

"Whenever you're at a loss for what to do,  
... remember all the great things  
you've already achieved in your life!"

# CORONAVIRUS

FACING CHALLENGING TIMES TOGETHER



## INFORMATION ON PSYCHOTHERAPY

All psychotherapeutic treatments can be continued via telephone or online on the same terms and conditions as before. Patients won't be abandoned, but will have the opportunity to stay in touch with their psychotherapist via telephone or online psychotherapy.

### CHARGES

A number of Austrian health insurance funds have offered to cover the costs of psychotherapy sessions, just as if the session had taken place face-to-face in a private practice. This concession is applicable during the coronavirus crisis only.

### HEALTH INSURANCE FUNDS

The following health insurance funds have agreed to continue their settlement modalities for psychotherapy fees:

- ÖGK** (Österreichische Gesundheitskasse),
- BVAEB** (Versicherungsanstalt Öffentlich Bediensteter, Eisenbahnen und Bergbau),
- SVS** (Sozialversicherungsanstalt der Selbständigen),
- KFA** (Krankenfürsorgeanstalt der Bediensteten der Stadt Wien),
- KFG** (Kranken- und Unfallfürsorge für öö. Gemeinden)

### INFORMATION

Get in touch with your psychotherapist and find out more about the procedure!

### HOW TO FIND A PSYCHOTHERAPIST

The ÖBVP's (Austrian Association for Psychotherapy) psychotherapist directory can be searched by regions, clinical specialisations and also by language skills:  
<https://www.psychotherapie.at/psychotherapeutinnen-suche>



## PSYCHOTHERAPY HOTLINES

### FOR QUESTIONS OR MENTAL HEALTH CONCERNS

you can contact the following helplines – the list is being updated on a regular basis by the Austrian Association for Psychotherapy (ÖBVP) at [www.psychotherapie.at/coronavirus-hotlines](http://www.psychotherapie.at/coronavirus-hotlines)

<b>BURGENLAND</b> <b>TEL. 02682 24690</b>	COUNSELLING HOTLINE OF BLP, IPR & ÖGK MONDAY – SATURDAY 10:00 – 12:00
<b>CARINTHIA</b> <b>TEL. 0664 730 101 47</b>	CRISIS HOTLINE OF KLP DAILY 08:00 – 20:00
<b>LOWER AUSTRIA</b> <b>TEL. 0800 20 20 16</b>	NÖ CRISIS HELPLINE 24 HOURS A DAY
<b>SALZBURG</b> <b>TEL. 0662 433351</b>	CRISIS HOTLINE 24 HOURS A DAY
<b>STYRIA</b> <b>TEL. 0800 500 154</b>	CRISIS HELPLINE DAILY 09:00 – 21:00
<b>TYROL</b> <b>TEL. 0800 400 120</b>	CORONA WORRIES HOTLINE TYROL DAILY 08:00 – 20:00
<b>UPPER AUSTRIA</b> <b>TEL. 0732 2177</b>	CRISIS HELPLINE UPPER AUSTRIA 24 HOURS A DAY
<b>VIENNA</b> <b>TEL. 01 4000 53000</b>	CORONA WORRIES HOTLINE OF PSD VIENNA DAILY 08:00 – 20:00
<b>CHILDREN-PARENTS</b> <b>TEL. 0512 56 17 34</b>	CHILDREN-PARENTS-HOTLINE THURSDAY - FRIDAY 14:00 – 16:00