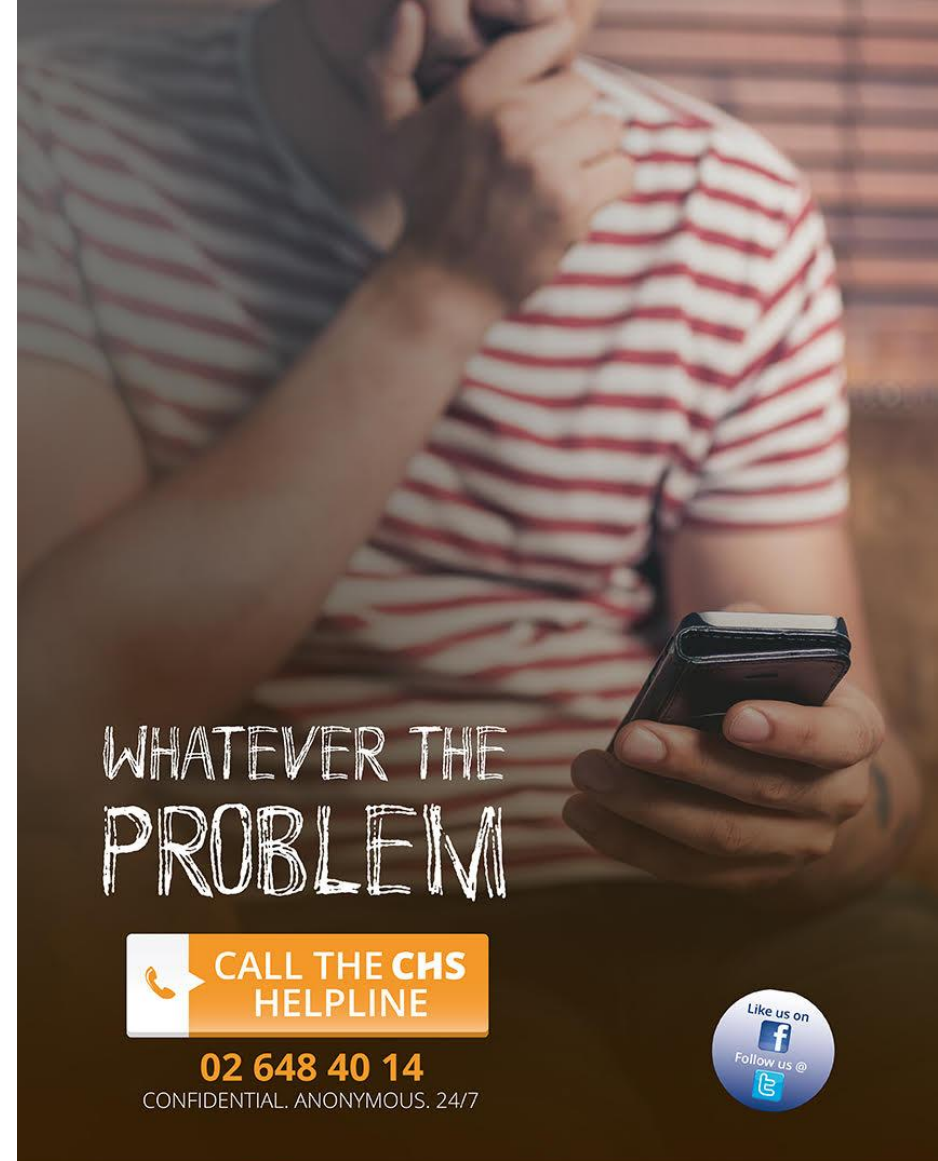


# Community Help Service (CHS)

- Provides *information,*
  - *support*
  - and *mental health services*
  - to members of the international community in Belgium
  - who need help, regardless of nationality and circumstances.
- 
- **24/7 Helpline** in English
  - **Mental Health Centre** in Brussels

# CHS Helpline (02 648 40 14)

- Whatever the problem ...
- Anonymous & confidential
- 24 hours a day and 7 days a week
- For children, adolescents and adults
- In English
- Free



WHATEVER THE PROBLEM

CALL THE CHS HELPLINE

02 648 40 14

CONFIDENTIAL. ANONYMOUS. 24/7

Like us on  
Follow us @

Call the CHS HELPLINE for a listening ear and helpful advice in English, 24 hours a day, every day. We offer confidential support to all callers, regardless of nationality or circumstance. Facing a difficult time? Coping with a family crisis? The name of an English-speaking doctor? Our trained volunteers are always on hand to take your call. [www.chsbelgium.org](http://www.chsbelgium.org)

 CHS | COMMUNITY HELP SERVICE  
supporting our international community since 1971

# CHS Mental Health Services Centre

- International, multilingual team of professional therapists
- Therapy for children, adolescents, adults, couples and families
- Psycho-educational assessments system

***Avenue des Phalènes/Nachtvinderslaan 26,  
1000 Brussels (near ULB)***

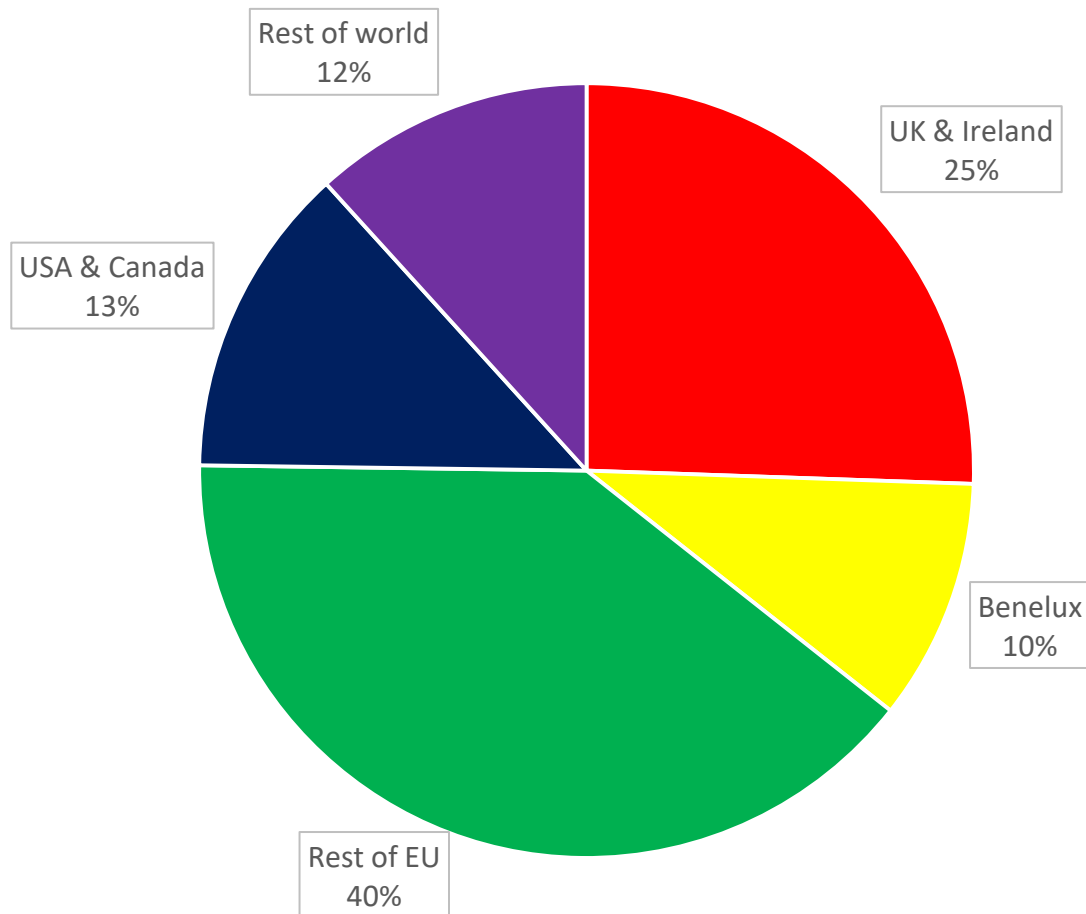
**Tel: 02 647 67 80**





# CHS Mental Health Services Centre

## New clients during 2017 (more than 40 nationalities)



KNOW THAT  
WE ARE HERE.  
FOR YOU.

 **BOOK A CHS  
APPOINTMENT**

**02 647 67 80**  
MENTAL HEALTH SERVICES CENTRE

 Like us on  
Follow us @  


The CHS Mental Health Services Centre serves Belgium's international community, providing help to anyone in need of therapeutic support in times of stress. We welcome people of all ages and nationalities. Our professional therapists work with adults, children, adolescents & families in English and many other languages. For assistance with any related problem, we are here for you. [www.chsbelgium.org](http://www.chsbelgium.org)

 **CHS** | COMMUNITY HELP SERVICE  
Supporting our international community since 1978

# How can Relocation Service Companies benefit from CHS ?

- By providing to their Clients
- Valuable Information
- Contained in the Calendar
- Included in Welcome Packs
- Annual Calendar sells @ €10
- (€8 if ordered 100 minimum).
- By distributing (free)
- Business Cards
- Brochures/Leaflets
- By featuring with an Advert
- On the CHS Website

# How can Relocation Service Companies Support CHS ?

- By helping to identify Volunteers
- A) To the Helpline
- B) In the Office
- *Free time ? Trailing spouse ?*
- By channeling Donations
- Via the KBF
- *CHS supports your clients !*

# Volunteering at CHS

**Time available? Retired ? Like to join a team ? Want to help?**

## Helpline volunteers

A candidate should:

- Be fluent in English
- Be non-judgemental and empathetic
- Be a good listener
- Have easy access to Brussels
- Expect to remain in Belgium for at least 18 months
- Have day and evening availability (ca. 8 hrs/week) with occasional night duties.

## Office volunteers

- Support Clinical Team
- Cover administrative aspects, as well as fundraising, event organisation, publicity, liaising with the international community
- 2 days/week ideal (10:00 – 16:00hrs)
- Knowledge of office systems and a friendly, sympathetic work manner are pre-requisites
- Confidentiality a priority, as is proficiency in spoken English.

# Community Help Service (CHS)

- Maybe you personally do not need CHS support at the moment BUT you may have family, friends, neighbours or colleagues who do. Please ask them to consider contacting us.
- Please also consider:
  - Making CHS brochures available (at your office, in fitness centres, churches, clubs, community associations, etc...).
  - Volunteering to work with CHS.
  - Supporting CHS. Our Mental Health Service Centre is self-financing, but our 24/7 Helpline needs external support. Tax-efficient (45%) donations can be made in Belgium via bank transfer to:

*The King Baudouin Foundation (KBF)*  
Bank account IBAN: BE10 0000 0000 0404  
Structured message: 016/0920/00007 (This ensures that the donation is assigned to the “Friends of CHS Fund” within KBF Belgium)
- For more information, see [www.chsbelgium.org](http://www.chsbelgium.org) or telephone 02 647 67 80



# Michael

*Member of the Board*

