

Germany:

Emergency: [112](#) Suicide Hotline: [0800 111 0 111](#)

Hotline: 0800 181 0771 (to Samaritans) Hotline: 0800 181 0772 (to Samaritans)

Website: samaritans.org

[Guttempler](#)

Tell: 0180-365-2407

Guttempler offers 24/7, free, compassionate and confidential support by phone. We exist to help everyone in Germany who may require support with substance use, supporting a friend or family member.

When you reach out to us you will talk with one of our friendly and supportive counselors who have experience in how to help people with similar experiences to your own. They will listen, express empathy and understanding, and assist you to find a way through your situation. Anyone can contact us, regardless of their age, gender, ethnicity or religious beliefs. Our helpline is available 24 hours a day, 7 days a week, 365 days a year. We are always ready to support you.

[Hilfe-Telefon Berta](#)

Tell: 0800-30-50-750

Das Hilfe-Telefon Berta unterstützt alle Menschen, die von organisierter sexualisierter und ritueller Gewalt betroffen sind, betroffen waren oder damit als helfende Person oder Fachkraft konfrontiert werden. Sie können uns anrufen, wenn Sie Fragen haben, in akuter Not sind, Hilfe suchen oder einfach jemanden zum Sprechen brauchen. Auch wenn Sie sich in einer schweren Krise befinden, sind wir für Sie da.

English translation: Hilfe-Telefon Berta supports all people who are affected by organized sexualized and ritual violence or who are confronted with it as a helping person or specialist. You can call us if you have any questions, are in urgent need, are looking for help, or just need someone to speak to. Even if you are in a serious crisis, you can call us.

[Hilfe-Telefon Sexueller Missbrauch](#)

Tell: 0800-22-55-530

Das Hilfe-Telefon Sexueller Missbrauch unterstützt alle Menschen, die Fragen zum Thema haben, selbst betroffen sind, sich Sorgen um ein Kind machen, einen Verdacht oder ein komisches Gefühl haben. Auch Fachkräfte, die beruflich mit Kindern und Jugendlichen zu tun haben, können sich an uns wenden. Die Beratung erfolgt bundesweit, kostenfrei anonym – sowohl telefonisch als auch online.

English translation: The Sexual Abuse Help Line supports all people who have questions about the subject, who are affected themselves, who are worried about a child, who have suspicions or a strange feeling. Also specialists, who work with children and young people, can call us. Advice is provided nationwide, anonymously and free of charge – both by telephone and online.

[Weisser Ring](#)

Tell: 116-006

[NummergegenKummer \(Elterntelefon\)](#)

Tell: 0800-111-0550

Telefonische Beratung, anonym und kostenlos in Deutschland. Wenn Sie sich Sorgen um Ihr Kind machen, sich überfordert oder manchmal hilflos fühlen, dann sind wir für Sie da. Sie können sich mit allen Fragen und Sorgen an das Elterntelefon wenden: Ob bei Erziehungsproblemen, Schwierigkeiten in der Schule, Familienkrisen, Sucht oder Internet-Gefahren. Bei Bedarf erhalten Sie auch Informationen über Institutionen, die Ihnen zusätzliche Hilfe anbieten können. Die telefonische Beratung ist Mo-Fr von 9.00 bis 17.00 Uhr und Dienstag/Donnerstag auch bis 19.00 Uhr möglich.

English translation: Telefonische Beratung is there for all parents and other educators who are worried about their child, feel overwhelmed or sometimes helpless. We listen and take each of your problems seriously. Together we look for solutions for your personal situation and advise you. If necessary, you will also receive information about institutions that can offer you additional help. Telefonische Beratung is available Mon-Fri from 9 a.m. to 5 p.m. and Tue+Thurs also until 7 p.m.

[Muslimisches SeelsorgeTelefon](#)

Faith-based

Tell: 030-443-509-821

Suicide & Crisis Lines

International Helpline Berlin

(English):

[030-44 01 06 07](tel:030-44010607)

(Russian):

[030-44 01 06 06](tel:030-44010606)

Postfach 580251 10412 BERLIN

Telefonseelsorge Deutschland

National:

[0800 1110 111](tel:08001110111)

[0800 1110 222](tel:08001110222)

Aids / Sexual Health

AIDS Aufklärung

[49 \(0\)69 762933](tel:49069762933)

Provides anonymous counseling by telephone or e-mail, HIV testing and information about prevention, transmission and living with HIV.

AIDS-Hilfe Dresden e.V.

[0351 441 61 42](tel:03514416142)

Dresden organization providing HIV/AIDS information and many social programs and counseling for people with HIV.

AIDS-Hilfe Frankfurt e.V.

[\(069\) 40 58 68-0](tel:0694058680)

Provides information on HIV/AIDS and a variety of practical services to people with HIV, including counseling and care.

AIDS-Hilfe Hamburg e.V.

Phone: [49 40 235199-0](tel:49402351990)

HIV/AIDS information in Hamburg, providing counseling and assistance finding help for people with HIV.

AIDS-Hilfe Leipzig e.V.

[0341 – 23 23 126](tel:0341-2323126)

HIV/AIDS information in Leipzig, providing free counseling, discussion groups and prevention education.

Alcohol & Substance Abuse

Gesundheit Nord

[\(0421\) 408190 02](tel:0421-40819002)

Hospital Composite Bremen Osterholzer 51 G

Gesundheit rehabilitation centre. 12 Step Treatment Centers is a guide for all drug rehab programs / alcohol residential facility. Plus any form of drug or alcohol service that utilises the 12 Step Programme as part of there treatment model.

Klinikum Stuttgart

[49 711 27801](tel:4971127801)

One of Germany's largest hospitals, made up of more than 50 clinics and specialist institutes spanning all medical specialties. Klinikum Stuttgart is regarded as one of the best hospitals in Germany, and is a referral center for oncology, ENT, pediatrics and more.

Domestic & Sexual Violence

BIG Hotline

[49 \(0\) 30 – 611 03 00](tel:490306110300)

Postfach 30 41 05 10756 Berlin

BIG Hotline gives support and advice to all women and children who experience or have experienced domestic violence in their relationship and to all women who are being harassed, threatened or stalked by their (ex)partner.

Bora

[\(030\) 927 47 07](tel:0309274707)

Albertinenstr. 1, 13086 Berlin

Counseling Interkulturelle Initiative

[\(030\) 80 19 59 80](tel:+493080195980)

Martin-Buber-Straße 12, 14163 Berlin

Frauentreffpunkt

[\(030\) 621 20 05](tel:+49306212005)

Selchower Str. 11, 12049 Berlin

Support for women in need – the Violence against women support

Hilfetelefon – Gewalt Gegen Frauen [08000 116 016](tel:+49300800116016)

TARA

[\(030\) 78 71 83 40](tel:+493078718340)

Ebersstr. 58, 10827 Berlin.

Gay & Lesbian (GLBTQ)

Lesbenberatung

[030 – 215 20 00](tel:+49302152000)

The “Lesbenberatung” is not just a centre for counselling and communication, it is much more than that. We offer counselling to lesbian and bi-sexual women of all ages, transgender people and all women in crisis or conflict situations irrespective of age, nationality or cultural background.

Site Niebuhrstraße

[49 \(030\) 233 690 70](tel:+493023369070)

Schwulenberatung Berlin Niebuhrstraße 59/60 10629 Berlin Open: Monday through Friday from 9:00am to 08:00pm

SSite Wilhelmstraße

[49 \(030\) 44 66 88 0](tel:+49304466880)

Schwulenberatung Berlin Wilhelmstraße 115, 10961 Berlin Open: Monday through Friday from 10:00am to 06:00pm