

Anlaufstellen bei psychischen Krisen / Contact points in mental crisis situations

Berliner Krisendienst / Berlin Crisis Service

<https://www.berliner-krisendienst.de/>

The Berlin Crisis Service provides fast and professional assistance for issues including psychosocial crises and acute mental and psychiatric emergencies (e.g. suicidal thoughts and impulses, panic, depression, acute stress, conflicts with other people, addiction). The advice is free of charge and available especially at times when other institutions (e.g. doctors, psychiatric service) are closed, meaning at night and at weekends/public holidays. People in need of assistance can be helped personally, by phone, and in extreme situations on site at nine Berlin locations without an appointment. The consultation can also be carried out anonymously upon request. Advice in different languages is possible.

Sozialpsychiatrische Dienste der Bezirke / Psychiatric Service of the district

<https://www.berlin.de/lb/psychiatrie/hilfe-in-krisen/sozialpsychiatrische-dienste-der-bezirke/>

The psychiatric service in each Berlin district offers help, support and crisis intervention for adults or their families/social network with mental illnesses, addiction problems or mental disabilities. The professional team includes doctors (psychiatrists), psychologists and social workers.

Mondays to Fridays 8.00 until 16.00

Anbieter von psychiatrischen Hilfen in Berlin geordnet nach Bezirken / Providers of mental health care listed by district

The following list of the Berlin Senate gives you an overview of providers of mental/psychiatric health care in each district: <https://www.berlin.de/lb/psychiatrie/in-den-bezirken/bezirksseiten/>

Stationäre psychiatrische Behandlung in psychiatrischen Kliniken / In-patient mental health treatment in psychiatric hospitals in every district

http://www.paritaet-alsopfleg.de/downloads/Ueber/Rund_SenGSV/Psy_Krhaus.pdf

If you are experiencing a severe crisis and mental health emergency (e.g. severe depression, anxiety disorder, psychosis, drug addiction, suicidal thoughts/impulses) you can immediately go to the emergency department of the psychiatric hospital in the district you live. They have the responsibility to treat you, the costs are covered by the statutory health insurance. If you have a private health insurance, emergencies are also usually covered. If you can not go there by your own means, you can call 112, an ambulance, to take you to hospital.

Teilstationäre psychiatrische Behandlung in psychiatrischen Kliniken (Tageskliniken) / Day clinics for mental health treatment

Usually every psychiatric hospital in Berlin has a day clinic. Patients stay in the clinic during the day 8.00-16.00 and go home for the afternoons, nights and weekends. There are waiting lists and you need to contact the day clinic beforehand if you want treatment there.

Psychiatrische Institutsambulanzen an Kliniken /

Out-patient mental health treatment in psychiatric hospitals in every district

Usually every psychiatric hospital in Berlin also has an outpatient psychiatric service, where you can see psychiatrists or other mental health professionals (psychotherapists, social workers, occupational therapists, etc.)

See for example the Psychiatrische Institutsambulanz of the Charité Mitte: https://psychiatrie-psychotherapie.charite.de/fuer_patienten/ambulanzen/psychiatrische_institutsambulanz_pia/

Mental health treatment in specialist practices – Psychiatrists and psychotherapists

When you search for mental health professionals you will come across psychiatrists and (medical or psychological) psychotherapists.

Psychiatrists are doctors with a medical degree in psychiatry. They have the qualification to certify your incapacity to work or study (due to the mental illness) and prescribe you medication (for your mental illness). Psychiatrists don't usually offer therapy sessions, just short consultations like any specialist doctor unless they have the qualification for psychotherapy as well. Then they are medical psychotherapists as well as psychiatrists and offer both therapy and medication.

Psychological psychotherapists have a degree in psychology and the additional qualification (Approbation) in psychotherapy. However, they can not certify your incapacity to work/study or prescribe you medication. They offer psychotherapy.

How to find a Psychiatrist in Berlin

To be able to get an appointment with a psychiatrist in a specialist practice you usually need an "Überweisung zum Facharzt" from a GP doctor. Then you can contact psychiatrists near your home or you can call the <https://www.kvberlin.de/fuer-patienten/arzt-und-psychotherapeutensuche> to help you look for an appointment (with language filter). The appointment service center (TSS) of the KV Berlin also provides support in finding a quick appointment for a doctor or psychotherapist: [Ärztlicher Bereitschaftsdienst \(kvberlin.de\)](https://www.kvberlin.de/aeztlicher-bereitschaftsdienst).

How to find a Psychotherapist in Berlin

Guides to help you find English speaking psychiatrists and psychotherapists in Berlin and other contact points: <https://allaboutberlin.com/guides/english-speaking-psychiatrists-psychotherapists-berlin>

[How to find a psychotherapist in Berlin • Center for Academic Advising and Psychological Counseling • Freie Universität Berlin \(fu-berlin.de\)](https://www.fu-berlin.de/psychologie/psychologische-beratung/)

Another option is contacting a training center for psychotherapists. There you will work with psychologists that are therapists in training. Sometimes it can be easier to get an appointment there. [liste_pt_institute.pdf \(fu-berlin.de\)](https://www.fu-berlin.de/psychologie/psychologische-beratung/)

Group therapy

Search engine for group therapy: <https://gruppenplatz.de/>

Counseling services

Psychologische Beratung der FU Berlin / Psychological counseling at the FU Berlin

You can get an appointment via a contact form on this website: [Psychological Counseling • Studying at Freie Universität Berlin • Freie Universität Berlin \(fu-berlin.de\)](#)

Counselling in English is possible

Psychotherapeutische Beratung des Studierendenwerks / Psychological counseling at the Studierendenwerk Berlin

<https://www.stw.berlin/beratung/psychologische-beratung/psychotherapeutische-beratung.html>

Counselling in English and other languages possible

Other specific contact points and counseling centers in Berlin

Self-help groups: <https://www.sekis-berlin.de/>

Guide for all kinds of psychosocial help points in Berlin ordered by topics:

<https://www.hilf-mir.berlin/?tags>