

Target Group

Asian community residing in the North of the city

Do you have a mental health problem/concern/exclusion? Are you feeling lonely or isolated?

Do you know someone with a mental health problem? Do they feel anxious or worried about things?

Do you want/need help/support/advice? Such as help to fill in forms, applying for benefits or information, advice or guidance on any problems you may have?

We are here to help and support you

Let us help you to help yourself

and your family with our drop in sessions and peer support groups.

One-To-One Support

Advice, information, support, education, provided in a safe and secure environment

Mental Health Services

Drop In
Peer Support
Emotional Support
Support Group
Support Signposting

Venue

Peepul Centre,
Orchardson Avenue, Belgrave,
LE4 6DP

Dates & Time

Tuesday - Wednesday - Thursday
10:00am - 3:00pm

Contact

Adhar Project
79 St Peter's Road
LE2 1DH

Tel: 0116 220 0070
Fax: 0116 220 0074

W: www.adharproject.org
E: admin.box@adharproject.org

Travel: Bus 21, 58 from City Centre

Corporate Charity No: 1121 499
Company Reg No: 5524 738



Mental Health Services Early Intervention & Prevention



**NO
MORE
STIGMA!**

**TACKLING MENTAL HEALTH
INEQUALITIES**

About Us

We offer a Confidential and holistic Mental Health Service including Advocacy Services to help people understand their Rights, be treated as Equals and be Heard

We operate a referral system with referrals coming from agencies who are given priority, and we will also accept self-referrals.

Through group settings at various community venues, the activities we offer are educational, therapeutic, social, leisure, and cultural. Often these activities provide clients the opportunity to experience feelings of security in, and of belonging, to a caring and nurturing environment.

Services are available from the following venues

Peepul Centre,
Orchardson Avenue, Belgrave, LE4 6DP

Adhar Project
79 St Peter's Road, Leicester, LE2 1DH



We have 30 years of experience in helping Adults and Families live healthier, happier, and productive lives

Mental Health Services

Mental health community based low level support service primarily but not exclusively targeted at the Asian community residing in the North of the city with mental health needs are their carers. We will continue to supply services to people with higher needs through direct payments.

Generic Mental Health Advocacy

This service is for people who have been sectioned and who are informal patients under the Mental Health Act.

Community Mental Health Advocacy

This service is for anyone living in the community that would like support because of their Mental Health.

To find out about these services or to speak to someone about your situation, please call us on:

0116 220 0070



Group Activities

- Educational, Therapeutic
- Social & Cultural
- Leisure, Arts & Crafts
- Basic Living Skills
- Health & Wellbeing
- Guest Speakers
- Information Technology
- Support Signposting
- Sports/Leisure

