

The Tavistock and Portman NHS Trust

## ***The Asian Service***

The Asian Service in the Tavistock & Portman Mental Health Trust began as a Bangladeshi Service in 1996 to address the needs of the Bangladeshi community in Camden. While continuing to serve Bangladeshi clients the Service was expanded in 2002 to a service for Asian clients including clients of Pakistani, Indian and Chinese origins. The aim of this expansion was to offer more choice for all Asian clients in Camden. The Service is situated in the Community Team in the Child & Family Department at the Tavistock Clinic and is staffed by experienced psycho-therapists. The staff work independently as well as alongside other professionals in the Child & Family Department and in the Adolescent and Adult Departments.

The majority of the staff in the Asian Service are themselves of Asian origin and have extensive cross-cultural and religious expertise. Currently staff speak Bengali (including Sylheti dialect), Punjabi, Urdu and Hindi and they are also experienced in working with interpreters.

What does the Asian Service offer to clients from Asian communities?

The Service offers mental health work and psychotherapy through

- Assessments
- Clinical work
- Group work with children
- Parenting groups

The assessments and clinical work take place through home visits or drop-ins at health centres and family centres and in schools. Treatment sessions are also offered at the Tavistock Centre. Group work takes place in schools and in family centres. Family members may be seen together or separately and the service offers work with individual adults as well as children.

Who can refer?

The Service takes referrals from

- GPs
- Health Visitors
- Social Services
- Other Child & Family Clinics
- Voluntary Agencies
- Community & Religious Organisations
- Self-referrals
- Schools

What kind of problems do we work with?

We see Asian families, children, adolescents and parents who are experiencing emotional and behavioural difficulties and distress, such as

- Family and relationship problems
- Sadness or depression
- Bereavement
- Illness
- Domestic Violence
- Separation and divorce

Children are referred for

- Developmental problems
- School problems
- Learning difficulties
- Eating problems
- Sleeping problems
- Bedwetting
- Physical and sexual abuse

What does the Asian Service offer other professionals?

The staff in the Asian Service is committed to increasing access to all mental health services for Asian clients. We therefore work to develop links with other professionals and agencies and to contribute to equality and cultural and religious sensitivity in health service delivery. We offer the following services to professionals working with Asian clients

- Case consultations
- Collaborative case work
- Training
- Workshops

How to refer

If you would like to refer to the Asian Service you can do so by making a written referral or by contacting:

- either the Intake Coordinator:  
Child & Family Department  
The Tavistock Clinic  
120 Belsize Lane  
London NW3 5BA  
Tel.: 020 7435 7111
- or one of the Asian Service therapists:  
Tel.: 020 7447 3800  
020 7435 7111 ext. 2536.