

# Psychological Support Services

*Primarily Phone-Based:*

## 1. Berliner Krisendienst (Berlin Crisis Service)

The Berlin Crisis Service offers 24/7 support for acute psychological crises. Telephone counseling is available at any time, and in-person consultations are offered between 4:00 PM and midnight.

 **Website:** [hilfe-in-berlin.de](https://hilfe-in-berlin.de)

## 2. Telefonseelsorge Berlin (Crisis Hotline, 0800 111 0 111 / 0800 111 0 222)


Free and anonymous psychological support available 24/7. Also accessible via online chat.

 **Website:** [www.telefonseelsorge.de](https://www.telefonseelsorge.de)

## 3. Crisis Service for Suicidal Youth (Neuhland)

Specialized support for young people experiencing acute crises and suicidal thoughts.


 **Address:** Neuhland gGmbH, Uhlandstraße 181-183, 10623 Berlin

 **Phone:** 030 873 01 11


 **Website:** [www.neuhland.net](https://www.neuhland.net)

## 4. LARA – Support Service Against Sexualized Violence for FLINTA\*

Offers short-term crisis calls, email counseling, or in-person consultations by appointment.


 **Hotline:** 030 216 88 88 (Mon-Fri, 9 AM - 6 PM)


 **Email:** [beratung@lara-berlin.de](mailto:beratung@lara-berlin.de)

 **Website:** [lara-berlin.de](https://lara-berlin.de)

## 5. Weißer Ring (White Ring)


Anonymous telephone assistance, online counseling, and vouchers for initial trauma counseling with trained volunteers.


 **Availability:** 116 006 (Daily 7 AM - 10 PM)

 **Website:** [weisser-ring.de](https://www.weisser-ring.de)

## 6. BIG Hotline for Domestic Violence

Daily support for those experiencing domestic violence.

 **Phone:** 030 611 03 00 (Available 8 AM - 11 PM)

 **Website:** [big-hotline.de](https://www.big-hotline.de)

*Counseling & Therapy Services:*

## 1. Zentrum Überleben (Survival Center)

Provides psychological counseling and therapy, especially for trauma survivors, refugees, and survivors of torture.

 **Website:** [www.ueberleben.org](https://www.ueberleben.org)

## 2. Berlin Counseling Center for Anxiety Disorders (Berlin Anxiety Clinic)

Support for people suffering from anxiety disorders or panic attacks—no doctor's referral required.

 **Website:** [www.berliner-angstambulanz.de](https://www.berliner-angstambulanz.de)

## 3. Berlin Center for Eating Disorders

Counseling, diagnostics, and therapy for people with anorexia, bulimia, binge eating, and other eating disorders.

 **Website:** [www.zentrum-essstoerungen.de](https://www.zentrum-essstoerungen.de)


## 4. Kieztherapeut\*innen (Neighborhood Therapists)

Psychological counseling with a focus on accessible services for people with limited financial means.

 **Website:** [www.kieztherapeutinnen.de](http://www.kieztherapeutinnen.de)

## **5. Queer Leben – Counseling for LGBTQIA+ Individuals**

Psychosocial crisis counseling for queer individuals, including topics like coming out, trans identity, and discrimination experiences.

 **Website:** [www.queer-leben.de](http://www.queer-leben.de)

## **6. Wildwasser Berlin – Counseling for FLINTA\* Survivors of Violence**

Support for FLINTA\* people who have experienced or are experiencing sexualized violence.

 **Website:** [www.wildwasser-berlin.de](http://www.wildwasser-berlin.de)

## **7. Emergency Service for People with Substance Abuse Issues**

Psychosocial counseling for people with substance abuse disorders and their relatives.


 **Website:** [www.drogennotdienst.org](http://www.drogennotdienst.org)

*Psychiatric Emergency Services:*

### **1. Charité Emergency Psychiatric Clinic (Center for Mental Health)**

Psychiatric emergency clinic for acute psychological crises, including suicide attempts, psychotic episodes, and severe anxiety disorders.




 **Location:** Charité Campus Mitte, Luisenstraße 65, 10117 Berlin

 **Phone:** 030 450 517 262

 **Website:** [www.charite.de](http://www.charite.de)

## 2. Vivantes Psychiatric Emergency Clinics (24/7 for Acute Crises)

Several psychiatric emergency departments in Berlin, including:

-  **Vivantes Klinikum am Urban** (Kreuzberg): 030 130 22 11 50
-  **Vivantes Klinikum Neukölln**: 030 130 14 11 50
-  **Vivantes Humboldt-Klinikum** (Reinickendorf): 030 130 12 11 50

 **Website:** [www.vivantes.de](http://www.vivantes.de)