

Tackling Mental Health Inequalities



ADHAR PROJECT

Mental Health Charity
Based in Leicester

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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.

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 & nurturing environment.

We have 30 years of experience in helping adults & families live healthier, happier and productive lives

OUR SERVICES

PURPOSE OF GROUPS

We are here to help and support you through the difficult times. There are many others out in the world, who suffer from mental health problems. That's why we are proud of our services and believe we can help you too.

DIFFERENT ACTIVITIES

We offer different types of groups including, women only, men only and mixed groups. The activities we have available and encourage others to take part in are arts & crafts, basic living skills, using technology, presentations from guest speakers, Tai Chi and more. Please check our website for scheduled activities and updates.

BENEFITS

Research has shown that partaking in various exercises and workshops can lower stress levels, improve overall mood and decrease any anxious or depressive feelings.

