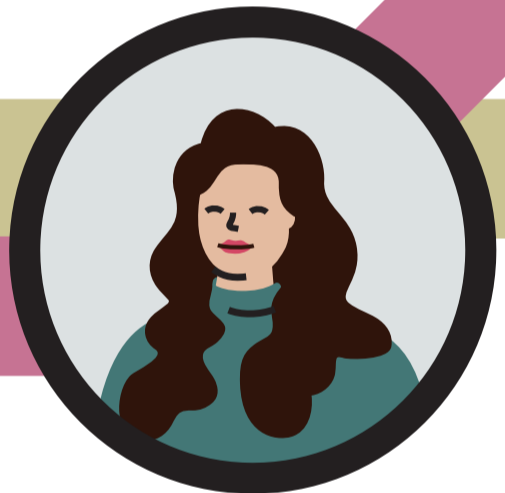




# Navigate

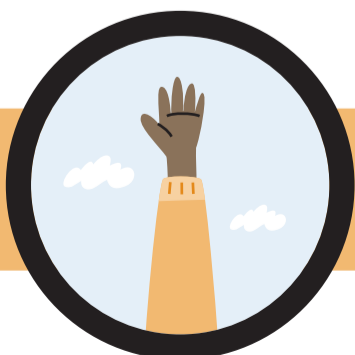
## A guide to asylum life in Scotland



Four volunteers with the Mental Health Foundation's Weaving Threads for Wellbeing project have created Navigate. In this four-episode podcast series, they will share their lived experience and interview experts about aspects of life in Scotland for people seeking asylum. Listen for free now!



[bit.ly/MHFnavigate](https://bit.ly/MHFnavigate)



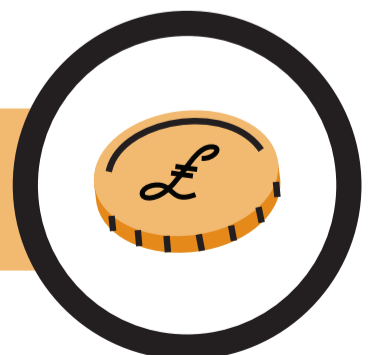
Volunteering



Education



Working



Banking  
and finances