

Target Group

**African, African Caribbean
Dual Heritage adults**

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

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

Dates & Time

Wednesday
13:00pm - 15:00pm

Thursday
10:00am - 12:00pm

Friday
10:00am - 12:00pm

Contact

Tel: 0116 220 0070

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

Travel: Bus 16, 17 from City Centre

Refreshments and snacks provided

Please Note:

**Black = African, Caribbean,
Dual Heritage**

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



Mental Health Services
African - Caribbean - Dual Heritage



**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, LE4 6DP

St Chads
145 Coleman Road, LE5 4LH

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



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

Mental Health Services

Since 1st April 2015, this project is being funded to run early intervention and preventative Mental Health Services. Primarily but not exclusively targeted at the Asian, African, and Caribbean community with mental health needs and their carers for people within Leicester. 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

- Podcasting
- Computer Music
- Leathercraft
- Basic Living Skills
- Talking Therapies
- Guest Speakers
- Information Technology
- Support Signposting
- Keep Fit

