



Who we are:

Maan Somali Mental Health Sheffield is a community based organisation with over 25 years of experience in supporting the Somali and other Black and Minority Ethnic community members experiencing mental health problems.

Our approach focuses on providing a mental health preventative approaches using community development techniques to:

- Increase awareness mental health condition and support services available locally
- Provide assistance for Somali individuals with mental health problem to access support and services
- Continue to act as a bridge between the Somali community and local health and social care agencies
- Work to reduce stigma, fear, discrimination and myths around mental ill health within the Somali community
- Develop Somali community based programme of training events
- Provide training for Health and social care providers
- Facilitate join learning experience involving Somali community members and health social care providers
- Build effective partnership with key local organisation in order to improve access to services

Our preventative approaches include providing support through one to one, group and partnership working.

We provide up to date, consistent and accessible information / advice, seminars workshops and activities which cover issues such as:

- Raising awareness of wider factors associated with mental health
- How to spot the signs of mental illnesses including potential triggers
- The impact that mental health has on the Somali community

“Maan Somali Mental Health Sheffield is the only service whose sole focus is on giving support and information to Somali community members and groups affected by mental health issues.”



8 Paradise Street, Sheffield S1 2DF
Tel: 0114 2758556 Fax: 0114 2750888
Email: admin.maan@tiscali.co.uk

Company No 6639255 Registered Charity No. 1125763

Supported with funding from