

PLEASE
AFFIX
STAMP
HERE

Trafford South Asian Mental Health Service

13 Copson Street
Withington
Manchester
M20 3HE

Referrals:

- ✉ By letter (MDA form) / TSAMHS Referral Form
- 👉 Download from our Website

Individuals can contact the organisation directly, or through Statutory or Voluntary Organisations.

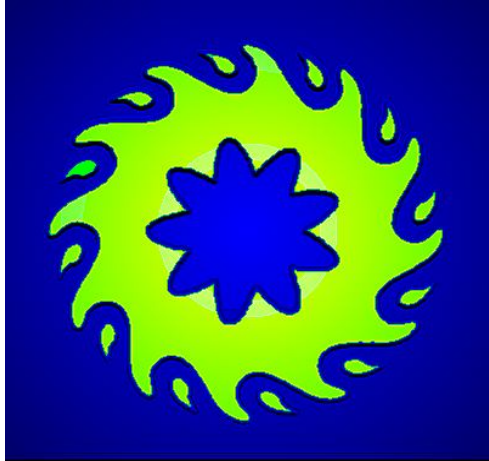
If you would like further information about the various services offered by the Trafford South Asian Mental Health Service then please contact:-

Pakistani Resource Centre
13 Copson Street
Withington
Manchester, M20 3HE

☎: 0161 434 7800
Fax: 0161 434 8004
Email: tsamhs@pakistani-resource.org.uk
Web Site: www.pakistani-resource.org.uk

COMMUNITY BASED OFFICE
Broome House
54 – 56 Seymour Grove
Old Trafford
Manchester
M16 0LN

Tel: 0161 912 4830 / 4828



**Trafford
South Asian
Mental Health
Service**



Serving The South Asian
Communities In Trafford



The Trafford South Asian Mental Health Service was set up in April 1995 to work with people experiencing mental ill health within the South Asian Communities (individuals whose origin/heritage is from **Pakistan, India or Bangladesh**). The team can converse in Urdu, Punjabi, and Hindi. The Service is community based, located at Broome House.

Our Vision

The Trafford South Asian Mental Health Service is established:

“To ensure culturally sensitive and appropriate mental health services for South Asian communities in Trafford”

Our vision will be achieved by ensuring that culturally sensitive and appropriate services are **AVAILABLE, ACCESSIBLE, APPROPRIATE and EFFECTIVE**

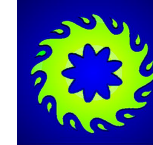
Our Aims:

- ◆ Reduce symptoms of mental ill health and preventing relapses
- ◆ Reduce crisis
- ◆ Increase confidence and empower service users to engage with services
- ◆ Increase knowledge and understanding of mental health
- ◆ Increase knowledge of local services
- ◆ Increase satisfaction of service users
- ◆ Other Supportive Outcome

Services Offered:

- ⇒ Home visits & Outreach work.
- ⇒ Co-working, liaising and advocating with mental health practitioners
- ⇒ Joint mental health assessments and risk assessments with statutory services. This is also provided in **South Asian languages of Urdu, Punjabi and Hindi**
- ⇒ Involved with Care Programme Approach / Reviews.
- ⇒ Cultural and linguistic interpretation and awareness of the South Asian perception and beliefs in mental health.
- ⇒ Advocate and represent clients at Outpatients Appointments with the Consultant Psychiatrist. Attend relevant GP appointments
- ⇒ Attend ward rounds when service users have been sectioned or on voluntary admission onto mental health wards. Also provide supervised and assessed home leave.
- ⇒ Befriending service and informal counseling.
- ⇒ Women (Arzoo) & Men's (Manzil) Drop-ins
- ⇒ Attend regular case reviews with Social Services regarding Child Protection issues, which may concern our service users.
- ⇒ Help service users access courses, training, and socialise with other service users to reduce social exclusion.
- ⇒ Providing diversity training to professionals and communities on South Asian communities' beliefs, and practices in regards to mental health.
- ⇒ Sign posting service users to appropriate agencies

THE SERVICE PROVIDES CULTURALLY APPROPRIATE SHORT BREAKS TO SOUTH ASIAN CARERS WHO CARE FOR INDIVIDUALS WITH MENTAL HEALTH.



**Trafford South Asian
Mental Health
Service**

Name: _____

Address: _____

Postcode: _____

Telephone: _____

I would like to talk to someone from the TSAMHS

Please Tick box

Please Phone

Please write to me

CONFIDENTIALITY

If you would prefer, please copy the address over-leaf onto an envelope and insert this section.



**Pakistani
RESOURCE CENTRE**
 پاکستانی ریورس سنٹر
 ਪਾਕਿਸਤਾਨੀ ریسورس سینٹر
 ਪਾਕਿਸਤਾਨੀ ਰੀਸੋਰਸ ਸੈਂਟਰ