

SELF-HELP AND COUNSELLING

First of all, it's important to know that you do not have to go through any mental health issues alone. Consider talking to your family, close friends or other individuals that you trust.

Advice and crisis counselling

Berliner Krisendienst (Berlin crisis service) +49 30 390 630 0
Telefonseelsorge (Phone counselling) +49 800 111 0 111
Suchttelefon (Addiction phone) +49 1805 313 031
Peer counselling (Suicidality) www.u25-deutschland.de
Psychosocial care for refugees www.ueberleben.org
Mädchennotdienst (Counselling for girls) +49 30 61 00 63
MuTeS (Muslim counselling) +49 30 44 35 09 821
BIG e.V. (Domestic violence) +49 30 611 03 00
LARA (Rape crisis counselling) +49 30 216 88 88

LGBTQ

Lesbian Counselling Center
www.lesbenberatung-berlin.de/englisch.html
Violence against Lesbians
www.l-support.net
Gay Counselling Center
www.schwulenberatungberlin.de/index.php
Violence against Gays
www.maneo.de/en.html

Self-help groups

Search for 'English' to get list of self-help groups in English
www.sekis-berlin.de
www.nakos.de

Bard College Berlin

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Mental Health in Berlin

A SHORT GUIDE TO ENGLISH SPEAKING MENTAL HEALTH
RESOURCES IN THE GERMAN CAPITAL

Bard College Berlin
A LIBERAL ARTS UNIVERSITY

Your General Practitioner (*Hausarzt*) should be your first point of contact when it comes to mental health concerns. Your GP can refer you to mental health professionals (psychotherapists and psychiatrists). Although legally a referral from your GP is not required, it helps to explain the type and urgency of the symptoms you are dealing with to your psychotherapist or psychiatrist. To find an English speaking GP you can consult www.sanego.de (the language competence of each physician is mentioned in their profile).

HEALTH INSURANCE

There are two types of health insurance in Germany: public health insurance (*Gesetzliche Krankenversicherung*) and private health insurance (*Private Krankenversicherung*).

Public health insurance covers all costs of visits to psychiatrists. Psychotherapy is only covered if the therapist has a public health insurance authorisation (*Kassensitz*), which is the case for most. As of 2017 this insurance covers depth therapy, psychoanalysis and behavioural therapy. Other therapy methods are not covered. Medication and hospital stays are generally covered with a small deductible.

Private health insurances have differing policies. It is recommended to check with the health insurance provider directly to find out what therapy methods and treatments are covered. For many private insurances, patients are asked to pay for treatments up front and can usually be reimbursed by their insurance at a later date.

Ambulances are generally covered in emergencies.

THERAPY

Finding the right therapist may take a while but do not lose faith. The following resources are meant to help you find as many options as possible so that you can make an informed decision on the right therapist for you. Be aware that therapists usually have long waiting lists so it can sometimes take up to a few months to get your first appointment.

The Berlin public health insurance association (*KVB*) is legally required to provide you with a therapist appointment within four weeks of your call.

[KVB Appointment service \(*Terminvermittlung*\)](#)
[+49 30 31003 383 \(Mon-Fri, 9am-3pm\)](#)

The staff of the service phone of the German chamber for psychotherapists (*Psychotherapeutenkammer*) can provide you with a list of therapists in your neighbourhood.

[Service phone \(*Servicetelefon*\)](#)
[+49 30 88 71 40 20 \(Tue 2-5pm, Thu 10am-1pm\)](#)
servicetelefon@psychotherapeutenkammer-berlin.de

Directories of therapists with English language search option:

www.psych-info.de
www.kvberlin.de/60arztsuche/detailsuchep.html
www.therapie.de/psychotherapie/-ort-/berlin/

Universities for psychotherapy and training institutes also offer long-term therapy led by therapists in training. Quality is ensured through supervision by licensed therapists.

www.psychotherapeutenkammer-berlin.de/links/ausbildungsinstitute

The therapy procedure is similar for all types of therapy and insurances. The very first meeting is an opportunity for therapist and patient to get to know each other. After that, patients have the possibility to continue treatment with that therapist in 4-5 so-called probationary sessions (*Probatorische Sitzungen*). During this time period, the therapist will, with the approval of the patient, apply to the public health insurance for cost takeover for a longer therapy of 25-50 sessions.

Should you not be able to find any therapist in Berlin with free appointments and a public health insurance authorisation (*Kassensitz*), you can apply for the reimbursement (*Kostenerstattung*) of a licensed private therapist.

PSYCHIATRY

Psychiatrists are medical specialists, who can prescribe mental health medication. Some public health insurances (such as TK) offer an appointment service, where staff will make an appointment with a specialist for you.

Alternatively you can consult the following directory of specialists to find one in your area. The language competence of each psychiatrist is mentioned in their profile.

www.sanego.de

Psychiatric hospitals also have walk-in psychiatric clinics (*Psychiatrische Institutsambulanz*), most of which have English speaking doctors and staff. Appointments are required.

MENTAL HEALTH EMERGENCIES

Ambulance/Fire 112
Police 110

Berlin crisis service (*Krisendienst*)
[+49 30 390 630 0](tel:+49303906300)
www.berliner-krisendienst.de
Phone / on-site consultations

Psychiatric hospitals (inpatient and outpatient)
St. Josephs Krankenhaus Weißensee
Gartenstraße 1
13088 Berlin

Charité Campus Benjamin Franklin (Haus V, EG)
Hindenburgdamm 30
12200 Berlin

Others:
www.jameda.de/berlin/kliniken/neurologie-psychiatrie/fachgebiet/