

Main language spoken in Afghanistan - Dari, very similar to Farsi.
Pashtu is the second most commonly spoken language - most (though not all) women who speak Pashtu as their first language will also speak Dari.

Multilingual resources updated on Mama Academy:

<https://www.mamaacademy.org.uk/professionals-hub/midwifery-resources/multilingual-resources/>

NHS North West London pregnancy vidoes: The importance of monitoring fetal movements (Farsi)

<https://www.youtube.com/watch?v=lqLqYorQMjs>

The Lullaby Trust: Key advice on how to reduce SIDS (Farsi)

<https://www.lullabytrust.org.uk/wp-content/uploads/easy-read-card-farsi.pdf>

Maternity Safety Information Booklet (Farsi)

<https://www.england.nhs.uk/north-west/wp-content/uploads/sites/48/2021/01/Booklet-FARSI.pdf>

Maternity Action: Women from Abroad, Rights and Benefits

<https://maternityaction.org.uk/women-from-abroad/>

Doctors of the World: Migrants Rights to Healthcare (Dari)

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/09/Dari-Migrants-Rights.png>

Doctors of the World: Wellbeing Guidance for Migrants (Dari)

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/08/Dari-wellbeing-guidance-for-migrants.pdf>

Maternal Mental Health:

General information about maternal mental health for refugee women

<https://maternalmentalhealthalliance.org/news/challenges-asylum-seeking-refugee-women-perinatal-mental-health/>

Maternal mental health: mental health support for refugee women in London

<https://refugeecouncil.org.uk/our-work/mental-health-support-for-refugees-and-asylum-seekers/mental-health-support-for-refugee-women/>

General mental health information for refugees

https://www.mind.org.uk/media-a/4396/refugee_report_1.pdf

Maternity Safety/Covid messages:

https://padlet.com/chester_classes/multilingual

General – inc how healthcare system works

[UK https://migrantinfohub.org.uk/issue-based-resources-1/translated-how-to-keep-young-people-safe](https://migrantinfohub.org.uk/issue-based-resources-1/translated-how-to-keep-young-people-safe)

INTRO TO THE NHS

<https://www.bmehf.org.uk/media/gpawfactcards/AI-H02Print.pdf>

Community – no support systems

Communication – possibly poor English skills, access to translator services, medical nuance lost, not understanding how the system works

Comorbidities – existing health conditions, stressors exacerbated by forced displacement, lower clinical threshold, trauma-informed care