



When your soul tips out of balance

USEFUL INFORMATION AND
CONTACT POINTS FOR WOMEN
SUFFERING FROM MENTAL
HEALTHISSUES

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für Arbeit und Soziales



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Bergauf

Project "Bergauf. Gesundheitsmanagement für Frauen", run by the Job Centres serving the tri-city area of Wuppertal, Remscheid and Solingen, provides advice and support to unemployed women living alone on issues concerning health, rehabilitation and social participation. The aim of the project is to improve the earning capacity and health of these women, thus preventing the risk of reduced earning capacity and chronic illness. In three phases, qualified health coaches provide personalised advice and support to beneficiaries to help them get to the root of their health problems, improve their access to networked medical and psychosocial services, and help them find skills training or employment under the national insurance scheme.

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www.pixabay.com

Edition Notice

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IF ANY OF THESE FEELINGS AND THOUGHTS ARE FAMILIAR TO YOU, THEN THERAPY COULD HELP YOU:

- You have been feeling different from normal for some time now and, for instance, you are experiencing a decline in well-being or interest.
- You find it hard to go about your work and daily life.
- You worry a lot and often experience anxiety.
- You experience strong mood swings and are often irritable or aggressive.
- You have trouble sleeping or wake up a lot .
- People around you notice that you have changed.
- You experience physical complaints such as gastrointestinal disorders, tension or pain.
- You feel hopeless and your life lacks meaning.
- You are thinking of putting an end to your life.

(see Piontek 2009)

You are not alone. There are many places you can turn to for help.



When does therapy make sense?

Many people experience crises, temporary bad moods or anxiety about certain situations. To some extent, mood swings and negative feelings are part and parcel of life. So when does it help to start psychotherapy?

Many women ask themselves whether they are suffering enough from mental health problems to seek psychotherapy. However, mental illness should be taken just as seriously as physical illness. Seeking therapeutic help is recommended when:

- You are struggling with your mental state,
- This is affecting you and
- You can no longer find your way out of a crisis on your own or with the help of your family or friends (see Psychotherapeuten Kammer NRW, 2022 – North Rhine-Westphalia Chamber of Psychotherapists, 2022).

Many people take less care of themselves than they do of other people.

So ask yourself: What would I advise a friend to do in my situation? Would I encourage them to seek help?

What is psychotherapy anyway?



Psychotherapy is used to treat mental health conditions. Several forms of psychotherapy exist. This brochure presents an overview of the different techniques and approaches.

The term psychotherapy comes from the ancient Greek word 'psyche', meaning 'soul' or 'breath' – so psychotherapy deals with mental issues that are causing you distress.

This means that the level of suffering you are experiencing is entirely individual – what for one person is perfectly tolerable may mean 'the end of the world' for another. What is important is that you take your own feelings and how they affect your everyday life seriously (see Stiftung Gesundheitswissen, 2023 – Health Knowledge Foundation, 2023).

Who is who and who does what?

What is the difference between a psychiatrist, a psychologist, a psychotherapist, a neurologist and a non-medical psychotherapy practitioner?

A psychiatrist has completed a medical degree and then five years of training to become a specialist in psychiatry and psychotherapy. They are doctors who are allowed to treat patients and prescribe medication. They do not necessarily offer psychotherapeutic treatment (e.g. in the form of counselling).

Specialists in 'psychosomatic medicine and psychotherapy' can also work as psychotherapists.

Neurologists have also studied medicine and are allowed to prescribe medication. However, their main focus is not on mental disorders but on physical disorders of the nervous system.

Psychologists have studied psychology and are concerned with how people experience, think and behave. During their studies, they can choose different specialisations

(e.g. industrial and organisational psychology). If they specialise in clinical psychology, psychologists can also work in (specialist) hospitals.

After graduating with a degree in clinical psychology, psychologists can complete an additional five years of state-recognised training. They then receive their (state) licence to practise and can call themselves psychological psychotherapists. Only then can they work as psychotherapists.

Non-medical practitioners for psychotherapy acquire their knowledge through independent study using the relevant specialist literature and then have to pass an public health authority examination in order to obtain a licence to practise in accordance with the Non-Medical Practitioners Act (HPG). They are not allowed to prescribe medication and in most cases are not allowed to collect payments from health insurance companies, making the service private (see Pro Psychotherapie e.V.).

Training:	Description	Billing of the health insurance company
Specialists in psychiatry and psychotherapy or psychosomatic medicine and psychotherapy	Medical studies + specialist-training: Diagnosis, treatment, prescription of drugs and medicines	Yes
Specialists in neurology and psychotherapy	Medical studies + specialist-training, diagnosis, treatment, prescription of drugs and medicines. Specialising in physical disorders of the nervous system	Yes
Psychologists (Masters)	Study of psychology with different specialisations; no license to practice therapy through the course of study	No
Psychological psychotherapists	Study of psychology with additional therapeutic training, psychotherapy, no prescription of drugs and medications	Yes licence under social law
Non-medical practitioners for psychotherapy	300 hours of training; examination	No (as a rule)

by the public health
authority

Who should I talk to?

If you think you have a mental health problem, you can go directly to a psychotherapy practice. However, it is advisable to see your family doctor first, as symptoms of a mental disorder may also have physical causes (e.g. thyroid disease) and should be ruled out first.

Once physical disorders have been ruled out, psychotherapy may be an option. Which type of therapy is right for you depends on your condition and your individual situation.

You may need to be treated by two specialists – for example, if you need medication and you receive them from a psychiatrist, while also undergoing behavioural therapy with a psychotherapist. Please be open about this and make sure that everyone is aware of each other, this is the only way to ensure that you get the best treatment (see Stiftung Gesundheitswissen, 2023 – Health Knowledge Foundation, 2023).

How long do I have to wait for an appointment?

The service portal www.116117.de states a maximum waiting time of five weeks. Or a maximum of three weeks for acute care.

The 116117 patient service portal has to arrange an appointment within a week.. Your appointment cannot be scheduled more than four weeks in the future – two weeks in the case of acute care.

If the 116117 patient services cannot offer an appointment with a contracted psychotherapist or doctor within the time limit, they must arrange an appointment with a hospital or hospital outpatient department within a further week.

However, getting an appointment does not mean you will get a place in therapy at the same time.



How can I access psychotherapy ?

1. Psychotherapy consultation: In a consultation at short notice, you will receive an initial assessment of your symptoms and the treatment you need from a panel-approved psychotherapist. A referral from your family doctor is not currently required for this.

This should include counselling, information, clarification of your individual treatment needs, an initial diagnosis and corresponding treatment recommendation and, if necessary, brief psychotherapeutic intervention. Psychotherapy consultations require direct personal contact between the therapist and the insured person.

Psychotherapeutic consultations can be carried out as individual treatment for adults in units of at least 25 minutes up to a maximum of six times per case (up to 150 minutes in total); for insured persons up to the age of 21 up to ten times per case (up to 250 minutes in total) (see. www.bundesgesundheitsministerium.de/en/index.html).



2. Acute treatment: You may find yourself in an exceptional difficult situation or experiencing an acute mental health crisis. In this case, acute treatment can be provided immediately after the first consultation. Immediately after the consultation, if required, acute treatment of up to 24 individual sessions of 25 minutes each can follow. Acute psychotherapy treatment aims to improve the patient's symptoms in the short term. All you need to do is inform your psychotherapist and your health insurance company. The waiting time for acute psychotherapy treatment may not exceed two weeks.

3. Trial sessions: If the psychotherapist decides that you need treatment, you will have to apply to your health insurance company for it. Before the psychotherapist submits a claim to your insurance company, you will have the opportunity to get to know each other in two to four preliminary sessions. A consultation report has to be requested no later than the end of the trial sessions and before the start of psychotherapy (see page 9).



Meeting the costs of psychotherapy

The following requirements need to be met for your health insurance company to cover the cost of treatment:

Once a doctor has confirmed your eligibility for psychotherapy (excluding other organic causes that could explain your symptoms), you will have the opportunity to attend up to four trial sessions with a licensed psychological or medical psychotherapist. Your family doctor or neurologist/psychiatrist will then give the psychotherapist a consultation report so that they can apply for outpatient psychotherapy treatment.

The aim of the psychotherapy treatment is *not allowed to just* serve the purposes of life and education coaching or marriage and sexual counselling (see Allgemeine Ortskrankenkasse, 2023 – General Local Health Insurance Fund, 2023).





Therapy Forms

The health insurance companies reimburse the costs of the following procedures:

- (Cognitive) behavioural therapy: This is where you learn new behaviours or new ways of thinking that will help you deal with stressful situations in the long term. Behavioural therapy can be thought of like training.
- Depth psychology therapy: Here, the focus is placed on unconscious and repressed conflicts from the past. The aim is to understand the meaning and cause of the inner conflict and thus to be able to cope better with stressful situations in the present (see Stiftung Warentest, 2011).
- Psychoanalytic therapy: Unlike behavioural therapy, this does not involve training, but is about uncovering childhood conflicts, which are then relived and processed.
- Systemic therapy: Social factors are emphasised in this form of therapy. These are usually the parents or family who may also become involved in the therapy.

Looking for information?

Information is available from various places if you have not had any previous contact with mental health problems. More information will help you understand the disorder and remove uncertainties and prejudices. For instance, you can find information on the Internet here:

<https://www.informedhealth.org/>

<https://www.bptk.de/publikationen/patientenratgeber/> (in

German only) <https://www.ptk->

[nrw.de/patientenschaft/broschueren](https://www.ptk-nrw.de/patientenschaft/broschueren/) (in German only)

<https://www.therapie.de/psyche/info/index/diagnose/artikeluebersicht/> (in German only)

HELP WITH SUICIDAL THOUGHTS

In an acute crisis, please contact the doctor or psychotherapist who is treating you or the nearest psychiatric clinic (see contact points) or dial 112.

You can reach the crisis line around the clock and free of charge on **0800-111-1 111** or **0800-1110222**

Online chat services like www.u25-deutschland.de (Caritas) are also available for younger people.

Make sure you get help.

Points of contact in the Bergisch tri-city area



Wuppertal

“ Sozialpsychiatrisches Zentrum SPZ (Social Psychiatric Centre SPC)

Wuppertal gGmbH

Elberfeld Centre Hofaue
49

42103 Wuppertal
Phone 0202 24 99 85-0
spz@bergische-diakonie.de

Barmen Centre

Parlamentstraße 20
42275 Wuppertal
Phone (0202) 28 32 08-11
spz@bergische-diakonie.de

“ Selbsthilfe Kontaktstelle (Self-Help Contact Point)

Selbsthilfe-Kontaktstelle (201.54) (Self-help contact point)
Neumarkt 10
42103 Wuppertal
selbsthilfe@stadt.wuppertal.de

“ Medizinisches Versorgungszentrum für Seelische Gesundheit Wuppertal (MVZ) der Stiftung Tannenhof (Medical Care Center for Mental Health Wuppertal (MCC) of the Tannenhof Foundation) Tagesklinik

Elberfeld (Elberfeld Outpatients Clinic) Wesendonkstraße 7
42103 Wuppertal-Elberfeld
Phone: 0202 454452
info@stiftung-tannenhof.de
Consultation Hours
Mondays to Fridays from 8 am to 11.30 am
Mondays from 2 pm to 5 pm (by appointment)

“ Sozialpsychiatrischer Dienst (Psychiatric Social Service)

Wuppertal

Parlamentstraße 20
42275 Wuppertal
Phone: 0202 563-2168
sozialpsychiatrischerdienst@stadt.wuppertal.de

“ Ev. Stiftung Tannenhof (Tannenhof Evangelical Charity) – Psychiatrische Klinik Wuppertal (Psychiatric Clinic Wuppertal) Psychotherapy,

Psychosomatics Sanderstraße 161
42283 Wuppertal (Barmen)
Central Admissions: 02191 12-1173
Phone: 0202 478248-0
info@stiftung-tannenhof.de

“ Tagesklinik (Outpatients Clinic) Ev. Stiftung Tannenhof (Tannenhof Evangelical Charity)

– Psychiatrische Tagesklinik (Psychiatric Outpatients Clinic) Wuppertal-Barmen

Medical and therapeutic, as well as general care, nursing and care, psychiatric institutional outpatient clinic
Märkische Straße 8
Wuppertal
Phone: 0202 25264-0
info@stiftung-tannenhof.de

“ Ev. Tannenhof Foundation (Tannenhof Evangelical Charity) – Traumaambulanz für Opfer von Gewalttaten (Outpatient Trauma Clinic for Victims of Violence)

Wuppertal Sanderstraße 161
42283 Wuppertal-Barmen
Phone: 0202 478248-1635
info@stiftung-tannenhof.de

“ Krisendienst (Crisis Service)

Monday to Friday 6 pm-8 am
Saturdays/Sundays/Bank Holidays
around the clock

Phone: 0202 244 28 38

Point-of-care: Wuppertal-Elberfeld,
Hofkamp 33

NO CONSULTATIONS BY EMAIL

info@krisendienst-wuppertal.de

Walter-Scheel-Platz 3
42651 Solingen
Phone: 0212 2904373
spdi@solingen.de

“ University of Wuppertal

Psychotherapieambulanz
(Psychotherapy Outpatient
Clinic) Max-Horkheimer-
Straße 20

42119 Wuppertal (Z Building)

Phone: 0202 439-2824

clinspsy@uni-wuppertal.de

Cognitive behavioural therapy
for

adults aged 18 and over. Specialising in:
Body dysmorphic disorder, chronic pain,
somatofomic disorders.

Solingen

“ Psychosozialer Trägerverein Solingen e.V. (Psychosocial Support Association)

Zentrum für seelische Gesundheit
(Mental Health Center)
(Incl. Crisis Service)

Eichenstraße 105-109

42659 Solingen

Phone: 0212 24821-0

info@ptv-solingen.de

- Krisendienst (Crisis Service)
- Outpatients Clinic
- Residential groups and assisted living

“ Beratungstelefon Kompass für die seelische Gesundheit (Telephone Counselling – Compass for Mental Health)

Mondays to Thursdays 10 am-2 pm

Phone: 0212 233 932 667

“ Sozialpsychiatrischer Dienst Stadt Solingen

“ **Selbsthilfe-Büro Solingen (Solingen Self-Help Office)**

Walter-Scheel-Platz 3
42651 Solingen, Room 3.012
Phone: 0212 2902729
m.schrader@solingen.de

“ **LVR Clinic Langenfeld (LVR-Klinik Langenfeld)** Catchment

Area for Solingen Solingen
Treatment Centre Institutional
Outpatient Clinic – Psychiatry
and Psychotherapy
Frankenstraße 31a, 42653 Solingen
bz-solingen.klinik-langenfeld@lvr.de

Patients with the following disorders are treated:

- Psychoses
- Affective disorders such as depression or bipolar disorder
- Anxiety and obsessive-compulsive disorders
- Personality disorders
- Posttraumatic stress disorders
 - Treatment plan

“ **Stationäres Angebot LVR-Klinik Langenfeld (Inpatient Service – LVR Clinic Langenfeld)**

Inpatient Psychotherapy
Contact Ward 24
LVR-Klinik Langenfeld
Kölner Straße 82 (Building 9)
40764 Langenfeld
Phone: 02173 102-2624
psychotherapie.klinik-
langenfeld@lvr.de

“ **Medizinische Rehabilitation für Alkohol- und Medikamenten- und Cannabisabhängige (Medical rehabilitation for alcohol, drug and cannabis addictions)**

Ambulanz

Abhängigkeitserkrankungen
Solingen (Outpatient clinic for
dependency disorders)
Frankenstr. 31 a
42653 Solingen
Phone: 0212 380848-64
abhaengigkeitsambulanz.solingen@lvr.de

Inpatient Services
LVR-Klinik Langenfeld
Kölner Straße 82/Building 3
40764 Langenfeld
Ward 35 Tram
Phone: 02173 102-2635
medrehasucht.klinik-langenfeld@lvr.de

Remscheid

“ Sozialpsychiatrisches Zentrum (Social Psychiatric Centre) Remscheid

Phone: 0 21 91 9 33 41-0
info@spz-remscheid.de

“ MEDIAN Therapiezentrum Haus (MEDIAN Therapy Centre) Remscheid

Therapiezentrum der Soziotherapie
(Sociotherapy Centre) Feldstr. 31
42899 Remscheid
Phone: 02191 9584 0 Main
Indications Addictive Disorders

“ Sozialpsychiatrischer Dienst Krisenintervention (Psychiatric Social Service Crisis Intervention)

Phone: 02191 1600
gesundheit@remscheid.de

“ Selbsthilfe-Büro Remscheid (Remscheid Self-Help Office)

Phone: 02191 29 20 71
selbsthilfe-remscheid@paritaet-nrw.org

“ Ev. Stiftung Tannenhof – Klinik für Psychiatrie Remscheid (Tannenhof Evangelical Charity – Remscheid Psychiatric Clinic)

Psychotherapy, Addiction
Medicine, Psychosomatics,
Neurology Remscheider Straße 76
42899 Remscheid (Lüttringhausen)
Central Admissions: 02191 12-1173
Phone: 02191 12-0

**“ Ev. Stiftung Tannenhof –
Psychiatrische Tagesklinik Remscheid**
(Tannenhof Evangelical Charity –
Remscheid Psychiatric Outpatients
Clinic)

**– Haus für Seelische Gesundheit
(Mental Health Centre)** Medical and
therapeutic, as well as general care,
nursing and care, psychiatric
institutional outpatient clinic
Konrad-Adenauer-Straße 2-4 (am
Friedrich-Ebert-Platz/corner of
Elberfelder Straße)
42853 Remscheid (Centre/North)
Phone: 02191 12-3500
info@stiftung-tannenhof.de

**“ Ev. Tannenhof Foundation –
Sozialpsychiatrisches Zentrum SPZ
(Tannenhof Evangelical Charity –
Social Psychiatric Centre SPC)**
Counselling for mental disorders in
coping with everyday life at the
Mental Health Centre
Konrad-Adenauer-Straße 2-4 (am
Friedrich-Ebert-Platz)
42853 Remscheid (Centre/North)
Phone: 02191 12-3500
info@stiftung-tannenhof.de

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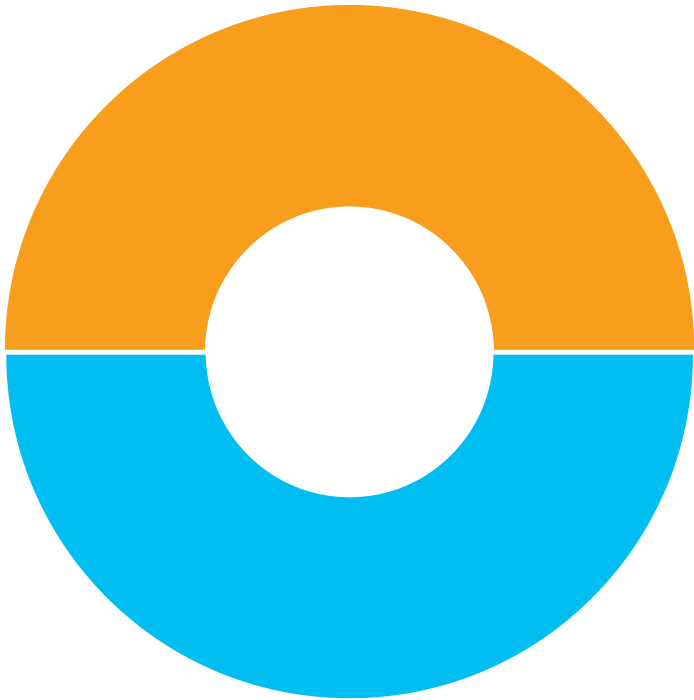
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Sources last accessed in: August 2023



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