

# All the **ways** you can **reach** us

**You have questions.**  
**We are here to help.**

UNHCR Trinidad and Tobago is here to help people who have been forced to flee their countries. If you are seeking asylum, have questions, comments or need assistance, we can provide guidance and support so you can better understand your options.

Please make sure to tell us your full name, phone number and UNHCR registration number as it appears on the card (834-20-XXXXX) or certificate (834-21-RCP-0000XXXX), as well as any other information that may be helpful.

**You can reach us toll-free at:**  
**610-POCS (7627)**

Monday to Friday 8:00 am to 4:00 pm, except UN holidays

For general questions: **ttopo@unhcr.org**

For registration appointments or to renew your UNHCR card:  
**ttoporeg@unhcr.org**

For information about the status of your asylum process or to reschedule an interview: **ttoporsd@unhcr.org**

For feedback and complaints: **ttopofdb@unhcr.org**

*For the latest updates on refugee and asylum-seeker support services in Trinidad and Tobago, visit*

**<https://help.unhcr.org/trinidadandtobago/where-to-seek-help/>**

**Address:** Princes Court, Corner of Keate & Pembroke Streets, Port-of-Spain, Trinidad and Tobago

**Hours of operation (appointment only):** Monday to Friday 8:00 am to 4:00 pm, except for UN holidays



**UNHCR**  
The UN Refugee Agency