

**First Aid for Mental Health Crises**

Situation	Who	Phone number	Note
<ul style="list-style-type: none"> <li>• Immediate danger to self or others</li> <li>• Suicidal thoughts/suicidal behavior</li> <li>• Panic attacks</li> <li>• Psychotic episode</li> <li>• Serious consequences of alcohol or substance use</li> </ul>	Ambulance	<a href="tel:112">112</a>	Emergency aid
	HELIOS Hospital <ul style="list-style-type: none"> <li>• Psychiatric Outpatient Clinic</li> <li>• Acute and Emergency Psychiatric Ward</li> </ul>	<a href="tel:+4903617815387">+49 (0) 361 781-5387</a> <a href="tel:+4903617815353">+49 (0) 361 781-5353</a>	Nordhäuser Straße 74 Admission to a psychiatric hospital Emergency aid
	Emergency Medical Services	<a href="tel:116117">116-117</a>	Appointment Scheduling (Appointment Service and Healthcare Provision Act: The waiting time for acute psychotherapy treatment may not exceed two weeks)
	Emergency Department Katholisches Krankenhaus	<a href="tel:+4903616540">+49 (0) 361 654-0</a>	Haarbergstraße 72 (Emergency aid)

**Psychosocial Counseling Centers in Erfurt (Selected List)**

Situation	Who	Phone number	Note
<ul style="list-style-type: none"> <li>• Mental stress</li> <li>• Mental health conditions</li> <li>• For family members</li> </ul>	<a href="#">Social-Psychiatric Services</a> (English-language consultation available)	<a href="tel:+4903616554248">+49 (0) 361-6554248</a>	City of Erfurt, Department of Public Health Juri-Gagarin-Ring 150, 99084 Erfurt Mo.+ Thu. 8:30 - 11:30 am, 1:30 - 3:00 pm Tue. 8:30 - 11:30 am, 1:30 - 5:30 Uhr pm Fr. 8:30 - 11:30 am and by appointment Mail: <a href="mailto:spdi@erfurt.de">spdi@erfurt.de</a>

**Telephone Crisis Hotline:** Support in difficult life situations/suicide prevention → [International Help](#)