

Hilfen aus einer Hand



### Contact

If required, contact Mrs. Gunkel and make an appointment at the given telephone number.

We are available from Mondays to Fridays 9 am to 5 pm.

### Opening Hours

Our meeting place is located in the Diagonalstraße 41. We are open Mondays to Fridays from 9 am to 5 pm. You are welcome to visit us and to take part in various group offers.

Furthermore it is possible for you to

- partake in the consultation and counselling services conducted by our specialists
- exchange experiences with residents from the area
- play tabletop football, use the Arinet library or play a number of board games

All our offers are free of charge.

You can reach us by the subway U2 or U4 stop „Hammer Kirche“ or by bus number 130 stop „Diagonalstraße“.



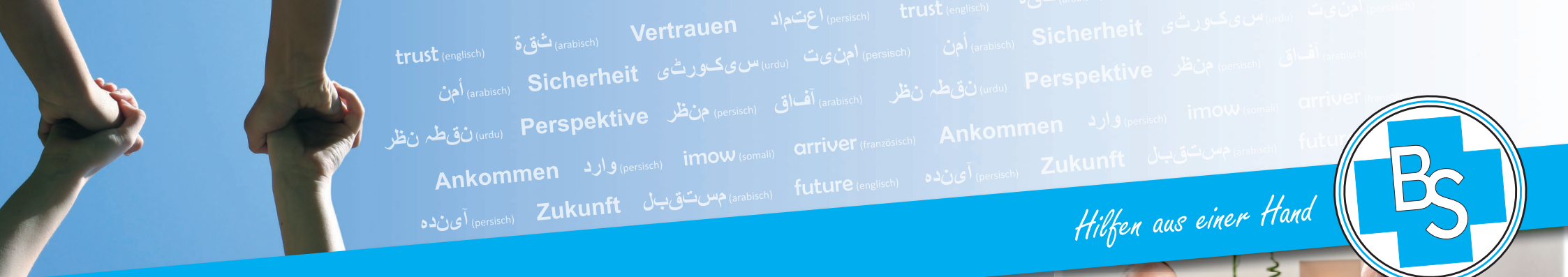
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B+S Soziale Dienste  
**Assistance with Social Integration**  
 Ambulatory social psychiatry  
 Educational support in your own living space  
 Housing assistance





## Our Range

is aimed at mentally ill people, respectively people who are likely to become mentally ill as well as people who suffer from psychic, physical and multiple disabilities.

### Together with you we would like to

- work out how you can lead a self-determined and independent life to the highest possible degree in your own living space
- maintain, adjust or restore your everyday abilities
- counteract impending emergency situations
- find an appropriate daily organization
- find a way to deal with the restrictions imposed by illness
- make it easier to deal with authorities
- support and ensure social rehabilitation
- look for an adequate workplace

## Our Services

We offer various group activities and counselling services which you may join. We try to convert the granted help by conducting conversations, by accompaniment and by undertaking activities.

### Health

- Avoid or cut down stationary stays
- Help with using medical cares
- Arrange and accompany medical appointments
- Support the individual's perceptions of health changes
- find a way to deal with the restrictions imposed by illness
- Conduct structuring, relieving and supporting talks
- Help when utilizing other psychiatric and social services
- Support with a balanced diet

### Leisure Time Arrangement

- Group activities and outings arranged by us



### Employment, Job and Education

- Know your own resilience
- Develop a professional perspective
- Maintain the workplace

### Help with Searching and Preserving the Chosen Form of Living

- Help with mediation of housing
- Help with disorganized living
- Help with impending loss of housing
- Support independent housekeeping

### Supporting Life in the Community

- Help with making social contacts and sustaining them
- Assistance when conflicts occur
- Support self-reliance by identifying resources and perspectives

### Supporting Mobility

- Gaining safety in road traffic
- Orientation in the district