

## IF YOU NEED TO KOWN MORE

Do you want to know more than you learned in your psychiatrist's clinic?

Do you try to cope with your difficulties in different ways and it does not help?

Would you like to exchange experiences with someone who has experienced something similar?

Do you feel that you need a change in your life?

We provide psychological and social services to people who have received psychiatric treatment and their families, as well as to people who face increased burden in various forms. We know that the number of people seeking social services and psychological help for various difficulties associated with a mental disorder is increasing. Often, support in further coping with the problems associated with the disorder or difficulties they are currently experiencing make their life significantly easier. You don't have to be alone in difficult times.



## YOU ARE WELCOME

*so that people with mental disorders are with us and not alone*

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## CONTACTS

**Address:** Dom sociálnych služieb – MOST, n.o.  
Haanova 2694/10, 851 04 Bratislava-Petržalka  
IČO: 36077127; DIČ: 2021738587

**BANK NUMBER: IBAN SK51 1100 0000 0026 6752 0150**

We are located in the brown building of the Bytový podnik in front of the Dostihova dráha in Petržalka and the Municipal Police, bus - numbers: 88, 83, 95, 96, 68

### First contact for clients and relatives:

Ing. Zuzana Zatloukalová

Email: [info@dss-most.sk](mailto:info@dss-most.sk)

Tel. number: +421 911 404 656

[www.dss-most.sk](http://www.dss-most.sk)

<https://www.facebook.com/DssMost>

We are available by phone every working day from 8:00 a.m. to 4:00 p.m.



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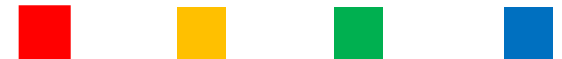
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# MOST

a non-profit organization providing public services  
**Social centre for mentally ill people**

*“Our vision is a society in which people with mental disorders are an accepted part of society”*



*so that people with mental disorders are with us and not alone*

## DOM SOCIÁLNYCH SLUŽIEB – MOST, N.O.

We are Dss-MOST, a non-profit organization, which has been helping introverted people with mental disorder, especially schizophrenia and affective disorders, for 28 years. We create conditions for as much independence in everyday life as possible for the adults with mental disorders and by doing so we lift the weight off their families' shoulders. There are people with mental disorder among us, and their numbers are growing.

## REHABILITATION CENTER

### For who

If you are on disability pension or long-term PN due to a mental disorder, you lack company, a sense of usefulness, fun, self-confidence and you would like to mobilize your potential, this type of program is suitable for you.

### Why

Regular contact and communication with other clients and workers helps to develop social and communication skills, brings new ideas and expands the area of interest in the surrounding events. The varied repertoire of activities on the daily program leads to meaningful use of free time, developing creativity and improving self-image. Regular attendance and a program create a daily routine, which is often disturbed in the case of mental disorders and is a condition for successful adaptation to everyday life in society.

### About the service

We provide a daily program for adults with a mental disorder after overcoming the acute phase of the disease, in addition to outpatient care at their psychiatrist. By participating in the program, the client gets an opportunity for the all-round development of social skills and interests.

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The daily program includes community, cognitive exercises, creative and educational workshops (eg: art, English course, kitchen, book workshop and others). The rehabilitation center is open from 8:00 a.m. to 4:00 p.m... The fee per day is €1.00.

## CONSULTANCY FOR REHABILITATION CENTER

In the social area, we provide information about the given social services and orientation in managing the problems of everyday life for people with mental disorders, those interested in the social service of the Rehabilitation Center (RS) and their loved ones. We provide advice (approx. max. 50 min.) directly in our premises.

## PSYCHOLOGICAL AMBULANCE

### About the service

Our clinical psychologists and psychotherapists offer professional psychological services, for example: psychodiagnosis, psychotherapy, relaxation training, communication skills training, and crisis intervention. The date of the visit must be arranged in advance by phone at the reception of Dss-MOST, n.o. The contractual partner is Zdravotná poisťovňa UNION, a.s.

## PRO BONO PSYCHOTHERAPY

### About the service

Pro bono psychotherapy is mainly for patients, former patients of psychiatry, and their relatives and for people who have found themselves in a situation from which they cannot find a way out on their own; we offer psychotherapy with our volunteer psychotherapists who are in training. Pro bono psychotherapy is primarily intended for people with low incomes. The minimum handling fee is intended to cover the operating costs of the project.

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