

Rethink Sahayak services

Age 17+

Rethink Sahayak specialises in BAME (Black, Asian & Minority Ethnic) mental health. We are currently offering the following services:

- We can support you one to one by phone on **01474 364837**
- Our Sangam group offers peer support through weekly one to one phone calls (contact **01474 364498** or sangamgroup@rethink.org)
 - to explain NHS guidelines for the COVID -19 pandemic
 - support with domestic abuse for BAME communities
 - to make sure members complete exercises like walking or a simple work out at home
 - to encourage healthy eating
 - to encourage hobbies such as the knitting initiative
- You can contact the **Asian Mental Health Helpline** for emotional support on **08080 800 2073** at the following times:
 - Monday and Wednesday 4pm -7pm
 - Tuesday and Thursday 12pm – 3pm
- The Gurdwara Management committee has created a “*langar delivery sewa*” team that will deliver langar (blessed food) to you if you are vulnerable and need food because you are unable to obtain food or don’t have access to family and friends that are able to help. You can access the service online ([click here](#)) or by phone on **01474 761063**