

# Psychosocial emergency care

**When experiences leave traces –  
help for people after stressful experiences**



© photo: Philipp Köhler / DRK

Extremely stressful experiences such as attacks, accidents or natural disasters can cause strong physical and psychological reactions. It is important to understand that these reactions are normal due to extraordinary experiences.

## To whom you may contact?

In addition to general doctors, the following contact addresses all over Germany can also be helpful for finding support services:

### telephone counselling service:

☎ 0800 111 0 111

☎ 0800 111 0 222

[www.telefonseelsorge.de](http://www.telefonseelsorge.de)

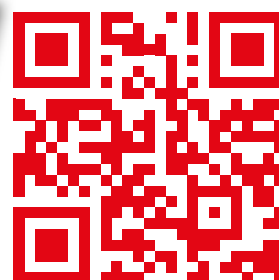


### number against grief:

(child and youth helpline)

☎ 116 111

[www.nummergegenkummer.de](http://www.nummergegenkummer.de)



For further information about psychosocial emergency care – additionally in different languages – will you please scan the QR code or visit the website (web link below):

 <https://kurzlinks.de/t3s9>