

Mental Health leaflet

The structure of the file:

1. A guide for determining appropriate steps while seeking help. It's a translation of the guide in Zeit (in German) with an adaptation to students' situation:

www.zeit.de/gesundheit/2021-07/psychotherapie-psychische-erkrankungen-therapieplatz-finden-therapiearten-kostenuebernahme-tipps

2. Useful resources
3. A detailed procedure for finding a therapist covered by your insurance, outside the university.

All information is as of Summer 2021.*

1. The guide

How serious is your situation?



*If a link doesn't work try checking if all "-" were pasted correctly since depending on the device pasting can work differently.

2. Useful resources

These are links to a couple of sources we find useful. There are definitely many more on the internet! Disclaimer: neither Student Reps nor BMS carries any responsibility for the information provided on these pages. We can just recommend some sources we hope are reliable.

- Where to find help. A resource of Einstein center of neurosciences
ecn-berlin.de/mental-health/where-to-find-help.html
- Depression test from National Health System of the UK
nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/
- Self Help leaflets from National Health System of the UK
web.ntw.nhs.uk/selfhelp/
- Resource about mental health problems common among students with some self-help.
(recommended on Cambridge University webpage)
studentsagainstd Depression.org/

More information about how to look for a therapist in Germany and other related information.

- allaboutberlin.com/guides/english-speaking-psychiatrists-psychotherapists-berlin#psychiatrist-or-psychotherapist
- zeit.de/gesundheit/2021-07/psychotherapie-psychische-erkrankungen-therapieplatz-finden-therapiearten-kostenuebernahme-tipps (in German)

3. An overview on how to find a therapist in Berlin

So, you decided you would like to look for a regular therapist outside the university. The good news is that health insurance covers the costs of therapy in some cases, you need to check the webpage of your health insurance for more information. The bad news is that you need to find an English-speaking therapist, covered by public health insurance and one that has time. Unfortunately, in this case it will most likely take a lot of time and effort.

You start by trying to contact a regularly covered therapist (zugelassener Arzt der KV (Kassenärztliche Vereinigung) who speaks English and you ask them for a first appointment which, in German, is called Sprechstunde.

This website: allaboutberlin.com/guides/english-speaking-psychiatrists-psychotherapists-berlin should be helpful when looking for a therapist. In particular, it contains links to databases of English-speaking therapists. Some health insurances also may have such lists.

Another way to look for an appointment is to use this website eterminservice.de/terminservice. You need a transfer code (Vermittlungscode) to search for doctors there. Just enter your zip code and email address to request this code (this is supposed to simplify the search somehow). If you call a therapist and they cannot give you an appointment within the next two weeks and/ or do not speak English, you should document this by just writing it down. You need to contact 5 publicly covered therapists and if it doesn't work out with any of them, then you can look for any other "private" therapist.

The therapist will write a "first diagnosis" after the first meeting with you and send an application for costs to your health insurance provider. Then, they will send you or the therapist a letter stating how many sessions will be covered. However, the decision about the duration of your therapy is not final. After the end of the sessions, e.g. 50, the therapist can send another application to the insurance.

This, however, will be only a first diagnosis appointment and it can take up to several months for the therapy to start since the demand for therapy is very high compared to the number of available therapists.

In the beginning of your therapy, a few first sessions will be spent by getting to know each other and establishing the contact. For a successful therapy it is important that you trust the therapist and can open up. If that is not the case, you can change the therapist at this stage. Then, of course, you would need to find another one, which can result into more waiting.

If you have private health insurance, you will have to pay by yourself first and then request reimbursement from the insurance. Of course, you need to make sure that they will reimburse you in advance.

This source [zeit.de/gesundheit/2021-07/psychotherapie-psychische-erkrankungen-therapieplatz-finden-therapiearten-kostenuebernahme-tipps](https://www.zeit.de/gesundheit/2021-07/psychotherapie-psychische-erkrankungen-therapieplatz-finden-therapiearten-kostenuebernahme-tipps) gives a really good outlook on how therapy works in Germany (in German).