

Emotional support helpline

The emotional support helpline, operated by Die TelefonSeelsorge, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

Tel: 116 123

TelefonSeelsorge

TelefonSeelsorge offers 24-hour emotional support to people in Germany who are in distress or at risk of suicide.

Tel: 0800 111 0 111

Tel: 0800 111 0 222

International Helpline Berlin

International Helpline Berlin provides emotional support to people in Germany who are in distress or at risk of suicide.

Tel: 030-44 01 06 07

Tel: 030-44 01 06 06 (Russian service)

Berlin Crisis Service

The Berlin Crisis Service provides 24-hour fast and professional assistance for issues including psychosocial crises and acute mental and psychiatric emergencies.

Tel: 030 390 63 10 (Mitte, Friedrichshain-Kreuzberg)

Tel: 030 390 63 20 (Charlottenburg, Wilmersdorf)

Tel: 030 390 63 30 (Spandau)

Tel: 030 390 6340 (Pankow)

Tel: 030 390 63 50 (Reinickendorf)

Tel: 030 390 63 60 (Steglitz-Zehlendorf, Tempelhof-Schöneberg)

Tel: 030 390 63 70 (Lichtenberg, Marzahn-Hellersdorf phone)

Tel: 030 390 63 80 (Treptow-Köpenick phone)

Tel: 030 390 63 90 (Neukölln phone)

Nummergegen Kummer (Elterntelefon)

Nummergegen Kummer (Elterntelefon) offers free and anonymous telephone advice throughout Germany. The line is available from Monday to Friday from 9 a.m. to 5 p.m., Tuesday and Thursday until 7 p.m.

Tel: 0800 111 0 550

Guttempler

Guttempler offers 24-hour confidential support to people in Germany who are dealing with addiction problems.

Tel: 0180 365 24 07

Hilfetelefon – Gewalt Gegen Frauen

Hilfetelefon – Gewalt Gegen Frauen helpline is a nationwide counseling service for women who have experienced or are still experiencing violence.

Tel: 08000 116 016

