

PLEASE
AFFIX
STAMP
HERE

Trafford South Asian Mental Health Service

54 –56 Seymour Grove

Old Trafford

Manchester

M16 0LN

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

☎: 0161 434 7800

Fax: 0161 434 8004

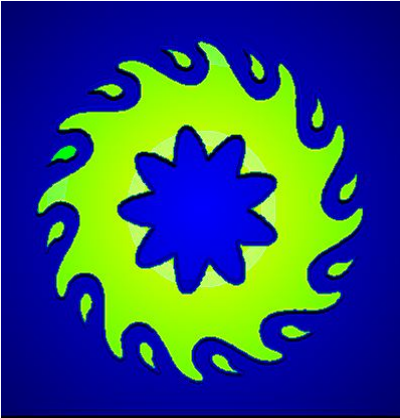
Email: tsamhs@pakistani-resource.org.uk

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

TSAMHS



ZEHNI SEHAT

**DO YOU NEED TO TALK TO
SOMEONE IN CONFIDENCE?**



**Serving The South Asian
Communities In Trafford**



This Service was set up in April 1995 to work with people to promote **zehni sehat** within South Asian Communities. (individuals whose origin/heritage is from **Pakistan, India or Bangladesh**). The Service is community based, located at Broome House.

This Service is provided in **South Asian languages of Urdu, Punjabi and Hindi**. All staff are aware of the South Asian communities beliefs and views around Zehni sehat.

Our Vision

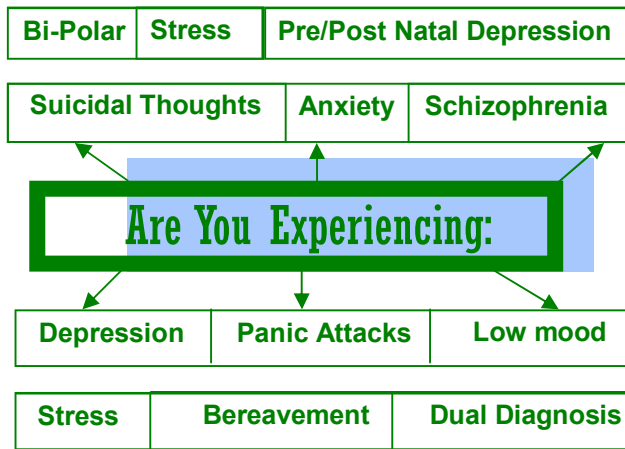
The TSAMHS is established:

“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 zehni illness and preventing relapses
- ◆ Reduce crisis
- ◆ Increase confidence of zehni services
- ◆ Increase knowledge and understanding of zehni sehat
- ◆ Increase knowledge of local services
- ◆ Increase satisfaction of service users



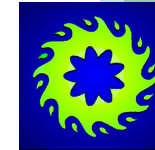
Other Zehni illness

IF SO THEN WE CAN SUPPORT YOU BY...

Services Offered:

- ⇒ Home visits & Outreach work.
- ⇒ Advocate and represent clients at Outpatients Appointments with the Consultant Psychiatrist.
- ⇒ Attend ward rounds when service users are on mental health wards. Also provide supervised and assessed home leave.
- ⇒ Befriending service and informal counseling.
- ⇒ Culturally sensitive Drop-ins (Men / Women)
- ⇒ Help service users access courses, training, and socialise with other service users
- ⇒ Sign posting service users to appropriate agencies

THE SERVICE PROVIDES CULTURALLY APPROPRIATE SHORT BREAKS TO SOUTH ASIAN CARERS WHO CARE FOR INDIVIDUALS WITH ZEHNI SEHAT



TSAMHS
ZEHNI SEHAT

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 overleaf onto an envelope and insert this section.



Pakistani
RESOURCE CENTRE

پاکستانی ریسورس سنٹر
پاکستان میں رہنے والے کے لیے
پاکستان کی سہولت گاہ