪያ መታወቂያ ሰነዶችን በፖስታ ወደ UKVI, PO Box 7782, Village Way, Bilston WV1 9QB ይላኩ፤ ማስረጃዎችን በኢሜይል ይላኩ (በደብዳቤዎ ያሉትን መመሪያዎች ይከተሉ)። አስተርጓሚ ይቀርብልዎታል፤ ከቀኑ በፊት በተቻለ ፍጥነት ወንድ ወይም ሴት ቃለ መጠይቅ አድራጊና አስተርጓሚ መጠየቅ ይችላሉ። ለጉዳይዎ አስፈላጊ የሆነውን ሁሉ ለጉዳይ ሠራተኛው ይንገሩ፤ አንድን ነገር መተው በእርስዎ ላይ ሊቆጠር ይችላል። ጠበቃ ይዘው መምጣት ይችላሉ፤ ነገር ግን ጠበቃዎ ቢዘገይም ቃለ መጠይቁ ይካሄዳል፤ ጠበቃ ለማግኘት ተጨማሪ ጊዜ መጠየቅ አይችሉም። የቃለ መጠይቁን ቅጂ ያገኛሉ።

Most asylum interviews are by video. You will get a letter with the date. Send your original ID documents and any evidence before the interview, with English translations that show who translated them. Post original ID documents to UKVI, PO Box 7782, Village Way, Bilston WV1 9QB, and send evidence by email (follow the instructions in your letter). An interpreter is provided: you can ask for a male or female interviewer or interpreter, as early as possible before the day. Tell the caseworker everything that matters: leaving it out can count against you. You can bring a lawyer, but the interview goes ahead even if your lawyer is late, and you cannot ask for more time to find one. You get a copy of the interview record.

Interpreter

አስተርጓሚ

Ask early

በቃለ መጠይቅዎ ላይ Home Office አስተርጓሚ ያቀርባል፤ ወንድ ወይም ሴት አስተርጓሚ መጠየቅ ይችላሉ። የአማርኛ አስተርጓሚ ይጠይቁ፤ በተቻለ ፍጥነት ከቀኑ በፊት ይናገሩ። Migrant Help በስልክ መስመሮቹ አስተርጓሚዎችን ይጠቀማል፤ በአማርኛ ንዑስ ጽሑፍ ያላቸው ቪዲዮዎችም አሉት።

At your interview the Home Office provides an interpreter, and you can ask for a male or female interpreter. Ask for an Amharic interpreter, and say so as early as possible before the day. Migrant Help uses interpreters on its phone lines and has videos with Amharic subtitles.

Your documents

ሰነዶችዎ

Keep safe

ፓስፖርትዎን፣ ሌሎች መታወቂያዎችን፣ የልደትና የጋብቻ የምስክር ወረቀቶችን፣ የትምህርት ቤት ሰነዶችንና ጉዳይዎን የሚረዳ ማንኛውንም ነገር በጥንቃቄ ያስቀምጡና ይዘው ይሂዱ። በእንግሊዝኛ ያልሆኑ ሰነዶች የተረጋገጠ የእንግሊዝኛ ትርጉም ያስፈልጋቸዋል።

Keep safe and bring: your passport, other ID, birth and marriage certificates, school records, and anything that helps your claim. Documents that are not in English need a certified English translation.

Scams and bad advice

ማጭበርበርና መጥፎ ምክር

Free to claim

ጥገኝነት መጠየቅ ነፃ ነው። በImmigration Advice Authority (IAA) የተመዘገበ አማካሪ ወይም በLaw Society (ወይም በLaw Society of Scotland ወይም በLaw Society of Northern Ireland) የሚተዳደር ጠበቃ ብቻ ይጠቀሙ። ምን ያህል እንደሚያስከፍሉ ይጠይቁ፣ የተፈረመ ደረሰኝ ይውሰዱ፣ ውጤት እንደሚያመጡ ቃል ለሚገቡ ሰው በጭራሽ አይክፈሉ። የሐሰት መረጃ መስጠት እስከ 2 ዓመት እስር ሊያስከትል ይችላል።

Claiming asylum is free. Only use an adviser registered with the Immigration Advice Authority (IAA) or a solicitor regulated by the Law Society (or Law Society of Scotland or of Northern Ireland). Ask how much they charge, get a signed receipt, and never pay anyone who promises a result. Giving false information can lead to 2 years in prison.

Family & children

ቤተሰብና ልጆች

የትዳር አጋርዎንና ከ18 ዓመት በታች ልጆችዎን፣ ከእርስዎ ጋር ዩኬ ውስጥ ከሆኑ፣ በማመልከቻዎ ውስጥ ማካተት ይችላሉ። ዕድሜዎ ከ18 በታች ከሆነና ብቻዎን ከሆኑ፣ ራስዎ ጥገኝነት መጠየቅ ይችላሉ።

You can include your partner and children under 18 if they are with you in the UK. If you are under 18 and alone, you can claim asylum yourself.

I am under 18 and alone

ዕድሜዬ ከ18 በታች ነው፣ ብቻዬን ነኝ

Children

ዕድሜዎ ከ18 በታች ከሆነና ብቻዎን ከሆኑ፣ ራስዎ ጥገኝነት መጠየቅ ይችላሉ። የማኅበራዊ አገልግሎት (social services) ቀድሞውኑ የሚንከባከቡዎት ከሆነ፣ ማኅበራዊ ሠራተኛዎ ቀጠሮ እንዲይዝልዎ ይጠይቁ (0300 123 4193፣ ሰኞ–አርብ፣ 9am–5pm)። የሚንከባከቡዎት ሰው ከሌለ፣ ወደ ፖሊስ ወይም ወደ ማኅበራዊ አገልግሎት ይሂዱ፣ ወይም በቀጥታ ወደ asylum intake unit (የጥገኝነት መቀበያ ክፍል) ይሂዱ። በእንግሊዝ ለሚኖሩ ልጆች ነፃ ምክር፦ የRefugee Council የልጆች መስመር 0808 175 3499 (ሰኞ–አርብ 8:30am–5:30pm) ወይም WhatsApp 07888 866 615። በስኮትላንድ Scottish Refugee Councilን፣ በዌልስ Welsh Refugee Councilን ያነጋግሩ። አንድ ሰው አዋቂ ነዎት ቢልዎ እና ዕድሜዎ ከ18 በታች ከሆነ፣ በግልጽ ይንገሩ፤ ጠበቃና ትክክለኛ የዕድሜ ግምገማ ይጠይቁ። የRefugee Council የልጆች አገልግሎት ራሱ የዕድሜ ክርክሮችን አይይዝም።

If you are under 18 and alone, you can claim asylum yourself. If social services already look after you, ask your social worker to book an appointment (0300 123 4193, Monday to Friday, 9am to 5pm). If nobody looks after you, go to the police or social services, or walk in to the asylum intake unit. Free advice for children in England: Refugee Council children's line 0808 175 3499 (Mon–Fri 8:30am–5:30pm) or WhatsApp 07888 866 615. In Scotland contact the Scottish Refugee Council; in Wales, the Welsh Refugee Council. If someone says you are an adult and you are under 18, say so clearly and ask for a lawyer and for a proper age assessment. The Refugee Council children's service does not itself handle age disputes.

📞 0300 123 4193 📞 0808 175 3499

Northern Ireland

ሰሜን አየርላንድ

Different process

በሰሜን አየርላንድ ጥገኝነት የሚመዘገበው ቤልፋስት በሚገኘው Drumkeen House ሰኞ–አርብ ከ9am እስከ 4pm ነው። ከዚህ ሰዓት ውጭ ከሆነ ቤልፋስት ውስጥ ወደ Musgrave Police Station (60 Victoria Street, BT1 3GL) ይሂዱ። ስልክ ቁጥርዎን ይስጡና ጥሪዎችን ቶሎ ይመልሱ። ልጆችን ወደ ቃለ መጠይቅ አያምጡ፤ እዚያ የልጆች እንክብካቤ የለም።

In Northern Ireland, you register an asylum claim at Drumkeen House in Belfast, Monday to Friday, 9am to 4pm. Outside those hours, go to Musgrave Police Station, 60 Victoria Street, Belfast BT1 3GL. Give your phone number and answer calls quickly. Do not bring children to interviews: there is no childcare.

📍 **Drumkeen House, 1 Drumkeen Complex, Upper Galwally, Belfast BT8 6TB**

🗺️ Directions · መንገድ

Northern Ireland: reporting centre

ሰሜን አየርላንድ፦ የሪፖርት ማዕከል

Belfast

በቤልፋስት የሪፖርት ማዕከሉ ስልክ 028 9019 1003 ነው (ማክሰኞ–ሐሙስ፣ 9am–4pm)።

The reporting centre in Belfast is 028 9019 1003 (Tuesday to Thursday, 9am to 4pm).

📞 028 9019 1003

Working

መሥራት

ጥገኝነት እየጠበቁ በአብዛኛው መሥራት አይፈቀድም። ጉዳይዎ ከ12 ወር በላይ ያለ እርስዎ ጥፋት ከቆየ፣ ለሥራ ፈቃድ መጠየቅ ይችላሉ። ከ26 March 2026 ጀምሮ በHome Office ዝርዝር ውስጥ ያሉ (Appendix Skilled Occupations፣ RQF ደረጃ 6 ወይም ከዚያ በላይ) የዩኒቨርሲቲ ደረጃ ሥራዎችን ብቻ መሥራት ይቻላል። ራስን መቅጠር አይፈቀድም። በጎ ፈቃደኛ ሆኖ መሥራት ሁልጊዜ ይፈቀዳል። ያለ ፈቃድ መሥራት የጥገኝነት ድጋፍዎን ሊያስቆም ይችላል፤ ወንጀልም ነው።

You are not usually allowed to work while you wait. If your claim has taken more than 12 months through no fault of yours, you can ask for permission to work. Since 26 March 2026, you can only take graduate-level jobs on the Home Office list (Appendix Skilled Occupations, RQF level 6 or above). You cannot be self-employed. Volunteering is always allowed. Working without permission can stop your asylum support and is a criminal offence.

Find a lawyer fast

ጠበቃ ቶሎ ያግኙ

England & Wales

የማስረጃ ማቅረቢያ ጊዜ በጣም አጭር ነው፣ ስለዚህ በተቻለ ፍጥነት ጠበቃ ያግኙ። ገንዘብ ከሌለዎት ነፃ የሕግ እርዳታ (legal aid) ሊያገኙ ይችላሉ። ጠበቃው በLaw Society ወይም በImmigration Advice Authority (IAA) የተመዘገበ መሆን አለበት።

Deadlines for evidence are very short, so find a lawyer as soon as you can. If you have little money, you may get free legal aid. Your adviser must be registered with the Law Society or the Immigration Advice Authority (IAA).

🔎 Find a solicitor

🔎 Legal aid adviser

Scotland: legal help

ስኮትላንድ፡ የሕግ እገዛ

Scotland

በስኮትላንድ ጠበቃ ለማግኘት የLaw Society of Scotland «Find a Solicitor» ድረ ገጽን ይጠቀሙ። በስልክ ለመጠየቅ ዋናው ቁጥር ይህ ነው፤ ሰዓቱን ለማወቅ ይደውሉ።

In Scotland, use the Law Society of Scotland «Find a Solicitor» website. You can also call their main number (check hours by phone).

🔎 Find a solicitor (Scotland)

📞 0131 226 7411

Migrant Help

Migrant Help

Free · 24h for emergencies

ስለ ጥገኝነት ሂደት ነፃ ምክር፣ የድጋፍ ማመልከቻ፣ እና በጥገኝነት መኖሪያ ላይ ችግሮችን ማሳወቅ። አስተርጓሚ አላቸው። ለአስቸኳይ ጉዳይ 24 ሰዓት ይሠራሉ፤ ለሌላ ጥሪ ሰዓቱን ለማወቅ ይደውሉ።

Free advice on the asylum process, help applying for support, and reporting problems with asylum housing. They use interpreters. 24 hours a day for emergencies; for other calls, check hours by phone.

📞 0808 8010 503

Refugee Council Infoline

Refugee Council

England

ስለ ጥገኝነት ሂደት መረጃና እገዛ (እንግሊዝ ውስጥ ለሚኖሩ አዋቂዎች)።

Information and help about the asylum system (adults in England).

ሰኞና ሐሙስ፣ 9:30am–12:30pm

Mondays and Thursdays, 9:30am–12:30pm

📞 0808 196 7272

Scottish Refugee Council

Scottish Refugee Council

Scotland

በስኮትላንድ ለሚኖሩ ጥገኝነት ጠያቂዎችና ስደተኞች ነፃ መስመር።

Free helpline for people seeking asylum and refugees living in Scotland.

ሰዓቱን ለማወቅ ይደውሉ።

Opening hours: check by phone.

📞 0808 196 7274

Wales: Welsh Refugee Council

ዌልስ፦ Welsh Refugee Council

Wales

ዌልስ፦ Welsh Refugee Council፣ 0808 196 7273 (Cardiff፣ Newport፣ Wrexham) ወይም 01792 630180 (Swansea)። ቀጠሮ ለመያዝ ይደውሉ። ቢሮዎቹ ረቡዕ፣ ቅዳሜና እሑድ ዝግ ናቸው።

Wales: Welsh Refugee Council, 0808 196 7273 (Cardiff, Newport, Wrexham) or 01792 630180 (Swansea). Call to book an appointment. Offices are closed on Wednesday, Saturday and Sunday.

📞 0808 196 7273 📞 01792 630180

LGBTQ+

LGBTQ+

Safe help

በጾታዊ ዝንባሌያቸው ወይም በጾታ ማንነታቸው ምክንያት ስደትን የሚፈሩ ሰዎች ጥገኝነት መጠየቅ ይችላሉ። Rainbow Migration (ቀድሞ UKLGIG) ነፃ ምክርና ድጋፍ ይሰጣል፤ Micro Rainbow ለአንዳንድ LGBTQ+ ጥገኝነት ጠያቂዎች ደህንነቱ የተጠበቀ መኖሪያ ይሰጣል። የስልክ ቁጥራቸውን በድረ ገጻቸው ላይ ይፈልጉ።

People who fear persecution because of their sexual orientation or gender identity can claim asylum. Rainbow Migration (formerly UKLGIG) gives free advice and support, and Micro Rainbow offers safe housing for some LGBTQ+ asylum seekers. Find their contact details on their website.

🌐 Rainbow Migration

Rules and phone numbers can change. Always check gov.uk/claim-asylum for the latest.

ሕጎችና የስልክ ቁጥሮች ሊለወጡ ይችላሉ። አዲሱን መረጃ ሁልጊዜ gov.uk/claim-asylum ላይ ያረጋግጡ።

Health

ጤና

NHS

ማንኛውም ሰው ያለ መታወቂያ፣ ያለ አድራሻና የኢሚግሬሽን ሁኔታው ምንም ይሁን ምን ነፃ GP (የቤተሰብ ሐኪም) መመዝገብ ይችላል።

Anyone can register with a GP (family doctor) for free. You do not need ID, an address or proof of immigration status.

Register with a GP

GP ይመዝገቡ

England

በአቅራቢያዎ ያለ GP ይፈልጉና ይመዝገቡ። አስተርጓሚ እንዲያዘጋጁልዎ መጠየቅ ይችላሉ።

Find a GP near you and register. You can ask them to book an interpreter.

🔎 Find a GP

GP refuses you?

GP ከለከለዎት?

Get help

የ«GP Access Card» ከDoctors of the World አውርደው ለተቀባዩ ያሳዩ፣ ወይም ይደውሉ። ካልተመለሰ በኢሚይል ይጻፉ፦ clinic@doctorsoftheworld.org.uk

Download a «GP Access Card» from Doctors of the World and show it at reception, or call them. If nobody answers, email clinic@doctorsoftheworld.org.uk

የስልክ መስመሩ የሚሠራው ማክሰኞ እስከ ሐሙስ ከ10am እስከ 12pm ነው። አንዳንድ ጊዜ ላይሠራ ይችላል። NHS England ደግሞ ሊረዳ ይችላል፦ 0300 311 22 33 (ሰዓቱን ለማወቅ ይደውሉ)።

The advice line is open Tuesday to Thursday, 10am–12pm, and may sometimes be down. NHS England can also help: 0300 311 22 33 (check hours by phone).

📞 0808 164 7686

🪪 GP Access Card

NHS 111

NHS 111

24 hours

አስቸኳይ ነው ግን ለሕይወት አስጊ አይደለም? 111 ይደውሉ። አስተርጓሚ ይጠይቁ። በስኮትላንድ 111 NHS 24 ነው። በሰሜን አየርላንድ የአካባቢዎን የGP ከሥራ ሰዓት ውጭ አገልግሎት ይደውሉ (ከታች ያለውን የሰሜን አየርላንድ ካርድ ይመልከቱ)።

Urgent but not life-threatening? Call 111 and ask for an interpreter. Open 24 hours, 7 days a week. In Scotland, 111 is NHS 24. In Northern Ireland, call your area's GP out-of-hours service (see the Northern Ireland card below).

📞 111

💻 111 online

Northern Ireland: doctor when your GP is closed

ሰሜን አየርላንድ፦ GPዎ ዝግ ሲሆን

Northern Ireland

GPዎ ዝግ ሲሆን አስቸኳይ የሕክምና እርዳታ ለማግኘት የአካባቢዎን የGP ከሥራ ሰዓት ውጭ አገልግሎት ይደውሉ፤ ለምሳሌ Belfast North and West 028 9074 4447፣ Belfast South and East 028 9079 6220።

For urgent medical help when your GP is closed, call your area's GP out-of-hours service: for example Belfast North and West 028 9074 4447, Belfast South and East 028 9079 6220.

📞 Belfast N&W · 028 9074 4447

📞 Belfast S&E · 028 9079 6220

Emergency (A&E)

አስቸኳይ ክፍል (A&E)

999

ለሕይወት አስጊ ከሆነ 999 ይደውሉ ወይም ወደ አቅራቢያዎ A&E ይሂዱ። አይዘግዩ።

If life is in danger, call 999 or go to your nearest A&E (emergency department). Do not wait.

📞 999

Hospital care & prescriptions

የሆስፒታል ሕክምናና መድኃኒት

Asylum seekers

ጥገኝነትዎ ወይም ይግባኝዎ እየታየ ሳለ በእንግሊዝ የሆስፒታል ሕክምና ነፃ ነው። ማመልከቻዎ ከተሰረዘ በኋላ የሆስፒታል ሕክምና ነፃ የሚሆነው section 4(2) ድጋፍ፣ section 21 ወይም የCare Act እርዳታ ካገኙ ብቻ ነው። A&E፣ ቲቢ፣ ኤችአይቪ፣ በግብረ ሥጋ የሚተላለፉ በሽታዎችና ኮቪድ-19 ሕክምና ለሁሉም ነፃ ነው። የወሊድ ሕክምና ፈጽሞ አይከለከልም (ክፍያ ሊጠየቅ ይችላል)። የስቃይ ወይም የቤት ውስጥ ጥቃት ጉዳት ሕክምና ነፃ ነው።

While your claim or appeal is active, hospital care is free in England. After a refusal, hospital care is only free if you get section 4(2) support, section 21 or Care Act help. A&E, TB, HIV, sexually transmitted infections and COVID-19 care are free for everyone. Maternity care is never refused (you may be billed later). Treatment for the effects of torture or domestic violence is free.

ከHome Office ድጋፍ ካገኙ የHC2 ሰርቲፊኬት ማግኘት ይችላሉ፦ ነፃ መድኃኒት፣ የጥርስ ሕክምና፣ የዓይን ምርመራ። Section 95፦ HC2 በራስ-ሰር ይላክልዎታል (ወደ 21 ቀን)። Section 98፦ ድጋፍ ከተሰጠዎት ብቻ HC2 ያገኛሉ፤ ካልሆነ HC1 ይሙሉ። Section 4፦ HC1 መሙላት ግዴታ ነው። HC2 ለ6 ወር ይሰራል። የእርዳታ መስመር፦ 0300 330 1343 (አስተርጓሚ ሊኖር ይችላል)። GP ወይም አማካሪ ፎርሙን እንዲሞሉ ይርዱዎታል።

If you get Home Office support, you can get an HC2 certificate: free prescriptions, dental care and eye tests. Section 95: HC2 is sent automatically (about 21 days). Section 98: HC2 only if support is granted, otherwise fill in HC1. Section 4: you must fill in HC1. An HC2 lasts 6 months. Help line: 0300 330 1343 (interpreters possible). Your GP or an adviser can help you with the form.

📞 0300 330 1343

Mental health

የአእምሮ ጤና

Free

ከተጨነቁ ወይም ከተጨናነቁ ለGP ይንገሩ። አሁኑኑ ለማውራት ሳማሪታንስን ይደውሉ፣ ወይም «SHOUT» ብለው ወደ 85258 ይላኩ።

If you feel very low or overwhelmed, tell your GP. To talk right now, call Samaritans, or text SHOUT to 85258.

📞 116 123 💬 Text SHOUT to 85258

If you were tortured

ከተሰቃዩ

Tell your lawyer and GP

ከተሰቃዩ ለጠበቃዎና ለGPዎ ይንገሩ። የሕክምና ማስረጃ ጉዳይዎን ሊረዳ ይችላል። Freedom from Torture የተሰቃዩ ሰዎችን ይደግፋል፤ ነገር ግን በአሁኑ ጊዜ በማዕከላቱ አዲስ ሪፈራሎች ለጊዜው ቆመዋል፤ ድረ ገጹን ይመልከቱ። የስቃይ ገለልተኛ ማስረጃ ማሳየት የሚችል ሰው ብዙውን ጊዜ አይታሰርም።

If you were tortured, tell your lawyer and your GP. Medical evidence can help your claim. Freedom from Torture supports survivors, but new referrals are paused at its centres at the moment: check its website. Someone who can show independent evidence of torture is usually not detained.

🌐 Freedom from Torture

Children: GP care is free and they can get check-ups and vaccines. In Scotland, Wales and Northern Ireland the main rules are similar: ask a GP or Migrant Help.

ልጆች፦ የGP እንክብካቤ ነፃ ነው፤ ምርመራና ክትባትም ማግኘት ይችላሉ። በስኮትላንድ፣ ዌልስና ሰሜን አየርላንድ ዋና ሕጎቹ ተመሳሳይ ናቸው፤ GP ወይም Migrant Helpን ይጠይቁ።

Shelter & housing

መጠለያና መኖሪያ

Nowhere to sleep?

የሚተኙበት ከሌለዎት፦ ጥገኝነት ከጠየቁ (ወይም ሊጠይቁ ካሰቡ) Migrant Help ይደውሉ፤ ሌላ ከሆነ Shelter ይደውሉ። ሁለቱም አስተርጓሚ አላቸው።

If you have nowhere to sleep: call Migrant Help if you have claimed (or plan to claim) asylum; otherwise call Shelter. Both use interpreters.

Migrant Help: asylum seekers

Migrant Help

Free · 24h for emergencies

የሚተኙበት ወይም ገንዘብ ከሌለዎት፣ ለHome Office የድጋፍ ማመልከቻ (ፎርም ASF1) እንዲሞሉ ይረዱዎታል። ለአስቸኳይ ጉዳይ 24 ሰዓት ይሠራሉ፤ ለሌላ ጥሪ ሰዓቱን ለማወቅ ይደውሉ።

If you have no home or no money, they help you apply to the Home Office for support (form ASF1). 24 hours a day for emergencies; for other calls, check hours by phone.

📞 0808 8010 503

Asylum support: how it works

የጥገኝነት ድጋፍ

Home Office

ለጊዜው በመጀመሪያ መጠለያ (section 98) ይቆያሉ። ከዚያ ጉዳይዎ እስኪወሰን በsection 95 መኖሪያና/ወይም ሳምንታዊ ገንዘብ ሊያገኙ ይችላሉ። ከ2 June 2026 ጀምሮ Home Office ይህን ድጋፍ የመስጠት ግዴታ ሳይሆን ሥልጣን ብቻ አለው፤ ሆኖም ማመልከቻዎችን እንደ በፊቱ እንደሚገመግም ይናገራል። የት እንደሚቀመጡ መምረጥ አይችሉም፤ ወደ ሌላ የዩኬ ክፍል ሊልኩዎት ይችላሉ (dispersal)፤ ለንደን ወይም ደቡብ ምሥራቅ የመሆኑ ዕድል ዝቅተኛ ነው።

First you stay in initial accommodation (section 98). Then, while your claim is decided, you may get housing and/or weekly money under section 95. Since 2 June 2026 the Home Office has a power, not a duty, to give this support, but it says it assesses applications as before. You cannot choose where you live: you can be sent to any part of the UK (dispersal), and it is unlikely to be London or the south-east.

Asylum support: money and rules

የጥገኝነት ድጋፍ፦ ገንዘብና ሕጎች

Home Office

ድጋፍ ካገኙ በአብዛኛው በአንድ ሰው በሳምንት £49.18 ነው (ምግብ ከቀረበ £9.95)። ድጋፍ የሚጀምረው ጥያቄዎ በተመዘገበበት ቀን ነው። በአድራሻዎ መኖር አለብዎት። ያለ ፈቃድ በተከታታይ ከ7 ሌሊት በላይ ወይም በ6 ወር ውስጥ ከ14 ሌሊት በላይ መራቅ አይችሉም፤ በመጀመሪያ መጠለያ ውስጥ ደግሞ በየሌሊቱ እዚያ መተኛት አለብዎት። የHome Office ደብዳቤዎችን ሁልጊዜ ይመልሱ፤ ለውጦችንም ያሳውቁ። ያለ ፈቃድ መሥራት አይፈቀድም፤ በሕገ ወጥ መንገድ መሥራት ድጋፍዎ እንዲቆም ሊያደርግ ይችላል። ድጋፍ ከተከለከለ ወይም ከቆመ፣ ለAsylum Support Tribunal ይግባኝ ለማለት 3 ቀን ብቻ አለዎት። ነፃ እርዳታ፦ Asylum Support Appeals Project።

If you qualify, asylum support is usually £49.18 per person per week (£9.95 if meals are provided). Support starts the day your claim is registered. You must live at your address. You may be away for no more than 7 nights in a row or 14 nights in any 6 months without permission, and in initial accommodation you must sleep there every night. Always answer Home Office letters and tell them about changes. You are not allowed to work without permission: working illegally can lead to your support being stopped. If support is refused or stopped, you have only 3 days to appeal to the Asylum Support Tribunal. Free help: Asylum Support Appeals Project.

Shelter helpline

Shelter

England only · Mon–Fri 8am–5pm

የሚተኙበት ከሌለዎት ወይም አደጋ ላይ ከሆኑ ነፃ ምክር ይሰጣሉ። መጠለያ አይሰጡም፣ ግን ምን ማድረግ እንዳለብዎት ይመክራሉ። ሲደውሉ አስተርጓሚ ይጠይቁ።

Free advice if you are homeless, have nowhere to stay tonight, or are at risk. They do not provide a bed, but they tell you what to do. Open Monday to Friday, 8am to 5pm (closed at weekends and bank holidays). This line is for England: Scotland and Wales have their own Shelter services. Ask for an interpreter when you call.

📞 0808 800 4444 | 🕒 Opening hours

Got refugee status?

የስደተኝነት ደረጃ አግኝተዋል?

Act early

የስደተኝነት ደረጃ ከተሰጠዎት የHome Office መኖሪያና ድጋፍ በአጭር የማሳወቂያ ጊዜ በኋላ ይቆማል (አሁን ከውሳኔ ደብዳቤዎ ቀን ጀምሮ ወደ 42 ቀን፤ ከዚህ በፊት ተቀይሯል)። ወዲያው እርዳታ ይጠይቁ። በ2 March 2026 ወይም ከዚያ በኋላ ጥገኝነት ከጠየቁ፣ የመጀመሪያው የመቆያ ፈቃድዎ አብዛኛውን ጊዜ 5 ዓመት ሳይሆን 30 ወር ነው። ከማብቃቱ በፊት ማደስ አለብዎት፤ ስለዚህ አይጠብቁ፤ ቀደም ብለው አማካሪ ይጠይቁ። ብቻቸውን የሚመጡ ልጆች 5 ዓመት ያገኛሉ። የቤተሰብ ዳግም ውህደት በአሁኑ ጊዜ ቆሟል።

If you are granted refugee status, Home Office housing and support usually ends after a short notice period (currently about 42 days from your decision letter; this has changed before). Ask for help straight away. If you claimed asylum on or after 2 March 2026, your first permission to stay is usually 30 months, not 5 years. You must apply to renew it before it ends, so do not wait: ask an adviser early. Unaccompanied children get 5 years. Family reunion is currently paused.

Refugee Council Infoline (እንግሊዝ)፣ ሰኞና ሐሙስ 9:30am–12:30pm

Refugee Council Infoline (England), Mondays and Thursdays 9:30am–12:30pm

📞 0808 196 7272

Claim refused?

ጥያቄዎ ተቀባይነት አላገኘም?

Still ask for help

ጥያቄዎ ከተሰረዘ፣ ውሳኔውን ከተቀበሉበት ቀን ጀምሮ ይግባኝ ለማለት አብዛኛውን ጊዜ 14 ቀን አለዎት (ዩኬ ውስጥ ከሆኑ)። ወዲያው ጠበቃ ወይም Migrant Helpን ይደውሉ። የሚተኙበት ከሌለዎት አሁንም ድጋፍ (section 4) ሊያገኙ ይችላሉ፤ ነገር ግን ከዩኬ መውጣት ለምን እንደማይችሉ ምክንያት ማሳየት አለብዎት። የጥገኝነት ድጋፍ ከተከለከለ ወይም ከቆመ ይግባኝ ለማለት 3 ቀን ብቻ አለዎት። የsection 4 ሕጎች ሊለወጡ ይችላሉ፤ Migrant Helpን ወይም አማካሪን ይጠይቁ። ከተሰረዘ በኋላ የNHS ሆስፒታል ሕክምና ነፃ የሚሆነው section 4(2) ድጋፍ ወይም ሌላ የአካባቢ ምክር ቤት እንክብካቤ ካገኙ ብቻ ነው። A&E፣ ቲቢ፣ ኤችአይቪ፣ በግብረ ሥጋ የሚተላለፉ በሽታዎችና ኮቪድ-19 ሕክምና ነፃ ሆነው ይቀጥላሉ፤ የወሊድ ሕክምናም ሁልጊዜ ይሰጣል። አዲስ ማስረጃ ለማቅረብ (further submissions) በአካል ወደ Liverpool፣ Belfast፣ Cardiff ወይም Glasgow መሄድ አለብዎት፤ የFurther Submissions Unit መስመር፦ 0300 123 7377 (ሰኞ–አርብ 9am–4pm)።

If your claim is refused, you usually have 14 days from the day you receive the decision to appeal (if you are in the UK). Call a lawyer or Migrant Help straight away. If you have nowhere to live, you may still get help (section 4), but you must show a reason why you cannot leave the UK. If asylum support is refused or stopped, you have only 3 days to appeal. Section 4 rules may change: check with Migrant Help or an adviser. NHS hospital care is only free after a refusal if you receive section 4(2) support or other local authority care. A&E, TB, HIV, sexually transmitted infections and COVID-19 care stay free, and maternity care is always given. To send new evidence (further submissions) you must go in person to Liverpool, Belfast, Cardiff or Glasgow; Further Submissions Unit line: 0300 123 7377 (Mon–Fri 9am–4pm).

📞 0808 8010 503 📞 0300 123 7377

Charities such as the British Red Cross and the NACCOM network can help people who cannot get other support.

እንደ British Red Cross እና NACCOM ያሉ ድርጅቶች ሌላ ድጋፍ ለማያገኙ ሰዎች ሊረዱ ይችላሉ።

Food & money

ምግብና ገንዘብ

Hungry?

ምግብ ወይም መሠረታዊ ነገር ለመግዛት ገንዘብ ከሌለዎት፣ ነፃ መስመሩን ይደውሉ። የምግብ ባንክ ቫውቸር ሊሰጡዎት ይችላሉ።

If you cannot afford food or basics, call the free helpline. They can arrange a food bank voucher.

Help through Hardship

Help through Hardship

England & Wales · Free

ከCitizens Advice አማካሪ ጋር በነፃ ይነጋገሩ። ድንገተኛ እርዳታና የምግብ ባንክ ቫውቸር ለማግኘት ይረዱዎታል። አስተርጓሚ ይጠይቁ።

Talk to a Citizens Advice adviser for free. They help you get emergency support and a food bank voucher. Ask for an interpreter.

ሰኞ–አርብ፣ 9am–5pm (በበዓላት ዝግ)

Monday–Friday, 9am–5pm (closed on public holidays)

📞 0808 208 2138

Food banks

የምግብ ባንኮች

Trussell Trust

አብዛኛውን ጊዜ ቫውቸር (ሪፈራል) ያስፈልጋል፤ ከምክር ድርጅት፣ ከGP ወይም ከትምህርት ቤት ማግኘት ይችላሉ። የምግብ ባንክ ቢያንስ የ3 ቀን ድንገተኛ ምግብ ይሰጣል። አንዳንድ የቤተ ክርስቲያንና የማኅበረሰብ ባንኮች ቫውቸር አይጠይቁም፤ ከመሄድዎ በፊት ይደውሉ።

You usually need a voucher (referral), which an advice service, GP or school can give. A food bank gives at least 3 days of emergency food. Some church and community food banks do not ask for a voucher: call first.

🔎 Find a food bank

Scotland & Northern Ireland

ስኮትላንድና ሰሜን አየርላንድ

Other numbers

ስኮትላንድ፦ የአካባቢዎን ምክር ቤት ስለ «Scottish Welfare Fund» ድንገተኛ ድጋፍ ይጠይቁ። ሰሜን አየርላንድ፦ Advice NI 0800 915 4604 (ሰዓቱን ለማወቅ ይደውሉ)።

Scotland: ask your local council about a Scottish Welfare Fund crisis grant. Northern Ireland: Advice NI (check hours by phone).

📞 Advice NI · 0800 915 4604

If you receive Home Office asylum support, you get weekly money for essentials. If you do not, apply through Migrant Help.

የHome Office የጥገኝነት ድጋፍ ካገኙ ለመሠረታዊ ፍላጎቶች ሳምንታዊ ገንዘብ ያገኛሉ። ካላገኙ በMigrant Help በኩል ያመልክቱ።

Safety

ደህንነት

You do not have to face it alone

በቤት ውስጥ ወይም በሥራ ቦታ አደጋ ላይ ከሆኑ፣ ከታች ያሉት መስመሮች ነፃ ናቸው። አፋጣኝ አደጋ ላይ ከሆኑ 999 ይደውሉ።

If you are in danger at home or at work, the lines below are free. If you are in immediate danger, call 999.

Domestic abuse

የቤት ውስጥ ጥቃት

England: Refuge · Free, 24 hours

በቤት ውስጥ ጥቃት እየደረሰብዎ ወይም ሰው እየተቆጣጠረዎት ከሆነ ይደውሉ። ነፃ ነው፣ በ24 ሰዓት ይሠራል።

If someone is hurting or controlling you at home, call. It is free and open 24 hours.

እንግሊዝ፦ Refuge 0808 2000 247። ስኮትላንድ፦ Domestic Abuse and Forced Marriage Helpline 0800 027 1234። ዌልስ፦ Live Fear Free 0808 80 10 800 (ነፃ፣ 24 ሰዓት)። ሰሜን አየርላንድ፦ 0808 802 1414። አሁን አደጋ ላይ ከሆኑ፦ 999። በሞባይል መናገር ካልቻሉ 55 ይጫኑ።

England: Refuge 0808 2000 247. Scotland: Domestic Abuse and Forced Marriage Helpline 0800 027 1234. Wales: Live Fear Free 0808 80 10 800 (free, 24 hours). Northern Ireland: 0808 802 1414. In danger now: 999. If you cannot speak on a mobile, press 55.

- 📞 England 0808 2000 247
- 📞 Scotland 0800 027 1234
- 📞 Wales 0808 80 10 800
- 📞 N. Ireland 0808 802 1414

Forced work or exploitation

በግዳጅ ሥራና ብዝበዛ

Modern Slavery Helpline · Free, 24 hours

ሰው እንዲሠሩ እያስገደደዎት፣ ፓስፖርትዎን ከወሰደ፣ ወይም ክፍያ ካልከፈለዎት ይደውሉ። ነፃ ነው፣ 24 ሰዓት ይሠራል። በግዳጅ ከተሠሩ ወደ National Referral Mechanism (NRM) ሊመሩ ይችላሉ።

If someone is forcing you to work, keeps your passport, or does not pay you, call. It is free and open 24 hours. If you were forced to work, you may be referred to the National Referral Mechanism (NRM).

- 📞 0800 0121 700

Police

ፖሊስ

ወንጀል ከተፈጸመብዎት አስቸኳይ ከሆነ 999፣ አስቸኳይ ካልሆነ 101 ይደውሉ።

If you are a victim of crime: 999 if it is urgent, 101 if it is not.

- 📞 999
- 📞 101

Feeling very low?

በጣም ተጨንቀዋል?

Samaritans · Free, 24 hours

ለማውራት ሰው ከፈለጉ ሳማሪታንስን ይደውሉ፣ ወይም «SHOUT» ብለው ወደ 85258 ይላኩ።

If you need someone to talk to, call Samaritans, or text SHOUT to 85258.

📞 116 123

Amhara Heroes Trust

የአማራ ጀግኖች አደራ

You are not alone

Amhara Heroes Trust (AHT), UK

የአማራ ጀግኖች አደራ (አጀአ)

አጀአ የአማራን ማኅበረሰብና ሁሉንም ኢትዮጵያውያን በዩኬ ሕይወት በሁሉም ዘርፍ በንቃት እንዲሳተፉ ያበረታታል፤ ስለ መንግሥታዊና ማኅበራዊ አገልግሎቶችም መረጃ ይሰጣል።

AHT encourages and supports the Amhara community and all Ethiopians to take an active part in every aspect of life in the UK, and gives information about government and social services.

ለእርዳታ ይደውሉ ወይም በዋትስአፕ ይጻፉ

Call or WhatsApp for help

📞 +44 7449 883353 · 📞 +44 7478 459328 · 🌐 amharaheroestrust.com

🗓️ **Last checked · Dernière vérification · ተረጋግጧል:** 11 Nov 2026

⚖️ This guide is for information only. It does not replace advice from a qualified lawyer or an official service. Rules and opening hours change: check before you go.

Ce guide est informatif. Il ne remplace pas un avocat ou un service officiel. Les règles et horaires changent : vérifiez avant de vous déplacer.

ይህ መመሪያ መረጃ ለመስጠት ብቻ ነው። ብቃት ያለው የሕግ አማካሪን ወይም ይፋዊ አገልግሎትን አይተካም። ሕጎችና የሥራ ሰዓቶች ይለወጣሉ፤ ከመሄድዎ በፊት ያረጋግጡ።

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In partnership with · በሽርክና

FAAE · AAGE · amharaadvocacy.eu

Version 3 · 11 November 2026

Checked on 11 November 2026 against gov.uk, gov.wales, nidirect, Migrant Help, Shelter, Refugee Council, Welsh Refugee Council, Doctors of the World, Trussell, Right to Remain and Healthwatch. Not re-checked: NHS England, Advice NI and Law Society of Scotland numbers, and Scottish Refugee Council hours (call to confirm). Phone numbers and rules can change: check the official websites.

ስልክ ቁጥሮችና ሕጎች ሊለወጡ ይችላሉ፤ በይፋዊ ድረ ገጾች ያረጋግጡ።