

## Referral Pathway Somali Outreach Project

### Description of the Service

**Purpose:**

To provide an information, advice and support service to members of the Somali communities in Hillingdon who are experiencing emotional well-being or mental health issues.

**Outcomes:**

1. members of the Somali communities will report an enhanced understanding of the local pathways to mental health support;
2. members of the Somali communities will report increased access to primary care mental health support;
3. faith leaders within the Somali communities will report a better awareness of mental health issues.

Information and/or advice may be given on the telephone or in a face-to-face interview at a mutually convenient location in the local community.

### Service Eligibility Criteria

- Somali
- Age 18+
- Resident, or registered with a GP, in the London Borough of Hillingdon
- Seeking support to enhance emotional resilience and/or mental health recovery, or to overcome social isolation

### Referral Pathway

1. People seeking information or advice should contact [fartuun@hillingdonmind.org.uk](mailto:fartuun@hillingdonmind.org.uk), the Somali Health and Well-being Co-ordinator, or telephone 020 8573 8629,
2. The Co-ordinator may give immediate information or advice on the telephone, or arrange a face-to-face meeting.
3. In some instances the Co-ordinator may refer the enquirer to another service or agency, but will always seek prior consent.