

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/>
- International helplines: [>link](#) [>link 2](#)
- 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*

In case of emergencies,  
please go to a doctor  
immediately or contact **112**  
(European Emergency Number)

### 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.)