

# Are you in mental distress?

Mental health  
crisis lifeline

0800  
/655  
3000

We are here for you.

Support  
in over 120  
languages

**KRISEN  
DIENSTE  
BAYERN**



[www.krisendienste.bayern](http://www.krisendienste.bayern)

# We will listen and help you find solutions!

Krisendienste Bayern is a mental health crisis lifeline. We provide free and confidential emotional support via telephone in 120 languages to anyone currently experiencing emotional distress or suicidal crisis.

- We provide initial relief and guidance via telephone.
- All our counsellors are mental health professionals.
- Should you need further support, we will recommend suitable points of contact for you.

**Call our number 0800 / 655 3000.**  
Counselling in languages other than German can be provided with the help of an interpreting service.

Calling Krisendienste Bayern is free of charge.  
The telephone interpreter is also free of charge.

**Available  
24/7**

Our service is only available, if the call is made from a mobile network or landline inside Bavaria.

Herausgeber  
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