

English > Health > Mental health

Mental health

Health means not only physical well-being, but also mental well-being.

The causes and effects of mental illness are manifold.

If you take care of your mental health, you will also strengthen your physical health. However, it can always happen that you need support in a stressful situation.

Don't wait until you feel better on your own.

Seek help. Counselling services are available for adults, children, families and couples.

Crises and emergencies in adults

If you feel ill, first make an appointment with your family doctor. You can get help there to get to a specialist.

If the family doctor's office is closed, contact the [emergency medical service](#).

Crisis Intervention St.Gallen (24/7)

This is the regional contact point for adults who are in an acute mental crisis and are looking for professional outpatient or inpatient help.

Located in the middle of the city of St.Gallen, open daily.

Phone: 058 178 54 44

[Crisis Intervention Psychiatry St.Gallen](#)

Psychiatry St.Gallen

Are you looking for support in your area? Psychiatry St.Gallen helps psychologically stressed adults and their relatives.

There are several options for treatment:

- **Outpatient:** You have a regular conversation with a specialist (e.g. 1 time per week)
- **Day clinic:** You go to the clinic during the day (e.g. 5 times a week) for the therapy program
- **Inpatient:** You will be cared for around the clock in the clinic

[Location Heerbrugg](#)

[Location Pfäfers](#)

[Location Rapperswil](#)

[Location Rorschach](#)

[Location St.Gallen](#)

[Location Sargans](#)

[Location Uznach](#)

[Wattwil site](#)

[Location Wil](#)

[Emergencies and Crises - Emergency Contact Psychiatric Services](#)

Department of Psychosomatics and Consultant Psychiatry of the Cantonal Hospital of St.Gallen

The Department of Psychosomatics considers body, mind and soul as a whole. It treats psychosomatic disorders. You will be assigned directly by your family doctor's office, by the hospital doctors or by a specialist.

[Cantonal Hospital of St.Gallen](#)

Telephone consultation - Pro Mente Sana

Psychosocial telephone counselling: Tel. 0848 800 858

Monday / Tuesday / Wednesday: 9.00 a.m. - 12:00 p.m. and 4.30 p.m. - 7.30 p.m.

Thursday / Friday: 09.00 - 12.00 and 14.00 - 17.00

[Pro Mente Sana](#)

Find a support group


Find a self-help group on your health topic/problem.

[Contact point for self-help groups](#)

Crises and emergencies among children and adolescents

KJPD Child and Adolescent Psychiatric Services St.Gallen

Help for children and adolescents, their parents or for the whole family.

 Telephone contacts near you

Child and Adolescent Psychiatric Center Klinik Sonnenhof

Help for children, adolescents and their families with psychological and psychosocial difficulties.

 Klinik Sonnenhof - for children, adolescents and their families

Children's and Youth Emergency Call (KJN) St.Gallen

The telephone number for children and adolescents from the canton of St.Gallen.

Are you alone with your worries?

Tel. 0800 43 77 77 (free of charge and available around the clock)




 Child and Youth Emergency Call

Depressions

Depression can affect anyone. Talk about it and get help, better sooner than later.



If you are in doubt as to whether you are suffering from depression, seek support from a specialist.

Depression - brochures in 13 languages

-  Depression (albanisch)  SQ_AL  PDF, 2448 kB
-  Depression (arabisch)  AR_TN  PDF, 2519 kB
-  Depression (deutsch)  DE  PDF, 2711 kB
-  Depression (englisch)  EN  PDF, 2385 kB
-  Depression (französisch)  FR  PDF, 2610 kB
-  Depression (italienisch)  IT  PDF, 2498 kB
-  Depression (portugiesisch)  PT  PDF, 2373 kB
-  Depression (serbisch-bosnisch-kroatisch)  SH_YU  PDF, 2344 kB
-  Depression (spanisch)  ES  PDF, 2389 kB
-  Depression (tamilisch)  PDF, 3226 kB
-  Depression (türkisch)  TR_TR  PDF, 2338 kB

Self-Management Program Depression

Depression - are you just sad or is there more to it? Find out more and let us help you!

 Learn more about depression - online in 22 languages  22 Sprachen

Addiction problems

Seek help with addiction problems such as:

- Alcohol
- Illicit drugs
- Medication
- Tobacco/nicotine
- Gambling addiction
- Online addiction / digital media / gaming
- Violence
- Eating disorders
- Non-substance-related forms of addiction such as porn, shopping, work addiction, etc.

 Infodrog Switzerland

Flight and trauma

Psychological support for refugees

Have you fled and had traumatic experiences that are of great concern to you? Gravita SRK helps children and adults in these situations.

 Gravita SRK

Film: Flight and Trauma - in 14 languages

-  Flight and Trauma  englisch
 -  Політ і травми (Ukrainian)  ukrainisch
 -  Полет и травма (Russian)  russisch
 -  اللجوء والصحة (Arabic)  arabisch
 -  پرواز و صدمه (Farsi, Persian, Dari)  farsi / persisch / dari
 -  مهاجرت او روانی ستونزی (Pashto)  paschtu
 -  ᱦᱚᱱᱚᱛ ᱦᱚᱴᱚᱸᱰ (tigrinya)  tigrinya
 -  Tahriibka iyo Dhaawacyada uu Nafta u Geeysto (Somali)  somalisch
 -  Koçberî û şok (Kurdish)  kurdisch
 -  Kaçış ve Travma (Turkish)  türkisch
 -  Διαφυγή και τραύματα (Greek)  griechisch
 -  Escape y Trauma (Spanish)  spanisch
 -  Fuite et Traumatisme (french)  français
 -  ■■■■■■■■ (Bengali)  bengalisch
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Mental Health Brochures

Brochures for everyone:

- [Ich heb mir Sorg \(german / PDF\)](#)
- [Impulses for mental health \(german / PDF\)](#)
- [Adolescents: mental health with self-test \(german / PDF\)](#)
- [Mental health and illness in the family \(german / PDF\)](#)

Mental health at work brochures:

- [Mental Health in the Workplace for Employees \(german / PDF\)](#)
- [Mental Health in the Workplace for Leaders \(german / PDF\)](#)
- [Impulses for mental health in the workplace \(german / PDF\)](#)





Brochures for mental health in old age:

- [Impulses for a good attitude towards life in old age \(german / PDF\)](#)

Brochures for mothers and fathers:

- [Mutterglück \(german / PDF\)](#)

Seek help!

	Counselling and support services Seek help.
	Foreign-language therapists Find help and advice in your language.
	Psychiatry and psychotherapy therapy Therapy places near you
	Search for a doctor by specialty Psychiatrists / specialists / surgeons / etc.

Contact points

Find the right contact point, advice or authority in your area: [Contact points](#)