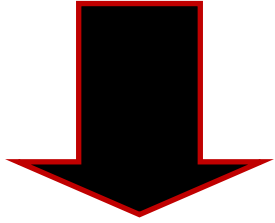


**Are You
Experiencing**



**Anxiety
Depression
Panic Attacks
Stress
Dual Diagnosis
Low Mood
Suicidal thoughts
Schizophrenia
Bi Polar
Pre/Post Natal -
Depression
Loss & Bereavement
Trauma & PTSD
Low Self-Esteem**

WE CAN SUPPORT YOU



Please Contact us:

**Pakistani Resource Centre
Emery House, Suite 2A
195 Fog Lane
Manchester
M20 6FJ**

Tel: 0161 445 0633

Mob: 07526053827

Fax: 0161 434 1382

Email: health@pakistani-resource.org.uk

Website: www.pakistani-resource.org.uk



Trafford BME Mental Health Service



TRAFFORD PREVENTION AND WELLBEING PARTNERSHIP

Trafford Prevention and Wellbeing Partnership is made up of ten organisations that together will be providing services within Trafford MBC.

The aims of the organisations are to provide support and services to help the following outcomes.

Mental health Improvement
Active Aging
Preventing ill Health
Learning Disability and Autism Support
Engaging hard to reach communities

Pakistani Resource Centre (PRC) provides mental health support to the Black and Minority Ethnic communities.

PRC has been established since 1966 and has provided support in the field of mental health to the BME communities since 1995 in Trafford.

Our staff are sensitive to the needs of the community and understand the meaning “culturally appropriate”.

We will support and help you with any issues impacting on your mental health well being.

OUR VISION

“To provide a culturally sensitive and appropriate mental health service for Black and Minority Ethnic Communities in Trafford”

Our vision will be achieved by ensuring that culturally sensitive and appropriate services are
AVAILABLE, ACCESSIBLE, APPROPRIATE AND EFFECTIVE

OUR AIM

- ⇒ Reduce symptoms and prevent relapses
- ⇒ Reduce crisis
- ⇒ Increase confidence of mental health services
- ⇒ Increase knowledge and understanding of mental health
- ⇒ Increase knowledge of local services

SERVICES OFFERED

- ⇒ **OUTREACH/ HOME VISITS**
- ⇒ **BEFRIENDING**
- ⇒ **INFORMAL COUNSELLING**
- ⇒ **HELP ACCESS LOCAL SERVICES**
- ⇒ **PROVIDE SUPPORT TO INDIVIDUALS AND CARERS**
- ⇒ **PROVIDE ADVOCACY**
- ⇒ **SUPPORT UPTAKE OF HEALTH SCREENING PROGRAMMES**
- ⇒ **HELP SERVICE USERS TO ACCESS EDUCATION AND TRAINING**
- ⇒ **HELP REDUCE SOCIAL EXCLUSION**
- ⇒ **SIGN POST SERVICE USERS TO APPROPRIATE SERVICES**

FREE, IMPARTIAL AND CONFIDENTIAL SERVICE