

We are open from Monday to Friday  
between 9:30 and 17:30.



## HOW TO REACH US

If you or anyone need support,  
please contact us by telephone or e-mail.

**Nefes Center:** Aksemsettin Mahallesi,  
Karamuk Sokak No:26, Fatih/Istanbul  
(500 meters from Yavuz Selim Bus Stop  
600 meters from Emniyet/Fatih Metro Station)

Phone: 0212 531 40 28 / 0535 892 31 80

Email: [info-istanbul@hyd.org.tr](mailto:info-istanbul@hyd.org.tr)

If you do not speak Turkish or English,  
our team can assist you in: Arabic, French, Farsi,  
Kurdish and other languages.

Any information you share with us will be confidential.

*This centre is a project of Citizens Assembly supported  
by Doctors Without Borders/ Médecins Sans Frontières  
(MSF) technically and financially.*



CITIZENS'  
ASSEMBLY



Care Center for Migrant Survivors of  
Ill-treatment

NEFES, offers free services for the assistance and rehabilitation of migrants and refugees who have been subjected to torture or ill-treatment.

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## DO YOU SUFFER FROM MENTAL OR PHYSICAL HEALTH PROBLEMS CAUSED BY BODILY OR PSYCHOLOGICAL VIOLENCE?

### Our team provides:

- **Psychological support:** to comfort painful feelings such as extreme stress, heavy sadness, difficulty in sleeping, anger, fear, poor concentration, nightmares and frequent thoughts about your experiences.
- **Medical case management and referrals as needed:** to alleviate medical health issues due to ill-treatment..
- **Social support:** to facilitate access to services that you may need in your daily life.

### Have you been ill-treated in your country or on the way during your migration?

Ill-treatment is any act of torture or cruel, inhuman or degrading treatment (physical, sexual, psychological) suffered by a person, which causes severe pain or suffering, whether physical or mental.

«Asking for support is not a weakness»