

## Expectations - Goals - Requirements

- Meaningful cooperation between relatives, physicians and psychiatric staff
- Politicians' awareness and willingness to address the problems facing the mentally ill
- Educating the public to help overcome existing prejudices
- Instilling tolerance among non-caregivers towards those with mental illness
- Professional care 24 hrs, seven days a week
- Regular visits by home healthcare providers
- Local availability of pre- and post-treatment care for mental health patients
- Adequate housing and employment opportunities
- Equal treatment and care for mental health patients, same as for those with somatic problems

## Site plan

HfpK e.V. - Kaiserstr. 79 - D-53113 Bonn



Status of: Juni 2014

## Additional publications:

- Jahresbericht „Externes Arbeitstraining“ BROCHURE
- Externes Arbeitstraining FLYER
- Regionale Einrichtungen für psychisch Kranke und überregionale Organisationen BROCHURE
- Psychiatrische Krankheitsbilder BROCHURE
- „Seele trifft auf Schule“ (soul meets school) FLYER
- Kontakte zu seelisch erkrankten Menschen FLYER
- „Seele trifft auf Schule“ (soul meets school) Psychische Erkrankungen bei jungen Menschen – Ein Informationsprojekt für Schulen BROCHURE
- „Sonnenkinder“ (sun children) – Angebote für Kinder und Jugendliche von psychisch kranken Eltern BROCHURE & FLYER

## Publications in other languages:

- Sizlere, kendimizi tanitmak istiyoruz. TANITIM ILANI



Hilfe für psychisch Kranke e.V.  
Bonn/Rhein-Sieg

## We introduce ourselves.

- Information
- Counseling
- Prevention
- Inclusion



Hilfe für psychisch Kranke e.V.  
Bonn/Rhein-Sieg

Hilfe für psychisch Kranke e.V.  
Bonn/Rhein-Sieg – HfpK e.V.

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## How to identify mental health issues ...

Nowadays, in our society, knowledge and understanding of mental health issues in general are deficient. Those who face such issues within the family usually keep this as if it were a stigma to themselves. They often have a hard time finding someone in their surroundings they might ask for help and advice.

In cases of concern, a mental health professional should be contacted without delay. If observed repeatedly, these are symptoms to watch for:

- Hyper activity, exaggerated sensitivity, increased hostility toward reference persons
- Lack of initiative and emotional response, anxiety, continued depression (including indications of suicidal thoughts), aggressive behavior
- Changes in sleep and eating habits
- Neglect of personal hygiene
- Hallucinations of things and occurrences that do not exist
- Difficulty concentrating, disconnected thinking, loss of focus
- Decrease in performance and social withdrawal

## ... treatment

Today, mental health professionals can provide treatments for psychiatric disorders which, not so long ago, didn't exist or were not even considered. To avoid the risk of losing social or economic resources it is recommended to consult a mental health care facility as soon as concerns arise.

## We are here to help.

HfpK, founded in 1980, is a non-profit organization with approximately 180 members who are relatives of someone suffering from mental illness. We are experienced in dealing with the problems that arise during the early stages in a patient's social environment, and also as they may evolve and develop over time. The multitude of questions and the problems of illness insight, choice of doctor, matters of ambulant or stationary care, understanding and acceptance of therapies, conflicts with employers and training institutions, questions of adequate supply, conflicts with civil or criminal law, housing, medical and social care, and much more besides may well and quickly overstrain relatives and next of kin.

## Our services:

- **Mutual support**, relief in crises situations
- **Advice and counseling**  
– by phone, in person or by email
- **Consultations for relatives and family members**  
Every third Wednesday 17.00-19.00 Uhr  
Thomas-Mann-Straße 36 EG (ground floor)  
free of charge, no appointment required
- **Individual consultations** for relatives and family members every Tuesday 10.30 -12.30 Uhr  
Kaiserstraße 79 free of charge,  
appointment by phone recommended
- **Emergency service by phone**  
free of charge: 0800 111 0 444 local  
Monday to Friday 19:00 – 24:00, Saturday, Sunday and holidays 14:00 – 24:00 (in collaboration with Bonner Verein für gemeindenahe Psychiatrie [Bonn Association for community-based psychiatry])

- **External on the job training**  
A special program is provided by HfpK to test a person's performance under normal working conditions, especially for individuals with chronic mental disorders and impairment. The training is exclusively available for citizens registered in Bonn.
- **“Sonnenkinder” (sun children)** is a program designed for children and youths of mentally ill parents
- **“Seele trifft auf Schule” (soul meets school)** organizes information events in schools and other public institutions
- **Legal advice.** In case of legal issues, addresses of appropriately experienced lawyers can be requested

## Contact:

Office hours for advice and appointments or if you have questions, please call us at our office:

Tuesdays, Wednesdays, Thursdays 10:30 – 12:30

Our experienced staff can also be contacted privately:

Dorle Durban	0163 – 79 52 929
Ilse Denda	02 28 – 22 93 63
Edgar Holzer	02 28 – 34 34 87
Hildegunt Schütt	022 23 – 90 00 182
Petra Marx-Kloß	02 28 – 36 032 172
Helga Wimmers	022 25 – 24 24

## National organizations:

- **Landesverband NRW der Angehörigen psychisch Kranker e.V.** – [www.lv-nrw-apk.de](http://www.lv-nrw-apk.de)
- **Bundesverband der Angehörigen psychisch Kranker e.V.** – [www.bapk.de](http://www.bapk.de)
- **Dachverband Gemeindepsychiatrie e.V.** – [www.psychiatrie.de/dachverband](http://www.psychiatrie.de/dachverband)