

Psychological Counseling Service

Different things like being new in town, starting in a complete different cultural surrounding, being confronted with the COVID pandemic or the war in Ukraine poses new challenges for all of us and often lead to feelings of stress, helplessness or loneliness. Here you will find a selection of general counselling facilities in Munich that specialise in psychological crisis situations. In urgent cases, please do not hesitate to contact experienced experts who can help you with an open ear, clarify your individual situation and, if necessary, initiate further support measures.

In case of emergency or acute crisis, please call:

Krisendienst Psychiatrie München

(Emergency Service)

Tel. +49 180 655 3000

daily from 9 am to midnight

<https://www.krisendienste.bayern/oberbayern/> (web site in German only)

Psychotherapeutic and Psychosocial Counseling

- **Psychotherapeutic and Psychosocial Counseling Service at LMU / TUM**

Alte Mensa, Helene-Mayer-Ring

Entrance H, 2nd floor, room h8

80809 München,

U-Bahn station: Olympiadorf (U3)

Opening hours: Mo & Do: 9:00 – 12:00 h (pls. make an appointment!)

Email: psycho-beratung@stwm.de

Tel.: +49 89 38196-1202

Internet: <https://www.studentenwerk-muenchen.de/en/advisory-network/psychotherapeutic-and-psychosocial-advisory-service/?L=3> (web site in German and English)

Any student officially enrolled at LMU or TUM can contact the Munich Student Union if they want to discuss their problems with experienced psychologists. They offer advice on a number of issues including:

- Problems with studying (decision making, exam anxiety, fear of authority)
- Relationship and partner conflicts, problems finding partners, coping with separations
- Isolation and contact problems (e.g. social phobias)
- Problems with leaving home (e.g. separation from parents, new orientation)
- Depression, anxiety, self-harming behavior, suicidal tendencies, psychosomatic ailments, eating disorders, compulsive disorders etc.
- Suffering caused by sexual abuse
- Addictions (e.g. drugs, gambling, computer or internet addictions)
- Integration problems experienced by international students

- **Münchner Insel (German)**

U-Bahn Station Marienplatz – Lower level
80331 München

Opening hours: Mon – Fri 9:00 – 18:00 h

Thurs 11:00 – 18:00 h

Email: info@muenchner-insel.de

Tel.: +49 89 220041 or +49 89 21021848

Internet: <https://www.muenchner-insel.de>
(web site in German)

- The Munich Island is a low-threshold crisis and life counseling center run by the Catholic and Protestant churches. The multi-professional team consists of psychologists, theologians, social pedagogues with psychotherapeutic or pastoral training, and a lawyer. During opening hours, three counselors are available to talk to you. You do NOT have to be a member of the church or of Christian believe, the service is open for everyone in a crisis!

- A low-threshold concept means that you can speak directly with a counselor without having to make an appointment. As a person seeking advice, you can remain anonymous; they do not store any personal data.
- They are bound by professional secrecy.
- Some things can be clarified in an initial meeting, a limited number of follow-up meetings are possible. It is important to them that the counselor is committed to you; therefore, follow-up interviews take place with the same counselor with whom you had the initial interview.
- Follow-up meetings are currently held by telephone or online via video, if at all possible.
- The consultation is free of charge.

- **Die Arche (German)**

Saarstraße 5

80797 München

Opening hours: Mon – Fri 9:00 – 17:00 h

Tel.: +49 89 334041

Internet: <https://die-arche.de>

(web site in German)

- ARCHE's counseling services are for adults and adolescents ages 14 and older.
- They offer crisis intervention to people who are in a life crisis or at risk of suicide. This begins as quickly as possible and, if necessary, includes appointments in quick succession. Depending on the problem and life situation, the number of sessions varies between one and ten. Most often, crisis intervention is carried out in the form of personal individual counseling.
- Not all suicidal people are able or willing to seek professional help. We offer counseling to people in the community. Arche supports them in dealing with their family members, friends or colleagues who are at risk.
- The usual way to contact the Arche is to call the secretariat. During this conversation, the caller's concerns and most important problems are clarified and an appointment is made in a timely manner and in a manner

appropriate to the problem. Under certain circumstances, the caller may also be referred to other suitable facilities if he or she is not in an acute crisis or suicidal. Callers who need urgent counseling and cannot make a personal appointment at Arche within the next 24 hours for various reasons are given an appointment for a telephone counseling session with a counselor.

Emergency Outpatient Clinics

You don't know what to do, your situation seems hopeless? In existential life crises, fast help is needed. In such an emergency, there are several clinics in Munich in case you will need psychiatric help. The University clinics from LMU and TUM both have psychiatric centers for emergency care 24 hours a day as well as the Max Planck Institute for Psychiatry (with service in English):

- **Klinik für Psychiatrie und Psychotherapie der LMU**

Nußbaumstr. 7
80336 München

Telephone hours: Mon - Fri 09:00 - 12:00 and 14:00 - 15:00

Tel.: +49 89 4400 - 55020 .

Outside these hours, in urgent cases, the doctor on duty can be contacted via the clinic's gate:

Tel.: +49 89 4400 - 55511 or

+49 89 4400 - 55512.

- **Klinik und Poliklinik für Psychiatrie und Psychotherapie des Klinikums rechts der Isar (TUM)**

Ismaningerstr. 22

81675 München

Telephone hours: Mon – Fri 08:30 - 17:00 Uhr

Tel.: +49 89 4140-4241

- **Max-Planck-Institut für Psychiatrie**

Kraepelinstr. 2 – 10

80804 München

Telephone counselling hours (also in English):

Mon – Fri 13:00 - 14:00

Tel.: +49 89 30622-1

Internet: https://www.psych.mpg.de/2232304/psych_ambulanz

(web site in English)

Telephone Helplines

- **Telephone Helpline (German)** <https://www.telefonseelsorge.de/>
- **International Helplines (divers languages)**
<https://www.telefonseelsorge.de/international-helplines/>

More Services

Additionally, you can find a very comprehensive list of psychosocial and psychiatric support services (for German speakers) at the following link:

<https://www.psychotherapie-muenchen-bk.de/notfall-und-servicekontakte-bei-psychischen-krisen/>

English speaking students might additionally check the list of English speaking doctors for psychiatric help provided on our website

https://www.imprs-astro.mpg.de/sites/default/files/2021_engl_doctors_and_medical_services.pdf

or in the IMPRS folder.