

BAYAN

mobile consultations for refugees
with a focus on substance abuse
and mental illness



Caritas-Beratungszentrum
Steglitz-Zehlendorf
www.caritas-berlin.de



BAYAN helps connect refugees that suffer from substance abuse and/or mental illness with the appropriate NGOs and care system in Steglitz-Zehlendorf, Berlin (especially those offering outpatient assisted living).

- Are you having difficulty sleeping?
- Do you feel anxious or irritated?
- Do you suffer from rapid and extreme mood swings?
- Are you worried about some of your attitudes and behaviors?
- Do you suffer from recurring images, sounds or smells that you can't get rid of?
- Does your ability to relax or motivate yourself depend more and more on addictive substances?
- Do you or the people close to you feel burdened by your situation?

We would love to help! Together we will discover what changes you would like to see happen in your life and find the best support to make these changes happen. We will connect you with the appropriate institutions in Berlin to support you with what you need.

We guarantee discretion and our consultations are independent from religion or ideology.

Our consultations can also be offered with language interpreters.

Office hours: Wednesdays 10 a.m. – 1 p.m.

You can call or send us an email.

Mobil: 0172 430 81 67 / 0172 429 53 75

Mail: bayan@caritas-berlin.de

We also offer our consultation online:

www.caritas-berlin.de/bayan



CARITAS-BERATUNGSZENTRUM
AUSSENSTELLE
Hubertusstraße 9 · 12163 Berlin

gefördert durch



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