All contact services will treat matters as confidential!

Your HIGRADE team can serve as the first contact point and consult you on where to go next:

**Mental Health – Contacts / Services**

### Services at the UFZ
- Overview on consultations: dealing with conflicts, workplace bullying, company doctor/psychologist etc [link](UFZ-internal)
- Health management at UFZ [link](UFZ-internal)

### Confidential telephone helplines
- German telephone counselling: 0800 - 1110111 / 0800 - 1110222, [http://www.telefonseelsorge.de/](http://www.telefonseelsorge.de/)
- International helplines: [link1](#) [link2](#)
- Suicide prevention contacts: [link1](#) [link2](#) [link3](#)

### Doctors and hospitals
- Directory: doctors in Germany, incl. language skills [link](in German)
- Brochure of doctors in Leipzig with foreign language skills [link](#)
- Outpatient clinic for psychological help at university hospitals
  - Leipzig: [link](psychosomatic help), [link](general psychiatry) [link](in German)
  - Magdeburg: [link](#)
  - Halle: [link](in German)

### Municipal services etc. (websites in German only)
- Leipzig: Psychiatric and psychosocial help contacts [link](#)
- “Telephone of trust” Leipzig 0341 9999-0000
- Magdeburg: Sociopsychiatric Service [link](#)
- Halle/Saalekreis: Stadtinsel e.V.: [link](#)

### For PhDs at universities: services at universities
- Studentenwerk: Psychosocial counselling (usually requires immatriculation)
  - Leipzig University [link](#) Social counselling, legal advice etc [link](#)
  - OvGU Magdeburg [link](#)
  - MLU Halle [link](#)
- Other services
  - Leipzig University:
    - Akademisches Auslandsamt – Consultation on doubts during studies/ doctorate [link](#)
  - OvGU Magdeburg:
    - Graduate Academy – Summary of help services at university and external in case of emergencies and problems [link](#)
    - Health Management – Summary of contacts and checklists [link](in German)

### Selected useful links
- Brochure Leipziger Bündnis gegen Depression (German) [link](#)
- [www.ifightdepression.com](http://www.ifightdepression.com) - a lot of information about depression in English & other languages
- WHO video: What is depression [link](#)
- International help services against depression incl. personal “crisis/emergency plan” [link](#)

(While some websites are not translated, the services might be available in English.)

*last update: 10 Nov. 2021/ Verena Schaller (PACE)*