



## **Rethink mental illness- Sahayak services**

Age 17+  
01474 364837

Sahayak services specialise in BME (Black & Minority Ethnic) mental health. We provide one to one support if you need support and encouragement to help manage a range of conditions that impact on your mental health including isolation, housing issues, domestic abuse/honour based violence and social issues.

## **Rethink Peer Support Group**

Age 17+  
01474 364837

There is a recovery support group Rethink Sangam to aid with recovery through peer led activities.