

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES



WORKING FOR YOU

The office is situated at the :

Windrush Millennium Centre
70 Alexandra Road, Moss Side, Manchester, M16 7WD
Tel: **0161 226-9562**
Fax: **0161 226-7947**
Email: admin@acmhs-blackmentalhealth.org.uk
Web: www.acmhs-blackmentalhealth.org.uk

The African and Caribbean Mental Health Services (ACMHS) is a voluntary charitable organisation that provides support to African and African Caribbean people with mental health issues who are 16+ and living in the Manchester area.





ACMHS was established in October 1989 as a direct result of concerns expressed in the community about the frequency with which second generation African and African Caribbean youths were admitted to psychiatric hospitals and the regional forensic unit.

ACMHS provides services across economic and socially disadvantaged areas within North, South and Central Manchester for people in the community experiencing anxiety disorders, depression, post natal depression, social anxiety and phobias, stress reaction and other psychological problems.

In order to support the Clinical Commissioning Groups (CCGs) who fund the organisation towards Improving Access to Psychological Therapies (IAPT), we now provide a wide choice of psychological therapies based on Cognitive Behavioural Therapies (CBT).

SERVICES WE PROVIDE:

- **Mental Health Team:** A multi-skilled team providing Primary health care within a Stepped Care Model for people aged 16 and above, registered with a Manchester GP
- Case management, assessment, self help materials and guidance
- **Counselling:** CBT and couples
- CBT therapies
- Psycho-educational groups
- Befriending/Peer Support
- **Drop-ins:** Sport, art, music, life skills
- **Advocacy** – for service users and their families ie: advice on Mental Health Act, medication, diagnosis, benefits, housing
- **Groups** - Carer's, Women's, Men's
- **Training** ie: race and mental health, cultural awareness and mental well-being
- **Student placements** (social work, occupational therapists, community and youth workers, nurses, social change, medical, counsellors)
- **Volunteer support services** – facilitating drop-ins, person centred counselling, befriending and hospital visiting
- **Advice surgery:** Every Tuesday, 10 – 12pm at the Windrush Millennium Centre

YOUNG PEOPLE'S TOOLKIT – MIGRAINE - 'Migraine' aims to provide a variety of services to young people, families and school staff. We strive to help young people to look after their mental well being.

We provide training and support to staff and young people for them to develop a deeper understanding of cultural needs and identifying signs and symptoms of mental health.

BEFRIENDING PROJECT - The Befriending Project aims to aid the recovery of African and Caribbean patients in North Manchester General Hospital. The service will be provided by service users who have experience of being inpatients themselves.

DROP-IN TIMETABLE

SPORTS DROP-IN

Mondays, 2 – 4pm at Moss Side Leisure Centre
Football, swimming, sauna, badminton

ART DROP-IN

Tuesdays, 10 – 12pm at the Windrush Millennium Centre
Clayworks, fabric painting, drawing, painting

WOMEN'S GROUP

Tuesdays, 1 - 3pm at the Windrush Millennium Centre
Advice, information, discussion, support

MUSIC WORKSHOP

Tuesdays, 12.30 – 5pm, Unit 14, Windrush Millennium Centre
Dee-jaying, mixing/scratching, learning how to play instruments, singing

MEN'S GROUP

Thursdays, 10 - 12pm at the Windrush Millennium Centre
Share ideas in a supportive environment, discussion, advice, support, trips

THURSDAY LIFE SKILLS

Thursdays, 1 – 5pm at Windrush Millennium Centre
Reading, poetry, music, trips, quizzes, discussions

WE ALSO PROVIDE SUPPORT TO CARERS LIVING IN MANCHESTER WHO MEET MONTHLY

MANCHESTER

1st Thursday of the month,
11.30am at the Windrush Millennium Centre
Support, trips, short breaks, information/advice,
respite alternative treatments, practical help

VOLUNTEERS - ACMHS need volunteers to support the work of the organisation in counselling, befriending, hospital visiting and at the drop-ins.

Training is provided including mental health awareness and out of pocket expenses are paid.

REFERRAL PROCESS - The organisation accepts referrals from self, carers, families, GPs, Social Services, Solicitors, Housing, Probation Service, other Mental Health Teams and organisations.

COST - The service is free for people living in Manchester and surrounding areas.

However, there is a charge for people who require our service and live outside of Manchester. For further information, please contact the Administrator on 0161 226-9562 or [email: admin@acmhs-blackmentalhealth.org.uk](mailto:admin@acmhs-blackmentalhealth.org.uk)