

MENTAL HEALTH PROJECT: MENTAL HEALTH IS MY RIGHT

GOSAD is starting the ***Mental Health is My Right*** project for and by Black, Minority, Ethnic and Refugee (BMER) communities. The project offers the following opportunities and interactions;

- ✓ Narrative (Story Telling) Therapy: A monthly story telling therapy with Mindfulness.
- ✓ Mental Health Navigation: Support to access appropriate mental health services
- ✓ Mental Health Advocacy: Impartial support to uphold individual rights when accessing mental health services.

The project is supported by trained volunteers that speak a number of community languages that include; Farsi, Tigrinya, Amharic, Arabic, Punjabi, Urdu, Hindi, Somali and Swahili.

Due to the current outbreak of Coronavirus, GOSAD will only be offering telephone support to clients UNTIL FURTHER NOTICE!

For referral and further information about the project,

Please contact us on

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