

Mental health is more important than you might think. Do not
hesitate to seek support when you need it.

Useful contacts for UFZ doctoral researchers

All contact services will treat matters as confidential

Need to talk to someone?

- Contact the HIGRADE team (UFZ graduate school) who offers confidential consultations and can guide you to other services
- Open up to your peers/ colleagues you trust/ friends and family
- Contact UFZ services (e.g. Do-it, Works Council... see back page)
- Use telephone helplines (see back page)

Need professional help?

- Consult a general practitioner or outpatient clinic (contacts back page)*
- Contact the UFZ company psychologist (contact details via UFZ HIGRADE/ASU)
- Find a therapist ("guideline" see separate handout)
- On-call medical services 116117 (medical help in the evening, on weekends and public holidays, no danger to life). This service is only available in German
- Acute life-threatening crisis? Call 112 (emergency >ambulance/ fire department)

*in Germany, you usually need a referral ("Überweisung") from the general practitioner to visit a specialist doctor

Something to think about – Mental health awareness

Believe in yourself	Don't be afraid to say no	It's ok to seek help when you need it
Connect with others	It's ok to have many feelings	Don't give up on your dream
Don't be too hard on yourself	Sharing your struggles can bring a huge sense of relief	

More services and information on next page

Support services – info & contacts

*Please note: website links are subject to change and some services are only available in German / links are checked by HIGRADE on an annual basis**

- HIGRADE team: contact higrade@ufz.de or a team member directly for a consultation
- UFZ company psychologist: contact details via UFZ HIGRADE team/staff unit ASU
- General practitioner/family physician: often the first contact point who can guide you to a specialist

How to find a doctor who speaks English/my Mother tongue?

- Doctors in Leipzig with foreign language skills [>link](#)
 - General practitioners who speak English [link](#)
 - Psychotherapists who speak English [link](#)
 - Other languages can be selected on top of the page (<https://arztsuche.116117.de/>)
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- UFZ Services: In case your mental health issues relate to a conflict in the work context, please contact relevant UFZ services in the UFZ Intranet [here](#) (e.g. Ombudsperson, PhD representatives, Works council...)
 - University services: the university you are affiliated with usually offers psychosocial counselling (often requires immatriculation) – here are links to a few:
 - o Leipzig University: psychosocial counselling [>link](#) / social counselling, legal advice etc [>link](#)
 - o OVGU Magdeburg: psychological services [>link](#)
 - o MLU Halle: psychosocial counselling [>link](#) [activate Google translate for English version]
 - Municipal services: cities provide help contacts for mental health problems
 - o Leipzig: municipal service [link](#)
 - o Magdeburg: municipal service [link](#) (activate Google translate for English version)
 - o Halle: municipal service sozialpsychiatrie@halle.de [link](#) / Stadtinsel e.V.: [>link](#) [Websites in German only]
 - Telephone hotlines
 - o German telephone counselling: 0800 - 1110111 / 0800 - 1110222
 - o International helplines: [link](#) / suicide prevention: [link](#)
 - o 116117 (on-call medical services)
 - o 112 (ambulance/ fire department)
 - Outpatient clinics >contacts for psychological help at university hospitals, e.g.
 - o Leipzig: Klinik und Poliklinik für Psychosomatische Medizin und Psychotherapie / Semmelweisstr. 10, Haus 13 / appointments: 0341 - 97 18858 [>link in German](#)
 - o Leipzig: Klinik und Poliklinik für Psychiatrie und Psychotherapie / Semmelweisstraße 10, Haus 13 / appointments: 0341 - 97 24304 [>link in German](#)
 - o Magdeburg: Psychiatrische Institutsambulanz / Haus 4, Raum 1.39 / Leipziger Straße 44 / appointments: 0391-67-13483 [>link](#)
 - o Halle: Universitätsklinik und Poliklinik für Psychiatrie, Psychotherapie und Psychosomatik Magdeburger Str. 22 / Phone: 0345 557 3640 [>link in German](#)
 - How to find a therapist: see “guideline” by UFZ company psychologist in the Intranet [here](#)

**Please let the HIGRADE team know if you encounter a non-functional link*