



I can't control my anger

I often cry, without reason

I am constantly feeling tired

I feel lonely

I am constantly sad

I have strange thoughts

I can't sleep well

I am in a bad mood all the time

I worry too much even for the slightest things

I am too stressed

I wish to find out the procedures necessary to get my permit for my stay in Greece

I would like to know where to address to, in order to find a job

I would like to learn how to take care of my health and my family's

I wish to learn to speak greek

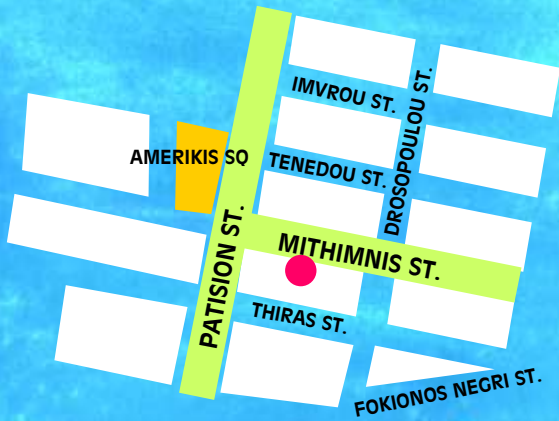
I wish to know my rights and obligations

For every concern of yours or of someone close to you, contact the Day Centre "Babel"

You can find the answers you are looking for! Now you know where to address to!

DAY CENTRE FOR THE MENTAL HEALTH OF IMMIGRANTS "BABEL"

www.syn-eirmos.gr



www.pafedox.com.gr 2108660574



Babel
Day Centre
for the
mental health
of immigrants

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syn-eirmos
Social Solidarity NGO

www.syn-eirmos.gr

Babel Day Centre for the mental health of immigrants

The **Babel Day Centre** is a mental health unit which aims to serve the mental health needs of immigrants residing in Athens.

The following services are provided by **Babel**:

- Diagnosis, treatment and psychosocial rehabilitation for mental disorders
- Continuing care and follow up of people with mental disorders
- Day care services
- Personalised escort services for the support of those attending other services
- Counseling for individuals, families, groups and organisations
- Public awareness campaigns on mental health issues
- Sensitisation of key persons and organisations to the specific issues or difficulties associated with the mental health needs and problems of immigrants.

The **Centre** provides its services at individual, family and community levels.

Babel's staff

Psychiatrist, Psychologists, Social Workers, Sociologist, Health visitors, Nurses, Administrative staff

The **Centre is open** every weekday from 9:00 till 17:00 and on Thursdays until 19:00.

The **Centre** is supervised by the Mental Health Department of Ministry of Health and Social Solidarity. It was established in the context of actions undertaken by the “**Syn-eirmos**” NGO and forms part of the Programme “Psychargos”.

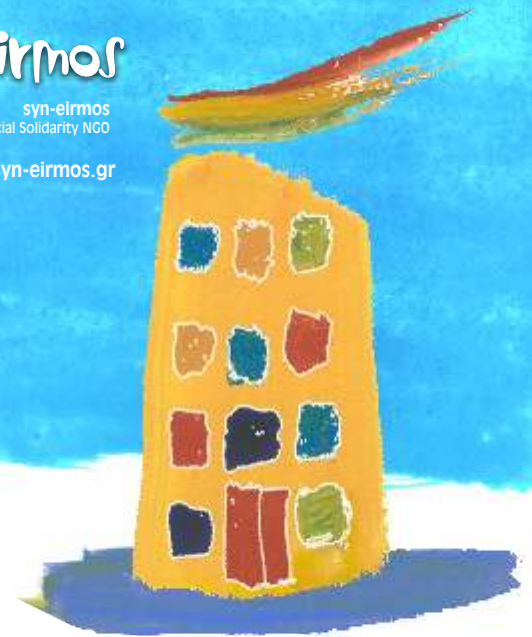
Babel's services are provided free of charge

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Βαβέλ
Κέντρο Ημέρας
για την
ψυχική υγεία
των μεταναστών



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