

Mental Health Resources

If you do not have public insurance or cannot find a provider who speaks your language, here are some great places to find a private therapist in your language:

- **Mittelweg 50**
- **It's Complicated** — find a private therapist in Berlin/online
- **Talkspace** — connects you with therapists for live online sessions (with same-day start possible)
- **Betterhelp** — online therapists for live online sessions, email, chat and phone (works via weekly/monthly subscription)

More online and mobile resources include:

- **MHANational** — quick and free check on anxiety, depression, etc.
- **Open Counseling** — hotlines for various health topics/groups in Germany and beyond
- **Woebot** — if you want to try out the limits of tech development, this is an artificial intelligence-driven app, which acts as a therapist. It's not therapy, but good for checking in with yourself
- **Headspace** — offers several free introductory meditation sessions, with more podcasts, videos and courses online
- **Moodfit** — Tools & Insights for Your Mental Health, with a free version to get you started
- **Happify** — Science-Based Activities and Games to relieve stress and support you, ten modules free available
- **Calm** — app for meditation with first session free
- **Insight Timer** — free app for meditation in multiple languages



Fundamental Health: Resilience, Empathy and unwavering Hope

Exhibition at Green Hill Gallery

January 26th - March 22nd, 2024

If you are thinking of hurting yourself or others, please do not wait to call the emergency number 112.

Otherwise, these hotlines are also useful:

- **Krisendienst** — Berlin Crisis Service (has a 24/7 hotline in English, German, etc.)
- **TelefonSeelsorge** — nonprofit with trained volunteers
 - **English Helpline** 030-44 01 06 07 — daily from 6 pm until midnight for psychological or personal problems; recommend specialists for solving concrete problems, help find an English-speaking doctor, help solve family conflicts, and much more!
 - **German Helpline** 0800-111 0 222 and available 24/7
 - **Russian Helpline** 030-44 01 06 06 and available 24/7
- **7cups** — online chat service with volunteers available 24/7 if you want to talk to someone, not a therapist but a good listener
- **soulspace** — free advice in person/by phone for young people aged 15-35

Disclaimer: Please note that this list of resources is based on our team's personal experiences and research. While we found these resources and platforms helpful, it is important to understand that everyone's needs and experiences may vary. We strongly encourage individuals to perform research and exercise their judgment before engaging with any of the listed resources. It is essential to consult with a qualified healthcare professional or licensed therapist when seeking mental health support or treatment. Kulturschöpfer is in no way responsible for any of the services provided by these resources, we are not healthcare professionals.