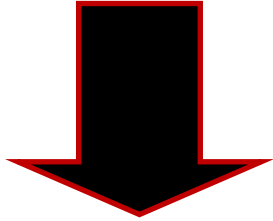


**Are You  
Experiencing**



# Trafford BME Mental Health Service

Managed by Pakistani Resource Centre

**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**

**Email: [info@pakistani-resource.org.uk](mailto:info@pakistani-resource.org.uk)  
Website: [www.pakistani-resource.org.uk](http://www.pakistani-resource.org.uk)**



## **TRAFFORD BME MENTAL HEALTH SERVICE**

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

Mental health Improvement  
Healthy lifestyle  
Health checks  
Cancer screening  
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**