

Bringing people together since 2015  
to increase awareness & deepen  
understanding of mental health

Rehana Sidat - CEO/Founder

Jamila's Legacy

BSc (Hons) Cognitive Behavioural  
Approaches

‘Mental health - Everyone’s business’



**Jamila's Legacy CIC**

Mental Health

Awareness | Resilience | Training

# Jamila's Legacy

Supporting and educating  
communities and organisations  
in mental health



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Jamila's Legacy is a non-profit organisation that offers advice, advocacy, support, a listening service, self-care activities and training to individuals interested in maintaining their own mental health well-being and supporting others.



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Jamila's Legacy has been bringing people together to increase mental health awareness and deepen understanding since 2015. We have been working at a community and grassroots level, engaging with ethnic minority communities, and have developed an understanding of their needs, barriers and challenges.



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We know that stigma and shame around mental health still exists and in some ethnic minority communities there can be additional barriers and challenges to opening up or seeking help due to family and community expectations and/or some cultural norms and beliefs.



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# Jamila's Story



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# The local picture

Higher levels of poor mental health than the national average reported in 2018.

The number of people with long-term mental health problems is significantly higher than the average across England.

Mental health disorders in children and young people are also higher than England's average.

*Leicester City (JSNA 2020)*

*Health & Wellbeing Survey (2018)*

*Time To Change Leicester (2018)*

Health and Wellbeing Strategy and Action Plan 2018-2023

# The NHS Five Year Forward View for Mental Health

We need to put greater energy into prevention,  
rather than waiting until people reach crisis point.



# OUR FOCUS



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**Prevention**

**Early  
intervention**



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## Vision



Our vision is to normalise mental health conversations and create a society where people with mental health problems are accepted, valued and feel they belong.



## Mission

Our mission is to educate, build confidence and empower people with mental health problems so that they are well informed of their rights and choices, are able to maintain their own mental wellbeing and become confident self-advocates.



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- **The Women's Mental Health Wellbeing Project**
- **Men's Monthly Mental Health (Online sessions)**



- **Mental Wellbeing Mondays**
- **The Young People's Project**



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**Thank you**

There is no health  
without mental health.

David Satcher.



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[www.jamilaslegacy.co.uk](http://www.jamilaslegacy.co.uk)