

Support in emergencies and mental crises

Mental crises can affect everyone, regardless of age, education, profession, origin and social status. The causes of acute mental distress are manifold and range from serious life events to extraordinary stress and mental illness. In principle, various symptoms of varying intensity can occur in a mental crisis, such as sadness, fear, aggressiveness, confusion or even a narrowing of perception, up to delusions and hallucinations.

Who do you call in acute emergencies, accidents or suicidal tendencies?

Emergency medical services: 112, Police: 110

Who provides support in an acute mental crisis?

Speak to trusted colleagues and ask for support

Contact your general practitioner or a psychotherapist

- Search for doctors and therapists via the Association of Network Physicians Saxony (Kassenärztliche Vereinigung): +49 (0)341-23 49 37 11 | www.kvs-sachsen.de/arztsuche/
- Psychotherapy Information Service: +49 (0)30-20 91 66 33 0 | <https://www.psychotherapiesuche.de/pid/search>
- Search for doctors and therapists via the German Association of Psychotherapists: www.psychotherapeutenliste.de
- Medical on-call service (non-emergency): 116 117

Ask for advice or assistance

- Psychosocial counselling hotline: +49 (0)341-99 99 00 00 (or -01)
- "SeeleFon": +49 (0)228-71 00 24 24 or +49 (0)1805-950 951 | seelefon@psychiatrie.de (Personal consultation Mon-Thu 10-12 & 14-20, Fri 10-12 & 14-18)
- Ecumenical counselling 24h-hotline (free of charge, anonymous): +49 (0)800-111 0 111 (or -222) | www.telefonseelsorge.de

Contact a clinic with a psychiatric department

- Leipzig North, North-West, Old-West:
Saxon Hospital Altscherbitz – Clinic for Psychiatry and Psychotherapy
Leipziger Straße 59, 04435 Schkeuditz
tel. +49 (0)34204-870
- Leipzig Centre & Northeast, East, Southeast, West, Southwest:
HELIOS Park-Klinikum Leipzig – Department of Psychiatry, Psychosomatics and Psychotherapy
Morawitzstraße2, 04289 Leipzig
tel. +49 (0)341-86 41 00 0
- Leipzig South:
University Hospital Leipzig – Clinic and Polyclinic for Psychiatry and Psychotherapy
Sammelweißstraße 10, 04103 Leipzig
Tel. +49 (0)341-97 24 51 7

Contact a contact person at Leipzig University

- Occupational Health Management: Dr. Sabine Korek: +49 (0)341-97 35 94 1 | korek@uni-leipzig.de
- Addiction: Joerg Graf: +49 (0)341-97 30 57 4 | graf-suchtbeauftragter@uni-leipzig.de
- Mobbing: Martina Otto: +49 (0)341-97 32 02 9 | martina.otto@zv.uni-leipzig.de