

Dear Sir/Madam,

I would like to introduce you to a **Look Around – See Me** (Polish: **Rozejrzyj Się - Zobacz Mnie**) booklet. This is an information brochure aimed at Polish people, whom you may come across in your practice.

The **Look Around – See Me** Project is an initiative of FENIKS, a charity providing psychological support to the Central Eastern Community in Edinburgh. The project is funded by See Me Scotland, the national campaign aimed at ending mental health stigma and discrimination.

Look Around – See Me was initiated in response to the high suicide rates within the Polish Community in Edinburgh. The rates are higher here than in both Scottish and Polish society. It is believed to be mainly due to social isolation and low awareness of available support. This booklet provides information (in Polish) about major problems affecting the Polish Community and lists supporting organisations.

It is organised in six chapters:

1. Depression and Anxiety
2. Social Support and Homelessness
3. Addictions and Substance Codependency
4. Domestic Abuse
5. Suicide
6. Integration

Each chapter includes a short case study introducing a problem and a check-list of symptoms. This will allow readers to understand the fundamental of their mental health problems and enable them to recognise the issues. At the end of each chapter there is a list of organisations available with a given problem. It also distinguishes which of the organisations is Polish or employs a Polish staff member. We believe this will encourage Poles to use Scottish services even though they do not speak English very well.

Thus, I would like to ask you to display and distribute this booklet among your Polish clients. After 12 weeks we will contact you to check how many copies have been used. We would be very grateful for this information to enable us to evaluate the effectiveness of our project.

If you have any questions or need more booklets, please do not hesitate to contact Barbara Wesolowska, Communication Officer.

Yours faithfully,

Barbara Wesolowska

Communications Officer
Mobile: 074 1312 1012
Email: barbara.wesolowska@feniks.org.uk
FENIKS. Counselling, Personal
Development and Support Services Ltd.
www.feniks.org.uk; www.seemescotland.org