

BRINGING YOU THE RIGHT SUPPORT

GET PERSONALISED PROFESSIONAL CARE TO FIT YOUR NEED.

What are you looking for?

INDIVIDUAL
COUNSELING

GROUP
COUNSELING

FAMILY
COUNSELING

COUPLE
THERAPY

CONTACT US

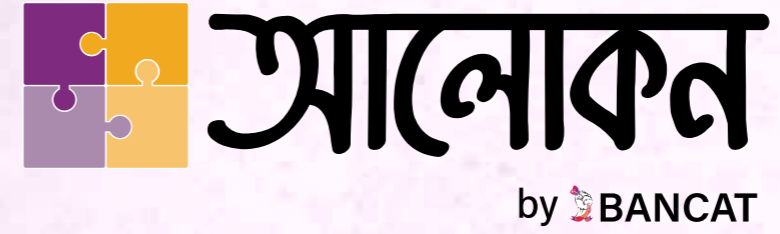
Phone : +880 1404016990
Email : info.alokon@bancat.org
Website : bancat.org.bd/alokon
Social Media : facebook.com/alokon.bancat
facebook.com/BANCATcares

SUPPORT



Your contributions can help provide mental health support to those most need it. Donate today and participate in our mission to foster hope and healing.

Visit bancat.org.bd/alokon
to learn more and book appointment.



by BANCAT

A MENTAL WELLNESS ABODE



ABOUT ALOKON

Alokon, an initiative by the BANCAT, is dedicated to providing comprehensive mental wellness support to individuals and families. Cancer is the core focus of Alokon. Recognizing the emotional toll cancer takes, Alokon offers a safe space to address anxiety, depression, grief, and other mental health challenges through therapeutic intervention, and education.

OUR VISION

To enhance the quality of life by addressing the psychosocial needs of cancer patients, their families & caregivers, empowering them to navigate their mental well-being with resilience & hope.

OUR MISSION

To deliver accessible, high-quality mental wellness services tailored to individuals and organizations impacted by cancer and other mental health disorders.

OUR CORE VALUES

- Providing empathetic and supportive care.
- Instilling resilience in the face of adversity.
- Equipping individuals with tools to manage mental well-being.
- Partnering with healthcare providers, organizations, and communities.
- Delivering evidence-based mental health services.
- Reducing stigma and promoting awareness about mental health and cancer prevention.

OUR SERVICES



Counseling

Individual Counseling
Personalized sessions for patients, families, and caregivers.

Group Therapy
A supportive environment to share experiences and strategies.

Family Counseling
Focusing on family dynamics and support systems.



Training

Caregiver Training
Equipping caregivers with essential mental health skills.

Para-professional Training
Enhancing skills for counselors and professionals.

Corporate/Educational Workshops
Raising mental health awareness & providing resources.



Supervision

Clinical supervision for mental health professionals working with cancer-affected individuals, other terminal cases and mental wellbeing of other stakeholders.

Bereavement Counselling
To help individuals cope with the loss of a loved one. It can be particularly helpful during times of crisis.

WHO CAN BENEFIT?

- Cancer patients and survivors.
- Individuals seeking mental wellness services.
- Family members of cancer patients.
- Caregivers seeking mental health support.

OUR GOALS

- Enhance the quality of life for individuals and families affected by cancer.
- Address the psychological burden of cancer treatment.
- Promote awareness of cancer-related mental health challenges.

MEET OUR EXPERT



Ms. Shaheen Nafisa Siddique
Program Director, Alokon

An accomplished Consultant Psychologist with over 27 years of experience in mental health care, specializing in trauma and psychosocial support:

- Expertise in trauma, gender-based violence, child mental health, and caregiver empowerment.
- Former Head of Mental Health at BRAC Institute of Educational Development (IED).
- Consultant for organizations including IOM, Save the Children, UNICEF, ICDDR,B and Plan International.
- Experienced trainer, researcher, and advocate of healing through play, art, and psychodrama.