

Migrant Help

Migrant Help gives telephone, email and web chat support to asylum applicants or refugees. They use interpreters. They provide free, independent advice and guidance to asylum seekers. You can ask for help:

- to make a claim for asylum support
- for advice about the asylum process
- to report any problems with your asylum accommodation. They will talk to your accommodation provider for you to fix these problems.
- if you're a victim of human trafficking or modern day slavery. They provide specialist support to keep you safe, including accommodation, counselling, help to reconnect with your family and getting new identification documents.
- there is a risk to you or your family's health and wellbeing. This can be to report suspected child neglect, domestic violence, sexual harassment or exploitation, anti-social behaviour, destitution or homelessness or suspected extremism or radicalisation
- to make a complaint about the asylum process

[You can use their self serve portal to get help, information and resources here](#)

Last updated: March 4, 2025

Telephone: 0808 8010 503

Telephone note: Asylum helpline open 24 hours a day, 7 days a week

Telephone 2: 01304 203977

Telephone 2 note: Victims of human trafficking and modern slavery

Telephone 3: 07766 668781

Telephone note 3: Out of Hours Victims of human trafficking and modern slavery

Website: <https://www.migranthelpuk.org/advice-and-guidance>

Helpline: 0808 801 0503

Asylum UK Helpline Monday to Friday, 8am to 8pm (24 hour service for emergencies)

Minicom: (online chat service) <https://www.timeforstorm.com/CustomChat/MigrantHelp/1/>

Email: info@migranthelpuk.org

Website 2: <https://www.gov.uk/asylum-helplines>

Opening Hours: Monday to Friday 8am to 5.30pm

Related Articles

[Immigration and Asylum](#)

[Support for Asylum Seekers and Refugees](#)