



What is Dostiyo?

Dostiyo is a voluntary organisation run by and for Asian women and girls. Over the past 28 years, Dostiyo has become established as a service provider to Asian women in Northampton. The organisation has provided services to local Asian women offering information, support and advice on a wide range of problems including mental health issues.

All information, advice and support remains confidential.

Symptoms of a Mental Illness:

- Depression
- Feeling emotional
- Lack of sleep
- Mood swings
- Memory loss
- Lack of appetite
- Abused, Threatened, and Isolated
- Suicidal thoughts
- Anxiety and Panic attacks

What can we do?

Help available includes:

- Providing home support and raising awareness of Mental Health for Asian women and their families.
- Attacking barriers of isolation, abuse, threats that Asian women experience.
- Promoting access to services, transcending racial, religious, linguistic and cultural issues.
- Promoting self-help, advocacy and information in the community across the county.
- Promoting the wellbeing of women and their families

Mental Health Support Worker

- Raise awareness of Mental Health issues and Wellbeing
- Home support service
- Promote independent living
- Integrate with wider community
- Referral to main stream agencies

Carer Support Worker

- Advocacy support
- Benefits advice
- Telephone and Personal contact
- Emotional support & reassurance
- Improve self esteem and self confidence.
- Health care awareness
- Signposting



Our mission:
“To promote effective citizenship of Asian women regardless of age, religion, ethnicity, cast or creed, by helping them overcome barriers to accessing much needed services”



**Activities available at
Dostiyo:**

- **Keep fit**
- **ESOL classes**
- **Yoga Classes**
- **Lunch Club**
- **Swimming club**
- **Dementia Café**

**For Further Information:
Please contact: Indira Patel**

Opening Times 10 am - 4.00 pm

**62-66 Dunster Street
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Registered Charity Number 1058077



**LOOKING AFTER YOUR MENTAL
HEALTH AND WELLBEING**



**Where to go for information and
advice about mental health issues**

**Community
Legal Service**

