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: [link](2), [link](3)
- Suicide prevention contacts: [link](1) [link](2) [link](3)

**Doctors and hospitals**
- Directory: doctors in Germany, incl. language skills [link](in German) ("Zusatzangaben>Fremdsprache")
- Doctors in Leipzig with foreign language skills [link]
- Outpatient clinic for psychological help at university hospitals
  - Leipzig: [link] (psychosomatic help), [link] (general psychiatry) [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: depression**
- 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: 20 July 2022/ Verena Schaller (PACE)*