

SELF-HELP GROUP

Time and Date

Every 1st Tuesday of the month
from 12.30 pm

Location

Near U-Senefelder Platz (U2) and
U-Rosenthaler Platz (U8)
Please get in touch and we'll give you
directions to our meeting location.

Contact

heise@apk-berlin.de
Tel.: 030 – 863 957 03 (please leave a message)



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Self-Help Group

for Relatives and Friends
of People with
Mental Crises

SELF-HELP GROUP

FOR RELATIVES AND FRIENDS OF PEOPLE
WITH MENTAL CRISES

Let't take this walk together!

Nothing is as it was? Nobody understands? You feel alone and lost because someone you care about seems to be going „mental“?

Come along to our group to talk, listen, share. We are all in a similar situation with someone very dear to us going through psychological crises - until we ourselves feel lost. So let's get together to make things feel much more bearable as we see that others have similar problems and inspire each other to deal with them in new ways.

Topics that we have dealt with in our meetings are:

- dealing with guilty feelings; feelings of responsibility – their pros and cons
- balancing ones own and the other's needs
- what has helped me in times of crises
- communicating our topics to outsiders
- how to accept help and who from

Had I not created my whole world, I would certainly have died in other people's.

Anaïs Nin