



External support services:  
*coping with prison*

# *A brochure at your service*

*Texts, photos, a pleasing layout in colour...  
just another brochure? No!*

This brochure has been designed to help each one of you, to assist you throughout your imprisonment, to prepare you for your release and for your life after prison.

It is also intended for your close friends and family.

This brochure is designed to be easy on the eye, but above all, to answer the many questions and problems which people encounter when deprived of their freedom.

Finally, this brochure is outward-looking, because prison is only a stage in your life, life on the outside carries on, and you will be part of that life again.

## **External support services**

This brochure covers only social welfare services for persons subject to trial, called external services, whose main task is to provide **support to inmates**.

These are non profitable associations which offer their services free of charge to promote the well-being of citizens. The professionals working for these associations believe that no individual can be reduced to the acts that they have committed and that their human rights must be respected in all cases, including in prison.

In Forest/Berkendael and Saint-Gilles, eight non-specialised social welfare services offer their support services to inmates and their close friends and family.

Their psychosocial workers will answer your questions, **bound by professional secrecy**.

You will still be able to call on these services once you leave prison, to rebuild your family, social and professional life.

They are front-line services for matters relating to your reintegration into society.

These eight independent associations and the types of support that they can offer are described in detail in the following pages. In addition, these associations can also refer inmates to other more specialised services, which are also independent and free.

This brochure was devised by these eight associations.

The aim is that all inmates are aware that, if they wish to, they can seek appropriate help. It is important that all inmates realize that prison is only a stage in their lives and that they will not be left on their own to plan the next steps.

### **Specific prison services**

In addition to the external support services described in the brochure, inmates can also seek assistance from some internal prison services, mainly from the governor's office, prison officers and registrar officers.

Their role, which is not described in details in the following pages, concerns primarily the general running of the prison, the compliance with rules of behaviour in the prison, the supervision and the creation and maintenance of personal administrative files for the inmates.

In addition, each prison runs an internal psychosocial service (SPS) which plays a very important role in prisoner induction, follow-up services, pre-therapeutic support and advice for prisoners and inmates.

The SPS always tries to balance the interests of the prisoners, those of the victims and society. Its responsibilities also include assessing the security, the legality and the humanization of prison conditions.

All of these services come under the authority of the Minister of Justice.

### **EXTERNAL SUPPORT SERVICES**

#### **☛ For remand inmates as soon as they arrive**

Welcome, moral, social and psychological support from the start of their imprisonment, information on legal procedures, referrals to more specialised services (foreigners, drug addicts, etc.)

#### **☛ For convicted inmates**

Listening, information, moral, social and psychological support, legal advice, administrative formalities (welfare organisations, mutual insurances, etc.), preparing for release (jobs and training search...), intermediary between the various prison services

#### **☛ People released on bail while awaiting trial and released inmates**

Social support and reintegration into society (training, accommodation, etc.)

#### **☛ Help for close friends and family**

Moral and psychosocial support, administrative and legal assistance, information, etc.

Details of the various types of support are provided further on.

# 1<sup>st</sup> JANUARY: WORLD PEACE DAY



Peace... Iraq, Congo, Lebanon, Palestine, Darfur, Haiti, Afghanistan, Ivory Coast, India, Pakistan, etc. The list of conflict-affected countries and regions is far too long.

While soldiers die in a hail of gunfire, thousands of civilians, including women and children, die or are mutilated every day.

Therefore, celebrating peace or wanting a cease-fire is logical. When mankind will recognise that conflicts must be resolved by negotiations based on mutual respect, then humanity will have taken a great leap forward.

*"In prison, the only thing you are never short of is time to think. I have thought a lot about what led to my imprisonment. The worst thing for me is not, to have understood what led me to commit an act of violence. No, worse still, it is the awareness that this violence could have been avoided."*

WORDS OF AN INMATE

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# JANUARY

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janvier

1   *National Day of Haiti & Sudan*

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6  *Twelfth Night*

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## *Coping with imprisonment*

*Deprived of freedom.*

*Locked up. Punished.*

*Isolated. How to cope  
in this new world?*

*The first hours are  
difficult, very painful.*

Administrative formalities.  
Searched. Photographed.  
Swapping valuable personal  
belongings for impersonal  
objects: clothes, sheets, plate,  
cutlery, etc.

A new life begins, for a few  
days, a few months, several  
years. Everything is turned  
upside down. Too quickly.  
Dramatically.

You are completely  
disorientated.

For most people imprisoned,  
prison is the unknown. Fears  
and tears. Inmates feel reduced  
to a prison number.

Their personal space is reduced  
to a few square metres... to be  
shared with another inmate.



Sometimes with one or two showers a week and toilets from another era; hygiene and privacy inevitably suffer.

With one hour a day in the exercise yard, 60 minutes in the fresh air to walk about or practise a sport, how can you imagine your future calmly?

Even for those who have already experienced prison, entering a prison is always a shock.

How to cope? How to survive? Do you flee, withdraw into your shell or face up to the situation? Become a shadow of your former self or rebuild your life?

Not all inmates sink into despair. Everyone has their own way of coping: dreams, passions.

The welfare professionals who are behind this brochure can help you overcome the trials of imprisonment.

Please get in touch.

## 21 FEBRUARY: mother tongue international day

In a foreign environment, we use the language which enables us to communicate with others even if it is at a basic level. But the only language which reflects who we really are, is the language in which we think, which is our mother tongue.

Language enables us to make our voice heard and make ourselves understood, to express our joy or hatred, to say “I love you”, to hear “I adore you”, in French, Turkish, Albanian, Swahili, Arabic, Italian, Portuguese, Croatian, etc.

It is the everyday words, used at home, at school, in the street, on television, which define an individual. If I am who I am, it is partly due to the words that I use. Therefore, wanting to protect all these words of our childhood is above all a matter of wanting to recognise and accept all individuals, all races, with their traditions and cultures. A question of solidarity and tolerance.

Languages are to be treasured.



*“I write a lot of rap songs.  
It helps to keep my head on  
my shoulders. I rap with my  
two neighbours. Rap is stronger  
than hatred. Expression is a  
form of evasion.”*

WORDS OF AN INMATE

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*Valentine's Day*

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*National Day of Serbia*

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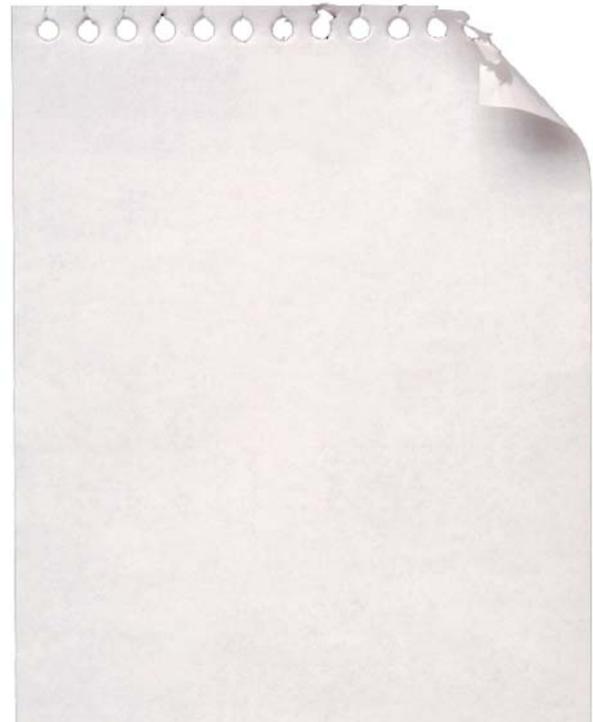
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## *Social welfare: the benefits of a helping hand*

*For several months,  
several years, the pace  
of life will change.  
It will slow down,  
but not stop. And life,  
in prison and outside,  
will go on.*

You will have to stand firm, not only for yourself but also for your close family and friends. Deal with a new reality that is harsh and brutal.

Accept the requirements of regulations and the instructions of prison officers. Deal with administrative problems. Cope, confront... but not on your own.

Welfare professionals are there to help you throughout your time in prison, from your arrival to the time of your release. They will endeavour to find solutions to your problems and answer the many questions that you may have concerning everyday life in prison.

In concrete terms, external care workers can, initially, help you to adapt to life **inside prison** by:



- Listening to you and providing you with information on life in prison, your rights and your duties;
- Referring you, if necessary, to a specialised service (help for drug addicts, maintaining relationships between children and imprisoned parents, training, finding a job);
- Providing you with useful information on the legal procedure in progress;

- Helping you to maintain certain rights (health insurance, unemployment benefits);
- Liaising on your behalf, if you consider it necessary, with the prison services, your lawyer, members of your family and close friends;
- Assisting your family with administrative formalities (such as maintaining family allowances), if necessary, solving problems (for example, using the debt mediation service);

and then, in preparation **for your release:**

- Supporting your efforts to qualify for home detention with electronic tagging or day release;
- Supporting your application for a place in a hostel or training centre;
- Helping you put in place a rehabilitation plan;
- Helping you find accommodation, a job, training, etc.

## 8 MARCH: INTERNATIONAL WOMEN'S DAY

On 8 March 1917, during the First World War, Russian women demonstrated in front of the soldiers of Tsar Nicholas II, to demand bread and the return from the trenches of their husbands, sons, brothers and fathers.

This date marked the start of the Russian revolution. Since 1977, it has also been designated as International Women's Day.

Too often women suffer from male violence. Forced marriages, rape, beatings, harassment, lower rates of pay, inaccessibility to positions of power, etc.

For more than thirty years, International Women's Day reminds us of the inequalities from which girls, spouses and mothers, suffer.



*"since the introduction  
of female prison officers,  
the face of prison  
has changed.  
They are more caring,  
more understanding  
and more human."*

WORDS OF AN INMATE

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# march

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mars  
marzo

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*National Day of Ghana*

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*National Day of Tunisia*

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*Spring*

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*Republic Day of Pakistan*

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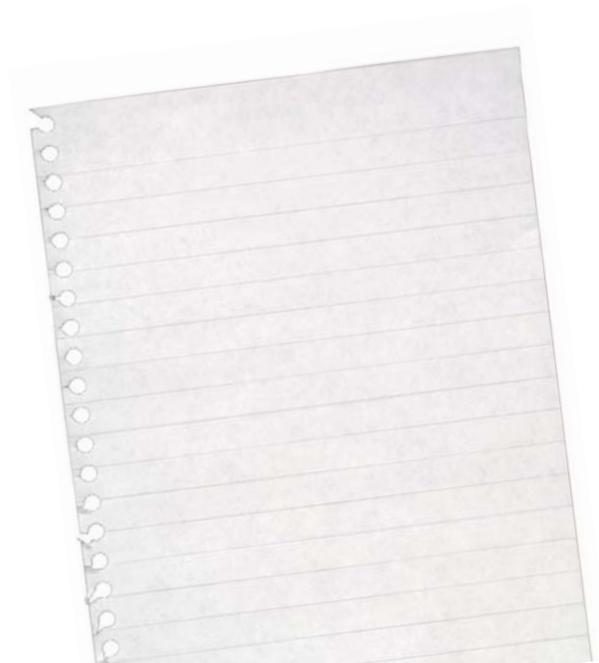
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## *Psychological support: words that can save you*

*Prison hurts. It plunges all individuals into darkness. It creates fears and anxiety. No inmate is free from dark thoughts.*

Deprived of freedom, discredited, excluded, etc. Remand and convicted inmates alike are confronted with the realities of the prison system. And everyone deals with this situation in their own way. With anger, tears, or silence.

Psychological support can provide you with another outlet, namely words.

Inmates speak. They tell their story. How and why they are locked up. They remember what they wanted to become.

They explain what they will do once they get out of prison.

Psychologists listen to these words and try to give them a meaning.



In concrete terms, a psychologist can help you:

- To express the situation in which you find yourself and the different feelings and emotions that this situation provokes in you;
- To deal with these changing feelings throughout your period of imprisonment;

- To express yourself, in complete neutrality and confidentiality, on personal matters and problems;
- To survive by finding an outlet for your feelings and thoughts;
- To manage all forms of violence towards others or yourself;
- To build a future.

and can help your close relations, parents or children

- To cope with your imprisonment by listening to their distress and anxiety and by supporting them;
- To prepare for your return into the family unit.

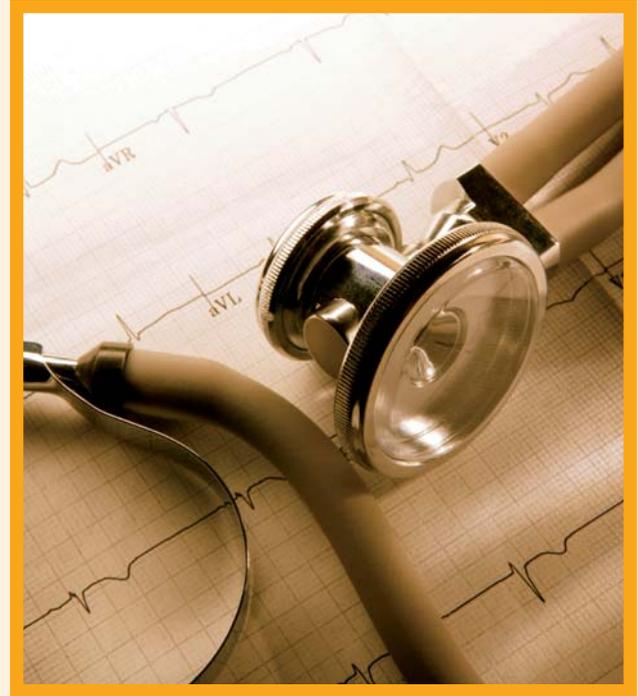
The psychologists will provide you with professional, independent support in accordance with the rules of professional secrecy.

## 7 April: world health day

Every year, on 7 April, in celebration of World Health Day, thousands of events are staged worldwide to emphasise the fundamental importance of health, meaning a complete state of physical, mental and social well-being.

Reducing infant mortality, improving health, combating AIDS, sexually transmitted diseases (STD), tuberculosis and so many other diseases remain key objectives.

Finally, access to healthcare is still not a reality for everyone. Medical care is expensive and sometimes causes significant financial worries for the sick people themselves and/or their families.



*"When you are stuck in your cell, your worst enemy is boredom. Apart from the prison exercise yard, for most of the time you're inactive! That's when you start to brood, alone with dark thoughts, and very quickly they destroy your morale and your health too. It's as though you've had a lobotomy performed on you as a result of doing nothing..."* WORDS OF AN INMATE

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avril  
**April**  
april  
abril

1  *April Fool's Day*  *Independence Day of Iran*

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4  *National Day of Senegal*

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17  *National Day of Syria*

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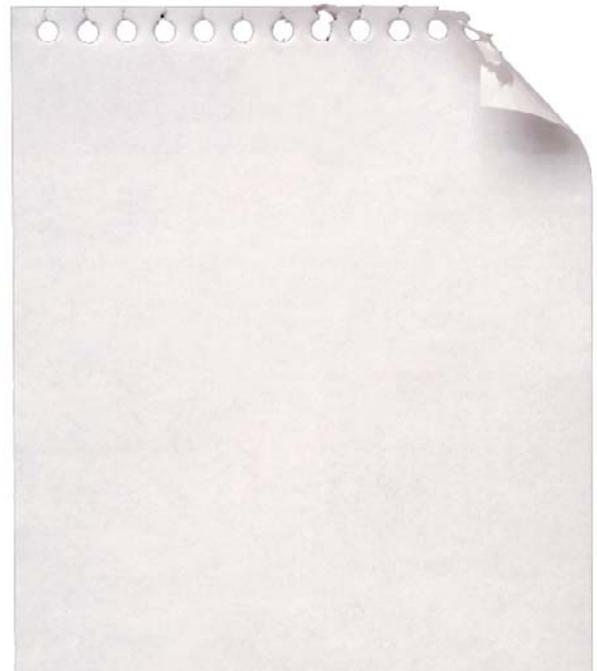
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27  *National Day of Togo*

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30  *Koningsdag in the Netherlands*





## *Human support: a window on the world*

*Nothing forces inmates to switch off their minds, gag their feelings or stop thinking.*

*Prison life disorients individuals.*

Remand and convicted inmates alike find the pace of prison life stultifying.

In these conditions, serious thinking or having simple or more profound discussions is an achievement.

Male and female volunteer prison visitors offer interested inmates a willing ear and someone to talk to.



Without any hidden agenda, without any links to the justice or prison system, they offer a little something which is very important for those who want to remain free.

Prison visitors are a window on the world.

In concrete terms, volunteer visitors:

- Listen to you with respect, without prejudice;
- Discuss everyday things or more serious subjects with you.

# 15 MAY: WORLD FAMILY DAY

In 1993, the United Nations declared 15 May as World Family Day to emphasise the importance of this key structure's role in society.

It is within the family, with parents, uncles and aunts, that children learn life's most important lessons: how to behave, what words to say or not to say.

It is within this small community, this small world that children develop, learn how to manage their suffering and their anger, celebrate their happiness and experience tolerance and solidarity.



The family plays a key role in the development of society and citizens.

*"In prison, your family and friends are all that you have left. Visits are like oxygen bottles which allow you to breathe. Without visits you've had it!"*

WORDS OF AN INMATE

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# MAY

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1  *Labour Day*

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3  *Constitution Day of Poland*

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8  *End of World War II*

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14  *National Day of Israël*

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17  *Constitution Day of Norway*

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20  *National Day of Cameroon*

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## *Family ties*

*Every visit is a reminder of the suffering of imprisonment and separation. When there is nothing or almost nothing left, the smile of a father, the looks exchanged with a loved one, a child's tender gesture can help an inmate cling on to hope.*

All these ties, as fragile as they are, are essential. They come from our family and friends who are also in a state of shock.

They are also affected by the imprisonment. They too are punished. Free, but deprived of a loved one, a friend, a lover, a father or a son.



Not being able to maintain these ties is like an additional punishment.

The external support services social workers and psychologists:

- Provide social and psychological support for your close family and friends if they request this.

At the “**family reception**” help desks that the external services are introducing in some prisons, these professionals:

- Inform families about conditions of imprisonment, visiting times and rules;
- Can assist them with any problems encountered;
- And provide all kinds of information.

26 june :

## international day against drug abuse and illicit trafficking

The aim of this day is to raise awareness among the public about drug-related risks. The United Nations emphasises the importance for all countries of cooperating in eliminating drugs from society.

Drug addiction does not only affect the consumer; it is also a scourge for the whole society. Drug addiction affects the local economy of producer countries by forcing farmers to abandon their traditional crops (cereals, fruit and vegetables) in favour of more profitable crops: cannabis, poppies and cocoa, etc.

Everyone knows that drug abuse and the phenomena of dependency are detrimental to the physical and mental health of users, sometimes leading to overdoses. More than 200 million people worldwide run this risk.



*"There are drugs and medicines  
as remedy against dark thoughts,  
but at the end of the day, ghosts  
are still haunting you."*

WORDS OF AN INMATE

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# JUNE

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juni

junio

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2  *Festa della Repubblica of Italy*

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5  *Constitution Day of Denmark*

6  *National Day of Sweden*

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10  *Portugal Day*

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21  *Summer Music Day*

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23  *National Day of Luxembourg*

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25  *Statehood Day of Croatia*

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30  *National Day of the Democratic Republic of the Congo*





## *Legal information: finding a way out of the maze*

*For many of us, the legal procedure is like a maze. A huge number of questions remain unanswered.*

The external support services can help you to some extent to find answers to these questions. In concrete terms, the support services can:

- Liaise with your lawyer;
- Explain to you the various stages of the procedure in progress;



- Help you prepare to stand in court
- Refer you to specialised services (debts, leases, residency status, etc.);

- Help your family to deal with any administrative issues that they may encounter following your imprisonment.

**29 july:**  
**international day  
for socio-cultural diversity  
and combating discrimination**



In creating this international day, the United Nations wanted to improve the quality of human relations, encouraging the respect of different cultures, languages and religions close to us or far away.

Recognising cultural diversity also means rejecting discrimination.

Accepting the other because he or she is worth it. And because we are all the other for someone...

*"In prison, I have learnt to like books. Reading is an authorised escapism. Reading is also a good way of learning to understand the lives of others."*

WORDS OF AN INMATE

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**july**  
juillet  
julio

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*Independence Day of the United States*

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*Independence and Youth Day of Algeria*

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*Feast Day of the Flemish Community (Belgium)*

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*National Day of France*

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*National Day of Belgium*

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*Revolution Day of Egypt*

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*Throne Day in Morocco*

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## *Training and employment: leaving prison with*

*“Nourishing your mind to survive”, the words of an inmate!*

*Easy to say, but nourish it with what? There is a real shortage of jobs in prison. And when work is available, it is often not very enriching.*



## *qualifications*

To capitalise on your time in prison and prepare for your life after prison, there are other alternatives, in particular training courses:

learning how to read and write, learning French or Dutch, discovering IT, business management to become self-employed, etc.

And even correspondence courses leading to a degree.

The external support services can:

- ✦ Inform you about courses and training provided in your prison;
- ✦ Inform you about the possibilities of correspondence courses.

**12 August:**

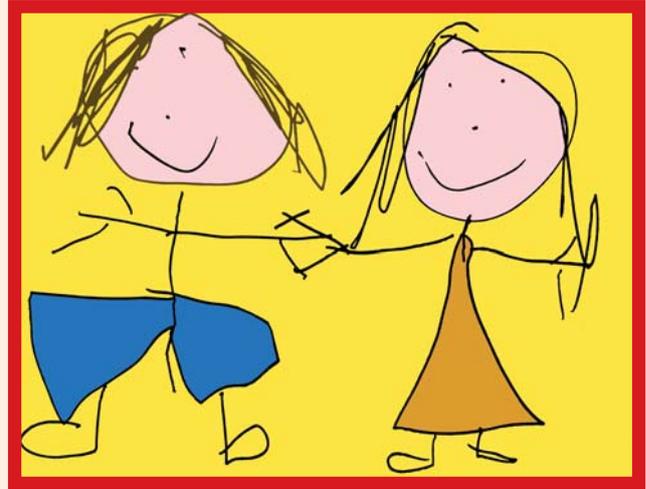
## **journée internationale de la jeunesse**

In proclaiming 12 August International Youth Day, the United Nations wanted to encourage the Member States and all international organisations to devote special importance to young people aged between 15 and 24.

They represent one-sixth of the world's population and the vast majority of them live in developing countries.

In concrete terms, this special attention should be reflected in policies or actions in education, jobs, the fight against poverty and malnutrition, health, drug addiction and delinquency. It should also look at the protection of girls and young women. It should prepare and help the young ones to be responsible, take their place in society, participate and make decisions.

Obviously, much remains to be done in these areas... but in declaring that youth is the future of humanity, the United Nations have reiterated that every society needs young people and society must do everything possible to make them happy, fulfilled, responsible and active.



*"Me, I want to talk to the young people living on deprived estates. Young people think 'prison is great, you do body-building, you get out and you're a big shot!' But if we do body building, it's to kill time. It's despair that drives us to do 500 press-ups a day or hundreds of weight-lifting exercises. The days are very, very, very long in prison, you have all the time in the world to beat records. That's what kids need to be told."*

WORDS OF AN INMATE

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# August

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augustus

- 1  *National Day of Swiss & Benin*
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- 4  *National Day of Burkina Faso*
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- 6  *National Day of Bolivia*
- 7  *National Day of Ivory Coast*
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- 11  *National Day of Chad*
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- 15  *Assumption Day*  *Independence Day of India*
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- 19  *National Day of Afghanistan*
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## *Socio-cultural activities, sport, library: time goes by...*

*All inmates are tormented by time.*

*Hours and hours which pass without really passing.*

*In prison, you need to fill your time in the most enriching way possible.*

Television is the most popular way of whiling away time. It is entertaining and relaxing, but too much television dulls the mind and numbs the body.

Reading, artistic expression and sport offer other outlooks.



Physical confinement in a cell does not prevent you from using your imagination, dreaming or being creative.

Keeping yourself busy is a way of helping yourself feel better.

The external support services can, depending on the availability of different prison activities:

- Provide you with information on the various activities available (library, sports, cultural activities);

- Put you into contact with associations which organise shows or cultural activities, creative workshops or exhibitions of inmates' work.

# 10 september: world suicide prevention day

Every thirty seconds, a suicide changes the lives of families and whole communities; that is to say one million men and women decide every year to end their lives. These dramas plunge family and friends into mourning, raise questions and inflict scars which are difficult to heal.

To raise public awareness, to demonstrate its support for families affected by this specific form of bereavement and to galvanise States into action, the World Health Organisation wanted to create an international day dedicated to the prevention of suicide.

The suicide rate has increased by 60%. Modern society undoubtedly does not provide ideal support for the most vulnerable individuals. This observation cannot leave anyone indifferent.



*"When you are sentenced to a long period of imprisonment, it's like a cancer which eats away at you slowly. It is essential to find something to keep you busy, otherwise you're done for."*

WORDS OF AN INMATE

# 9

# september

septembre

septiembre

september

1  *National Day of Libya*

2  *National Day of Việt Nam*

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7  *Dia da Independência of Brazil*

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16  *National Day of Mexico*

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21  *Autumn*

22  *National Day of Mali*

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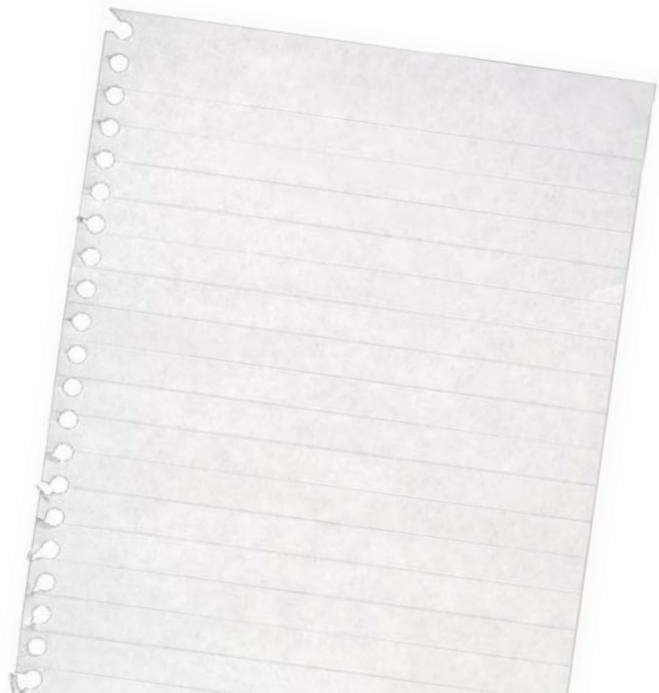
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27  *Feast of the French Community (Belgium)*

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## *Health: listening to and understanding your pain*

*Living conditions in prison increase the risks of falling ill. The lack of activity and level of anxiety weaken the organism and can lead to serious health problems.*

For example, the stress and the new diet can sometimes cause digestive disorders.

These symptoms are not to be taken lightly. It is often necessary to consult a doctor for a diagnosis and advice.



## *and illnesses*

The external support services can:

- Inform you about the range of specialised external health services;
- Inform you about the procedure to be followed to consult an outside doctor (at your expense) if you feel the need.

The radical weaning off drugs, etc. caused by imprisonment will provoke terrible withdrawal pains. Consequently, **if you are dependent** on medicines, alcohol or drugs, you should inform the general practitioner and the external support service.

17 October:

## World Day to Overcome Extreme Poverty



Non-drinkable water, malnutrition, illiteracy, shanty towns, infantile mortality, disease and handicaps, unemployment, marital violence, etc.

Whole populations in countries at war and in certain developing countries are affected by extreme poverty. But it also concerns a significant number of citizens in our countries.

United to overcome extreme poverty, that is the appeal made every 17 October since 1993 by the United Nations.

*"Time is not the same for everyone in prison. If you have money and the support of your family, you can buy little extras that are a big help in improving your everyday life. But if you have nothing and nobody, no money, no visits, it rapidly becomes completely inhuman."*

WORDS OF AN INMATE

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# october

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octobre  
octubre

1  *National Day of the People's Republic of China*

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3  *German Unit Day*

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12  *Fiesta Nacional de España*

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29  *Republic Day of Turkey*

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## *Mental health: S.O.S. to become stronger*

*No inmate remains unaffected by prison: loneliness, shame, lack of understanding, rage, despair, etc.*

For some inmates, things can spiral out of control: anxiety, anguish, depression, suicidal feelings, self-destructive behaviour, uncontrollable urges and bouts of delirium.

Although these conditions are less visible than bronchitis or a sprained ankle, they must nevertheless be regarded and treated as real health problems which can blight the existence of an inmate and even delay or prevent his or her release.



It is essential to consult a doctor or a psychiatrist: seeking help is not a sign of weakness, quite the opposite.

The external support services can:

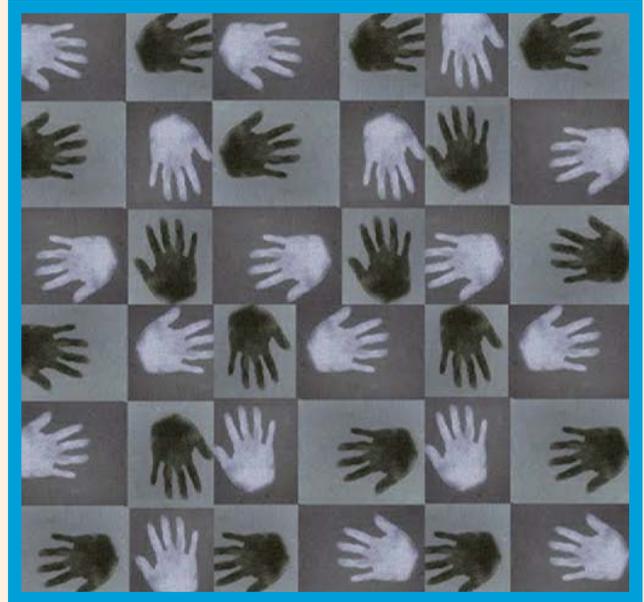
- Inform you about the procedure to follow to obtain the help of a mental health service;
- Help you with the process of obtaining access to a psychiatrist;
- Contact the healthcare team if you spend time in the psychiatric unit.

16 november:

## international day for tolerance

Tolerance, understanding, indulgence, it does not matter which word is used. What matters, is the meaning of it: recognition of the right to be different. Others think, speak, dress and eat differently. It is often strange, but always interesting.

To remind everyone, every year, that tolerance in the world is vital to peace, democracy and the development of each of us, the United Nations have chosen a date: 16 November. With a watchword: all cultures enrich humanity.



*"Once we have paid our debt we should be able to leave prison free, but that's not the case. How do outsiders see us? As long as people outside prison have a deep distrust of inmates, we have no chance of reintegrating into society."*

WORDS OF AN INMATE

# 11

novembre  
**NOVEMBER**  
noviembre november



1  *All Saints' Day*

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11  *Remembrance Day*

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15  *Feast of the German-speaking Community (Belgium)*

16 *Palestine Independence Day* 

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22  *National Day of Lebanon*

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## *After prison: preparing for release*

*Release: all inmates dream of it and fear it at the same time.*

*After months or years spent behind bars, they find the prospect of life outside the prison walls frightening.*

Freedom can be paired with temptation and mixing with the wrong kind of people. Sometimes even, with re-offending.

And then, what is the point of being free, without money, without a job, without a family or friends, without decent accommodation? Life in prison is not the best preparation for

re-entering society; it does not encourage people to take initiatives or assume responsibilities.

Inmates need to prepare very carefully for their release, especially as the outside world has moved on. Understanding these changes in the society, is the key for a successful reintegration.



In prison, the external support services can:

- Help prepare your detention and rehabilitation plan, in cooperation with specialised services in the areas of housing, health, employment, social security, training and socio-cultural activities;
- Help you find a training course, a job, accommodation;

• Act as an intermediary to facilitate the transition between the prison and the outside world.

and, after your release, these services can:

- Help you to resolve any administrative problems (local authorities, mutual insurance, unemployment, welfare services, etc.);
- Help you find training, a job, accommodation;

- Provide psychological support to resolve problems related to re-entering society, helping you establish a new family and social balance;
- Provide the same type of support for family members.

## 10 december: human rights day

This day concerns all human beings, men and women alike. On 10 December, the world celebrates the Universal Declaration of Human Rights. A declaration adopted in 1948, after the World War II.

For each individual, this declaration represents a kind of guarantee. The text lists the rights which citizens throughout the world should enjoy: the right to life, to freedom and to economic and social security, but also the right to freedom of movement, to have a nationality, to marry (and to refuse to marry) and start a family. It prohibits slavery, torture and cruel treatment.

Human rights are still far more of an ideal to be attained than a reality. That is why every year this must be remembered.



*"Inmates shall not be subject to any restrictions on their political, civil, social, economic or cultural rights other than the restrictions which result from their criminal sentence or detention order."*

EXTRACT FROM THE "DUPONT LAW"  
OF 12 JANUARY 2005

# 12

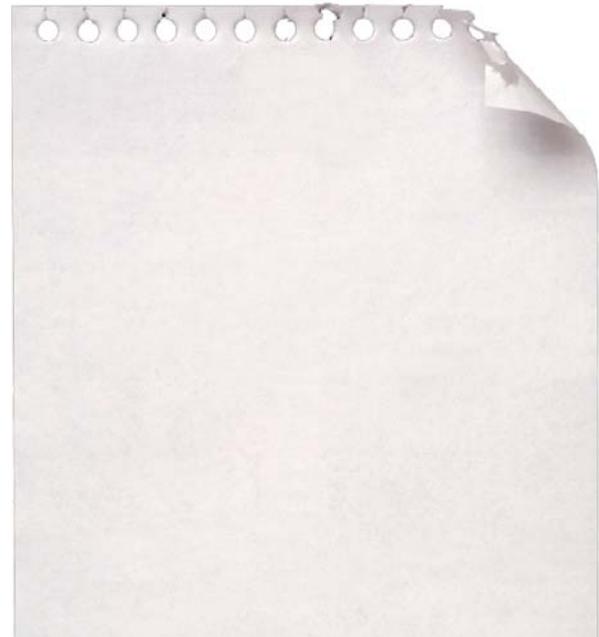
december  
**december**

diciembre    décembre



- 1  *Union Day of Romania*
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- 5  *National Day of Thailand*
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- 18  *Republic Day of Niger*
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- 24  *Christmas Eve*
- 25  *Christmas*
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- 31  *New Year's Eve*



# *The eight social welfare services: bilingual, dutch-*

*These non-specialised services are intended for remand and convicted inmates, ex inmates and their families.*

*They are free and independent of the legal system: discussions remain confidential (no reports are sent to the prison or justice authorities) and are protected by the rules of professional secrecy.*

*These services intervene only at the request of inmates themselves.*

## EXTERNAL SUPPORT SERVICES

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### • **For remand inmates as soon as they arrive**

Welcome, moral, social and psychological support from the start of their imprisonment, information on the legal process, referrals to more specialised services (foreigners, drug addicts, etc.)

### • **For convicted inmates**

Listening, information, moral, social and psychological support, legal advice, administrative formalities (welfare organisations, mutual insurances, etc.), preparing for release (finding a job and training, etc.), intermediary between the various prison services

### • **People released on bail while awaiting trial and released inmates**

Social support for reintegration into society (training, accommodation, etc.)

### • **Help for close family and friends**

Moral and psychosocial support, administrative and legal assistance, information, etc.

# *or french-speaking*

## EXTERNAL SUPPORT SERVICES

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### ☛ BILINGUAL SERVICES

#### **APO asbl**

12 rue Cans  
1050 Brussels  
02 500 10 16

#### **Fondation pour l'assistance morale aux détenus**

54 avenue de Stalingrad  
1000 Brussels  
02 537 59 28

#### **Office de réadaptation sociale asbl**

41 boulevard Anspach  
1000 Brussels  
02 209 34 00

#### **Service d'Action sociale bruxellois (SASB) asbl**

5 rue du Champ-de-Mars  
1050 Brussels  
02 274 15 56

#### **Service de réinsertion sociale asbl**

4a rue de la Bonté, box 6  
1000 Brussels  
02 511 77 05

### ☛ FRENCH-SPEAKING SERVICES

#### **Autrement (Bis) asbl**

41 chaussée de Waterloo  
1060 Brussels  
02 534 28 44

#### **SLAJ-V asbl**

148 avenue Ducpétiaux  
1060 Brussels  
02 537 54 93

### ☛ DUTCH-SPEAKING SERVICE

#### **Justitieel Welzijnswerk (JWW)**

84 Groot Eiland  
1000 Brussels  
02 502 66 00

To get in touch with one of these external support services, **you must write a request form.**

For more information you can also contact the prison services (SPS)



*A joint publication of APO asbl, Autrement (Bis) asbl,  
Fondation pour l'assistance morale aux détenus, Justitieel Welzijnswerk,  
Office de réadaptation sociale asbl, Service d'Action sociale bruxellois asbl,  
Service de réinsertion sociale asbl and of SLAJ-V asbl*

*With the support of*



Vlaamse overheid





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