

## Help us rebuild lives

### Volunteer

If you would like to volunteer your time to help people who have suffered severe mental breakdowns, RFS Bangalore has opportunities for you. You will be provided basic training and will work under the supervision of experienced staff. You could choose to work part/full-time with us.

### Donate

As a charitable organisation we are grateful for all financial contributions, these are exempt under Sec. 80G of the Income Tax Act. Contributions can also be made under FCRA. Additionally donors can also sponsor patients for treatment.

### RFS Bangalore Office:

The Richmond Fellowship Society (India),  
Bangalore Branch  
'Asha', 501, 47<sup>th</sup> Cross, 9<sup>th</sup> Main  
5<sup>th</sup> Block Jayanagar, Bangalore 560 041  
Tel: 080- 26645583 / 22446734  
E-mail: rfsbangalore@gmail.com  
Website: www.rfsbangalore.ngo

## Addresses of facilities:

**'Asha'**-Halfway Home  
501, 47<sup>th</sup> Cross, 9<sup>th</sup> Main  
5<sup>th</sup> Block Jayanagar  
Bangalore 560 041  
Tel: 080-26645583 / 22446734  
E-mail: rfsasha@gmail.com

**'Jyothi'**-Long Stay Home  
40-1/4, 6<sup>th</sup> Cross  
Vajpeyam Gardens, Ashoknagar  
Banashankari I Stage  
Bangalore 560 050  
Tel: 080-26678889  
Email: rfjyothi@gmail.com

**'Chetana'**-Day Care Centre  
40-1/4, 6<sup>th</sup> Cross  
Vajpeyam Gardens, Ashoknagar  
Banashankari I Stage  
Bangalore 560 050  
Tel: 080-26676134/ 26611074  
Email: rfschetana@gmail.com

### National Headquarters:

The Richmond Fellowship Society (India)  
'Ushakirana', 406/A-10, 7<sup>th</sup> Main Road,  
Block II, Jayanagar, Bangalore-560 011  
Tel: 080-26575389  
Email: rfsnationalb@gmail.com  
www.rfsindia.ngo



# Recover Rehabilitate Reintegrate



The Richmond Fellowship  
Society (India)  
Bangalore Branch



For over three decades RFS Bangalore has been doing pioneering work in assisting people to recover from mental health problems. Our aim goes beyond recovery to rehabilitation and finally to reintegration in society.

Our therapeutic programs are designed to give clients a sense of being responsible and getting back on their feet. Our residents develop their social and cognitive skills through multiple mediums of Art, Movement Therapy and Yoga.

Another focus area of rehabilitation is to work on an individual's functional skills for independent living. We have focussed programs for structuring daily routine, complying with medication schedule, improving personal hygiene and working on time and money management.

We offer vocational training that gives our clients a sense of purpose and achievement and helps re-integrate them into the community. We also offer Family and Group Therapy for the benefit of our clients and their families. Each human being is unique, and we have developed our programs to be as inclusive as possible for individuals to get a meaningful life back.

The Richmond Fellowship (India) was started in Bangalore in 1986, as a 'Not-For-Profit' organization providing Psychosocial Rehabilitation services and training in the field of mental health.

The Richmond Fellowship was first started in 1959 by Ms. Elly Jansen in the UK. Today, RF organizations are established in more than 30 countries providing effective rehabilitation services to people recovering from severe mental health problems.

The Richmond Fellowship is the world's largest network of mental health service providers.

Our Bangalore Branch offers three different models to help, recover, rehabilitate and re-integrate those suffering from severe mental illness.

**ASHA - A Halfway Home**

Our halfway home caters especially to people suffering from Chronic Schizophrenia and/or Bipolar disorders. Our home can accommodate up to 21 clients (men and women). The duration of rehabilitation ranges from twelve to eighteen months. We also provide respite care on a case to case basis for a period of up to three months.

**JYOTHI - A Long Stay Home**

Our long stay home accommodates residents with a requirement for long-term care. The home can accommodate up to 17 clients (men and women). They come to this facility after undergoing rehabilitation in our halfway home as this helps us understand their needs as well as that of their families. These clients are relatively independent in their functioning.

**CHETANA - A Day Care Centre**

Our Day Care centre offers vocational training and psychosocial rehabilitation services for clients from Bangalore city. Residents of ASHA and JYOTHI also attend this facility for learning vocational skills.

Chetana offers training in vocational skills like: basic training in computers, offset, screen & block printing, tailoring & embroidery, paper file making, paper cup making, and book/spiral binding.

In addition, clients also learn to develop healthy work habits. A sheltered workshop is provided for those who cannot find employment outside. Chetana can accommodate up to 45 people. Clients suffering from schizophrenia, affective disorders, chronic epilepsy and mild mental sub-normality with behavioural problems can seek help here.

**RFS (I) TRAINING PROGRAMMES**

**Short-Term Training**

RFS Bangalore was the first NGO in the country to offer training in Psychosocial Rehabilitation (PSR); from a six months Certificate programme to a two-year M.Sc. degree in PSR & Counselling, affiliated to Rajiv Gandhi University of Health Sciences, Karnataka.

Short-term training programmes of three months' duration are being conducted in the area of "Psychosocial Rehabilitation" and in "Basic Counselling Skills". RFS Bangalore also offers tailor made courses in the area of mental health and psychosocial rehabilitation for those who wish to avail of our expertise.

RFS Bangalore provides internship for Psychology / Social Work students from different Universities within India & abroad. Graduates with behavioural / social sciences and nursing background from different Institutions also come for orientation visits.

RFS is engaged in research activities related to Mental Health and Psychosocial Rehabilitation.

**Our Team**

- Mr. K. Vijaya Raghavan - President
- Mr. B. Chandrashekar - Vice President
- Dr. S. Kalyanasundaram - Secretary/CEO
- Mr. M. S. Seshadrinath - Treasurer