

# About... Sandwell Mental Health Services



## Who are we?

Friendship Care and Housing help people live fuller lives.

Our homes and support meet individual needs and create better neighbourhoods to live in.

For a different language or format, please contact us.

如果您需要其他语言或格式的帮助，请联系我们

В случае необходимости получить и формацию на другом языке или в другом формате просим связаться с нами.

Pour tout autre langue ou format, veuillez nous contacter

بۆ ھەر زمانىكى تر يان ھەر شىۋا زىكى تر ، تىكايە پەيوەندىيىمان پىۋە بىكە

बिसै ही ऐत ब्राम्हा नां त्रुप सप्तै विरपा वरवे सांसे ताम् संपरव वटे।

Haddii loo baahdo luqad kaleama qaab kale loo sameeyo, fadlan nala soo xiriir

অন্য ভাষা অথবা তর্জমার জন্য আমাদের সঙ্গে যোগাযোগ করুন

لأى لغة أو صيغة أخرى برجاء الاتصال بنا

کسی دیگر زبان یا شکل کے لیے برائے مہربانی ہم سے رابطہ کیجیے

### Central Services Office

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# About... Sandwell Mental Health Services

## *Sandwell Supporting People Mental Health*

We support adults in Sandwell who are 18 and over and recovering from mental health problems, to live independently in the community and to maintain their tenancies. We can offer emotional support and help with the more practical life skills, such as applying for benefits, budgeting skills, support to attend medical appointments and to encourage you to develop your social skills. We also offer advice and information on other services and organisations that may be helpful to you. We welcome your call if you feel we can help or would just like some further details on the service.

**Please contact Dinesh Chauhan on 555 7273 or Steve Wright on 506 2821.**

## *Khushi (Happiness)*

This is a culturally focused service for South East Asian people in Sandwell who are 18 and over and recovering from mental health problems. We support people to live independently in the community, develop personal life skills and help to build confidence and reduce feelings of isolation. We can provide you with emotional support and help with practical skills including supporting you to attend hospital appointments or accessing social or leisure activities. We can give you information on other organisations that may be useful to you. We also organise regular drop-in sessions for women, with an educational, recreational, or social theme suggested by members, which provide a chance to meet other people in similar situations.

**For further information please contact Dinesh Chauhan on 555 7273.**