



Providing Culturally Competent and Racially Sensitive Mental Health Support

Charles Kwaku-Odoi

Chief Officer

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Lead | Educate | Support | Advocate | Enhance

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Vision

To end health inequalities for Caribbean and African people in a generation

Mission

To lead strategic engagement on behalf of the Caribbean and African community so that Black people and organisations are empowered to improve and sustain holistic health and wellbeing!

Structural Barriers



Decision making &
Representation

Benchmarking to
majority populations

Racial discrimination
– unconscious and
conscious bias

Poor community
engagement &
investment especially
with the faith sector

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Systemic Barriers



- Black community exists at the intersection of poverty, racism, and health inequality.
- These issues can act as factors that exacerbate mental health needs and disproportionately impact the availability of mental health support for the black community.
- Cultural insensitivity, poverty and associated experiences, such as violence and criminal injustice encourage conscious and unconscious bias can act as barriers to the black community accessing mental health care and support.

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CAHN's Mental Health Support Services

- A key component of CAHN's strategic objective is to provide structures and resources to support the mental health and emotional health of the African and Caribbean community.
- This strand of CAHN's vision gained significance because of the disproportionate impact of the COVID-19 pandemic on the black community.
- CAHN created Counselling Service that responded to the increased demand for mental health support from the Caribbean and African Community because of the pandemic.

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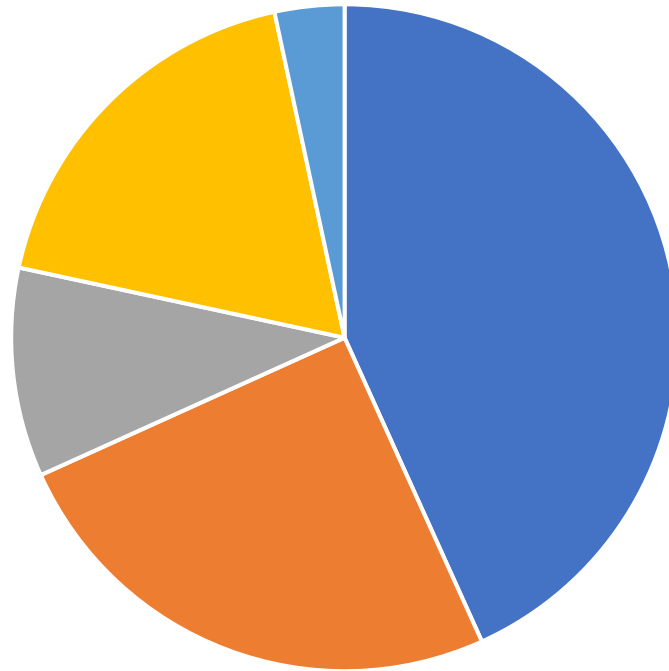
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CAHN's MHSS - One Year On

- The counselling service offer culturally competent, racially sensitive and multilingual mental health support to the community that acknowledges the dehumanising trauma of racism and systemic inequalities.
- The service has supported 148 referrals since the inception of its Mental health Support Service.
- Category of issues presented by those who access the service include
 - Bereavement - 64
 - Domestic violence support - 15
 - Relationship issues - 27
 - Mental health difficulties - 37

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MHSS Presenting Issues



■ Bereavement ■ Mental Health ■ DV Support ■ Relationship ■ Immigration

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Service Delivery

- Due to the pandemic, sessions are offered remotely via Zoom, WhatsApp, Microsoft Teams and over the telephone.
- As lockdown eases there are plans to offer face to face sessions to clients.
- Language support offered
- The service offers 8 – 12 sessions but this can increase to about 20 sessions depending on the complexity of the issues presented. Clients seen often present multiple issues.
- Additional sessions if required
- In January 2021, CAHN Bereavement Peer Support Group launched - offer ongoing bereavement support current and previous clients.

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Awareness Raising to Promote Therapy

Date	Consultant/Speaker	Topic	No of Attendees
6 th November 2020	Dr Abiodun Abioye	Post-Traumatic Stress Disorder	50
14 th November 2020	Dr Joyce Ameh	Healthy lifestyle during the pandemic – Healthy mind	55
5 th December 2020	Dr Adeniyi Molajo	Cardiac issues and Mental health	61
19 th February 2021	Andrea Newton	Suicide Prevention Event	62
19 th June 2021	Dr Joseph Omofuma	Mental Health: The Silent Affliction	43
Fortnightly	CAHN Counsellors	Bereavement Support Group	10

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Holistic Approach Person-Centred

Practical
Support and
Signposting

1:1 Counselling
Therapy

Bereavement
(inc. Complex)

Domestic
Violence and
Sexual Abuse

Advocacy

Wrap Around
Support

Health
Webinars led by
Specialists

Winter Crisis
and Keeping
People out of
Hospital

Suicide Cafe
sessions

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Emotional & Wellbeing Support

Have you been affected by COVID-19?
Do you have any worries or concerns?

We are here to listen to you!






Befriending | Free Counseling for Young People & Adults
Lien d'amitié | Thérapie gratuite pour les jeunes et les adultes

Contact us

  **07710 022382**

or email
help@cahn.org.uk



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Supported by **GMCA** Greater Manchester Combined Authority

 **NHS**
in Greater Manchester



Cultural & religiously appropriate service for the Caribbean & African Community



Light Bereavement service is available from 9am-9pm, 7 days a week



Call or Text BS- 07710 022382



Referrals to
bereavement@cahn.org.uk

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Service De base aux Personnes Endeuillées



Un service spécialisé, culturellement et religieusement approprié pour les Caraïbéens et les Africains, délivré par des conseillers professionnels Noirs.

Counselling | Practical Support
Thérapie | Soutien Pratique

Ce service est disponible de 9.00hrs à 21.00hrs, 7 jours par semaine !

Toute requête par recommandation à bereavement@cahn.org.uk ou visitez www.cahn.org.uk/bereavement (Tout accès direct sans recommandation est la bienvenue)

Appelez ou envoyez un message BS – 07710 022382

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Light Bereavement Service



Cultural and religiously appropriate specialist service for the Caribbean & African community delivered by Black professional counsellors.

Counselling | Practical Support
Conseils | Support pratique

This service is available 9am-9pm, 7 days a week!

Referrals to bereavement@cahn.org.uk or visit www.cahn.org.uk/bereavement (Self-referrals welcomed)

Call or Text BS – 07710 022382

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Soutient Emotionnel et Bien-Être

Avez-vous été affecté par le COVID-19 ?
Avez-vous des inquiétudes ou des préoccupations ?

Nous sommes à votre écoute !

Befriending | Free Counselling for Young People & Adults
Lien d'amitié | Thérapie gratuite pour les jeunes et les adultes

Nous contacter

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CAHN's Employee Assistance Programme







- Most organisations offer generic counselling support that does not meet the needs of their black employees.
- CAHN has created an employee assistance Programme to bridge the gap.
- The service exist to help organisations to better support their black employees through the lens of racial trauma and its impact on their wellbeing, sense of belonging in the workplace and effectiveness at work.
- CAHN's Employee Assistance Programme is a bolt-on service to existing Employee Assistance Programme to offer tailored support for black employees that is culturally competent, racially sensitive and trauma informed.



For further information contact: info@cahn.org.uk | www.cahn.org.uk

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