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## CONTACT US

79 St Peters Road, Leicester, LE2 1DH  
Tel: 0116 220 0070 Mob: 07466888017  
Email: admin.box@adharproject.org  
Website: [www.adharproject.org](http://www.adharproject.org)



## THE ADHAR PROJECT

*Employment, Health and Well Being*

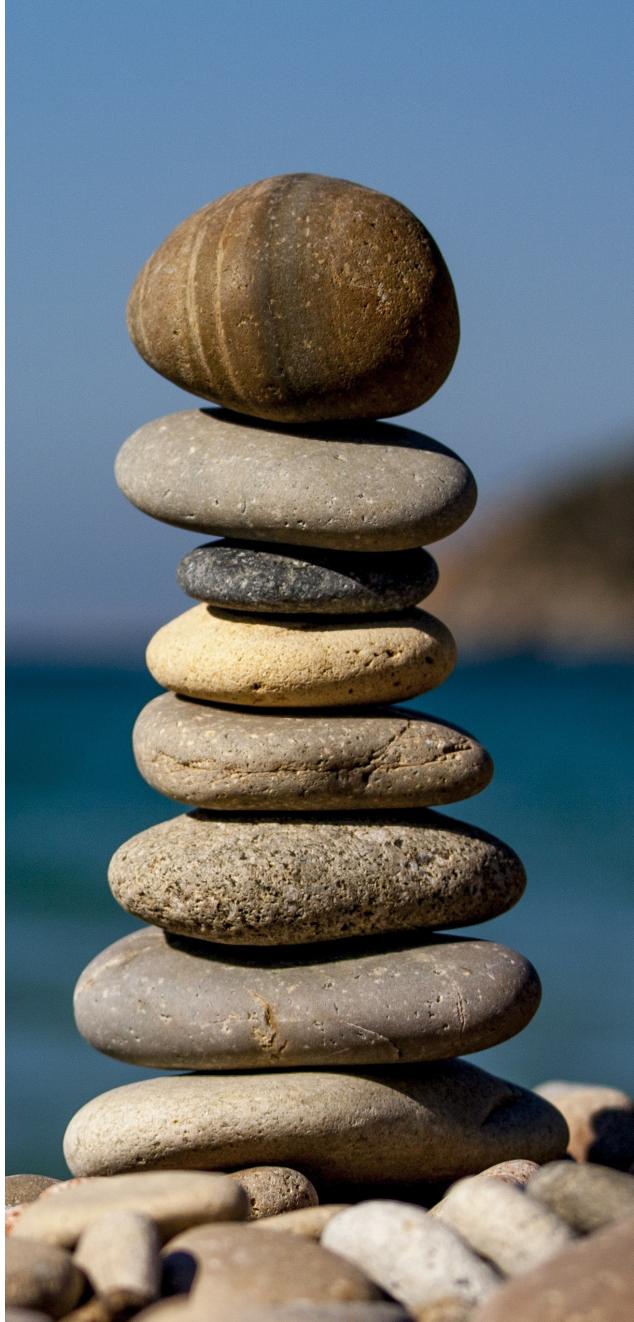




## WHO WE ARE

We are a demanding culturally appropriate Mental Health care for Black, Asian, & Minority Ethnic communities in Leicester.

Adhar Project is committed to helping people with these conditions as well as their families, carers and health professionals. We have 30 years of experience in helping adults and families live healthier, happier, and productive lives.



*PROVIDING MENTAL  
HEALTH AND WELL BEING  
SUPPORT*



## PROJECT AIMS

**THIS PROJECT FOCUSES ON MANY ASPECTS INCLUDING:**

- Recovery Focused Counselling Support
- Health and Well Being Support
- Advocacy and Sign Posting
- Confidence Building
- Interviewing Techniques and Role Playing
- Action Planning and Goal Setting
- Workshops on Self Management, Positive Thinking and understanding of Mental Health
- Healthy Eating and Dietary Advice