

Phorms Campus München · Maria-Theresia-Str. 35 · 81675 München

Support possibilities (at school & outside of school) for dealing with mental health problems (e.g. depression, anxiety, eating disorder,...)

Support possibilities **at school**:

<b>school psychologist</b>	Eva Hönl	<a href="mailto:eva.hoenl@phorms.de">eva.hoenl@phorms.de</a>
<b>guidance counsellor</b>	Tanja Küffer	<a href="mailto:tanja.kueffer@phorms.de">tanja.kueffer@phorms.de</a>
<b>confidant teachers</b>	Monika Banks, Fabio De Dominicis	<a href="mailto:monika.banks@phorms.de">monika.banks@phorms.de</a> <a href="mailto:fabio.de-dominicis@phorms.de">fabio.de-dominicis@phorms.de</a>
<b>school paramedic</b>	Luiza Sniadecka	<a href="mailto:luiza.sniadecka@phorms.de">luiza.sniadecka@phorms.de</a>
<b>mentors</b>	One selected teacher as contact person for every student in year 8 – year 10	

Support possibilities **outside of school**:

<b>In case of emergency</b>		
<b>Krisendienst Psychiatrie</b>	emergency hotline: trained professionals (psychologists & psychotherapists) answer your call and help you when you are experiencing a crisis	0180 / 655 3000 (tgl. 09 -24 Uhr) <a href="http://www.krisendienst-psychiatrie.de/">http://www.krisendienst-psychiatrie.de/</a>
<b>Physicians, counselling centres, psychotherapists</b>		
<b>Hausarzt/Kinder-und Jugendarzt</b>	your trustable family physician/pediatrician is always a good first step! They have a big network & collaborate with other professionals	
<b>Zentraler Schulpsychologischer Dienst</b>	centre for school psychology by the Bavarian state: multiprofessional team providing advice for school related topics (e.g. poor test results, test anxiety, thinking of a change of school type,...)	089 / 233 66500 <a href="mailto:schulpsychologie@muenchen.de">schulpsychologie@muenchen.de</a>
<b>Staatliche Schulberatungsstelle München</b>	centre for school psychology by the city of Munich; team consists of school psychologists:	089 / 5589989 60 <a href="https://www.km.bayern.de/ministerium/institutionen/schulberat">https://www.km.bayern.de/ministerium/institutionen/schulberat</a>

Phorms Campus München · Bilinguales Gymnasium · Staatlich anerkannte Ersatzschule in freier Trägerschaft der

Phorms Bavaria gemeinnützige GmbH

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Geschäftsführerin: Patrizia von Möller

Sitz der Gesellschaft München · Amtsgericht München · HRB 169354 · USt.-Id. DE261839952



	Ms Andrea Klement Ms Sonja Koebke Ms Veronika Ertl	<a href="http://www.muenchen.de/ansprechpartner.html">ung/muenchen/ansprechpartner.html</a>
<b>Kinder- und Jugendpsychiatrische Beratungsstelle des Referates für Gesundheit und Umwelt</b>	counselling centre for various mental health issues	089 / 23366933
<b>Bundeskongress für Erziehungsberatung (bke)</b>	search website: helps to find a counselling centre near you	<a href="https://www.bke.de/virtual/ratsuchende/beratungsstellen.html">https://www.bke.de/virtual/ratsuchende/beratungsstellen.html</a>
<b>Online-Beratung für Jugendliche (bke)</b>	free but professional online counselling for adolescents via chat/mail	<a href="https://jugend.bke-beratung.de/views/home/index.html">https://jugend.bke-beratung.de/views/home/index.html</a>
<b>Sozialpsychiatrischer Beratungsdienst Bogenhausen Region Nord-Ost</b>  Denninger Straße 225 81927 München	local counselling centre (Bogenhausen): support in crisis, individual counselling, family sessions, psychosocial support	089/93 20 03 / 04  <a href="mailto:spdi-bogenhausen@im-muenchen.de">spdi-bogenhausen@im-muenchen.de</a>
<b>Münchner Bündnis gegen Depression</b>	non-profit organization: aims at supporting people who struggle with depression; provides many helpful links & addresses for counselling centres/psychotherapeutic-medical support	<a href="https://www.muenchen-depression.de/hilfe-beratung/fuer-kinder-und-jugendliche/index.html">https://www.muenchen-depression.de/hilfe-beratung/fuer-kinder-und-jugendliche/index.html</a>
<b>Bayerische Landeskammer der Psychologischen Psychotherapeuten und der Kinder- und Jugendlichenpsychotherapeuten (PTK Bayern)</b>	search website by the Bavarian provincial chambers for psychotherapists: helps to find a psychotherapist	<a href="https://www.ptk-bayern.de/ptk/web.nsf/id/pa_psychotherapeuten-suche.html">https://www.ptk-bayern.de/ptk/web.nsf/id/pa_psychotherapeuten-suche.html</a>
<b>Koordinationsstelle Psychotherapie der</b>	search website by the Bavarian Association of Statutory Health	0921 / 787765 40410



<b>Kassenärztlichen Vereinigung Bayerns</b>	Insurance Physicians: helps to find a a psychotherapist	<a href="https://www.kvb.de/service/patienten/koordinationsstelle-psychotherapie/">https://www.kvb.de/service/patienten/koordinationsstelle-psychotherapie/</a>
<b>www.therapie.de</b>	search website: helps to find a a psychotherapist	<a href="https://www.therapie.de/psyche/info/">https://www.therapie.de/psyche/info/</a>
<b>www.schulberatung. bayern.de</b>	School guidance counsellor	<a href="https://www.km.bayern.de/ministerium/institutionen/schulberatung.html">https://www.km.bayern.de/ministerium/institutionen/schulberatung.html</a>
<b>www.km.bayern.de/ unterstuetzung-in- der-pandemie</b>	Helpful tips, links and contacts for support during the pandemic	<a href="https://www.km.bayern.de/elter/meldung/7280/unterstuetzung-waehrend-der-pandemie.html">https://www.km.bayern.de/elter/meldung/7280/unterstuetzung-waehrend-der-pandemie.html</a>
<b>Clinics</b>		
<b>Kinder- und Jugendpsychiatrische Institutsambulanz der Klinik für Kinder- und Jugendpsychiatrie (LMU)</b>	LMU Munich: diagnostics, consultation & therapy for children & adolescents struggling with depression, eating disorders, anxiety disorder, psychosomatic illnesses, behavioural/social problems, academic developmental disorder, trauma	089 / 4400 55931  <a href="https://www.kjp.med.uni-muenchen.de/klinik/ambulanz.php">https://www.kjp.med.uni-muenchen.de/klinik/ambulanz.php</a>
<b>kbo-Heckscher- Klinikum gemeinnützigeGmbH</b>	diagnostics, consultation & therapy for a wide range of mental health disorders in children and adolescents	089 / 9999 0  <a href="https://kbo-heckscher-klinikum.de/index.php?id=100&amp;fs=zmdbwclvjyeosn">https://kbo-heckscher-klinikum.de/index.php?id=100&amp;fs=zmdbwclvjyeosn</a>
<b>Klinik für Kinder- und Jugendpsychosomati k Schwabing</b>	in-patient stays (at clinic) for children and adolescents who suffer from depression, anxiety disorder, eating disorders, adjustment disorder, trauma, school phobia/noncompliance,	089 / 3068 5700  <a href="https://www.muenchen-klinik.de/krankenhaus/schwabing/kinderkliniken/psychosomatik/">https://www.muenchen-klinik.de/krankenhaus/schwabing/kinderkliniken/psychosomatik/</a>