

VISIT US



THE ADHAR RECOVERY PROJECT

Mental Health Charity
Over 30 Years of Experience

SUPPORTING MENTAL
HEALTH RECOVERY
EARLY INTERVENTION &
PREVENTION
TACKLING MENTAL
HEALTH INEQUALITIES

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ABOUT US

We will help, support and guide you through the difficult period of leaving hospitals or other rehabilitation/care provisions, through those first tentative steps back into the community and independence. We will focus our support on key areas that underpin the transition to independence, using the recovery star model of support planning to ensure that you are planning your own goals and outcomes. These include:

- Setting up and maintaining a tenancy
- Developing domestic and life skills
- Advocacy and liaison
- Managing finances and benefit claims
- Emotional support and advice
- Accessing other services
- Establishing personal safety and security
- Maintaining a healthy lifestyle
- Exploring spiritual and faith needs
- Establishing supportive relationships in the community
- Getting support to look at future employment

IT'S OKAY TO
NOT BE OKAY
YOU ARE NOT ALONE
REACH OUT

OUR MENTAL HEALTH
RECOVERY SUPPORT
SERVICE IS FREE AND
CONFIDENTIAL

LET US HELP

OUR TARGET GROUP

Mental health community based low level support service primarily but not exclusively targeted at the BAME community.

GROUP ACTIVITIES

Some of our group activities include:

Leisure, Arts & Crafts
Basic Living Skills
Information Technology
Tai Chi & Meditation

ONE-TO-ONE SUPPORT

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