

**BME MENTAL HEALTH  
COMMUNITY DEVELOPMENT**

*Working in Partnership with  
Waveney Community Forum cvs Ltd.  
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Waveney Community Forum cvs Ltd

**This leaflet is also available on request in large print and the following languages: Polish, Portuguese, Russian**

If you want to find out about the mental health or well-being services that can help you.... Ring, email or send a text to Ela who will respond as soon as possible. All calls will be treated as confidential.

**Contact:  
Elzbieta Gontarczyk  
Black and Minority Ethnic Mental Health Community Development Officer**

**Great Yarmouth and Waveney Mind  
GYWMIND  
31 Caister Rd  
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NR30 4DA  
Website: [www.gywmind.org.uk](http://www.gywmind.org.uk)**

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Registered charity number 1059886  
Company Limited by Guarantee registered company number 03282832



Great Yarmouth and Waveney Mind

**Black and Minority Ethnic  
Community Development Officer**



**Encouraging participation in the issues that affect your lives.**

**Did you know?**

Mental health is a *state of well-being* in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (**World Health Organisation**).

Do you feel like you are realizing your potential?

Are you new to the area and in need of support?

Are you coping with the stresses of life?

Are you feeling down, lonely or isolated?

Do you feel like you are misunderstood?

Would you like to receive culturally appropriate and more responsive services?

Would you like to improve your life?

**Our Aims:**

We aim to focus on promoting mental health throughout peoples lives to ensure a healthy start in life for children and to prevent mental disorders in adulthood and old age.

We want to improve satisfaction with services such as treatment and outcomes for Black and Minority Ethnic communities. In other words, support you to have a better quality of life.

We aim to work with other organisations to reduce and eliminate ethnic inequalities in mental health service experience in Waveney.

We intend to work with individuals and groups to develop skills, confidence and knowledge, to provide training and various events.

**What can we do together?**

We can work together to help improve your situation and quality of life.

We aim to provide up-to-date information on mental health and well-being.

We will listen to your comments and views about local Mental Health services in Waveney and inform Mental Health services of your views and needs, and let the Local Authority consider them so that they can understand and improve their services to you.

We can help you or your friends to set up culturally appropriate support groups.

We can provide information about other relevant services.