

Mental Health Support in over 120 Languages



Krisendienste Bayern is a mental health crisis lifeline.

We provide free and confidential emotional support via telephone to people in emotional distress or in suicidal crisis in over 120 languages.

Call us:

0800 / 655 3000

Counseling in languages other than German is provided with the help of an interpreting service.

Simply say your preferred language on the phone once you are connected to our counselors. The interpreter is usually available within a few minutes.

**The call and the service are completely free of charge.
We are here for you 24/7.**

Some of the available languages:



Albanian	Greek	Romani
Arabic	Hebrew	Romanian
Azerbaijani	Hindi	Russian
Bengali	Hungarian	Sanskrit
Bosnian	Indonesian	Serbian
Bulgarian	Italian	Slovakian
Chinese	Japanese	Slovenian
Creole	Kazakh	Somali
Croatian	Korean	Spanish
Czech	Kurdish	Swedish
Danish	Lithuanian	Taiwanese
Dari	Macedonian	Tamil
English	Mongolian	Thai
Eritrean	Norwegian	Turkish
Farsi	Pashto	Ukrainian
Finnish	Persian	Urdu
French	Polish	Uzbek
Georgian	Portuguese	Vietnamese

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

If you permanently live outside of Bavaria, we recommend calling the crisis hotline of your current place of residence.

The entire list of all available languages can be found on the website of the service provider “Dolatel” (www.dolatel.de).

November 28, 2023