



Commencing February 2010

African Mental Health Wellbeing & Support Group

***ADEC is offering a
Carers, Family and Individuals support
group for people from African backgrounds
with Mental Health concerns.***

The following people are invited to join of the African Mental Health Wellbeing & Support group:

- People experiencing mental illness who are under the care of a psychiatrist, general medical practitioner, or a mental health worker
- Any individual carer or consumer who will benefit from the support group

Aims of the group:

- To create an informal self-help network for people with mental illness and their carers and prevent isolation
- To facilitate social and recreational activities
- To provide information about services available in the community and to facilitate access to these services
- To support people experiencing mental health issues to live confidently in their community

If you are interested or know anyone who will benefit from this group, please contact:

ADEC's Intake Officer Monday to Friday on 9480 1666

or Francis Acquah – Available on Thursday

or by Email: francis@adec.org.au