



Hotline "Nummer gegen Kummer" (number against distress)

"Nummer gegen Kummer" is a free and anonymous counselling service for children, teenagers and parents.


 [Homepage of "Nummer gegen Kummer"](#) (in German)

For children and teenagers:

Stress with parents, friends or classmates? Bullying or being ripped off online or in class? Anxiety, abuse, eating disorders, depression or addiction? If you feel alone with your problems, we are here for you:

- Children and young people's helpline  [116 111](#) (Monday to Saturday, 2pm to 8pm)
-  [Online counselling by chat or email](#) after registration

For parents:

Whether you have parenting problems, difficulties at school, family crises, addiction or internet dangers. Whether you 'just' have a question or need advice. On the **Parent Helpline** we work together to find a solution:  [0800 111 0550](#) (Monday to Friday from 9 am to 5 pm, Tuesday and Thursday until 7 pm).