

Further Information



Search for a local doctor or therapist by the Kassenärztliche Vereinigung Westfalen-Lippe

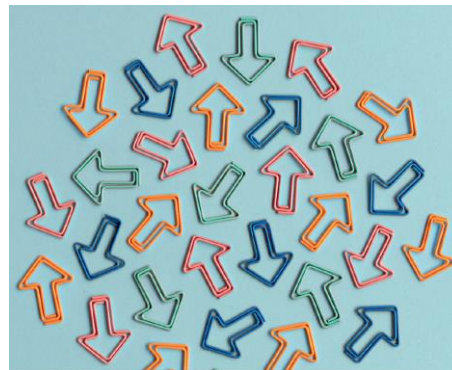


Information on healthcare and health insurance by the German Academic Exchange Service



A guide to the German healthcare system by the Federal Ministry of Health

General Student Counseling



Source: sár alex/photocase.de

The General Student Counseling supports you:

- planning the course of studies and examinations
- dealing with learning difficulties
- with time and self-management
- in case of stress and (examination) anxieties
- in decision-making processes
- dealing with psychological stress and conflicts

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Healthcare in Germany

Information for international students



Source: pixabay.de

Finding a Doctor Who Speaks Your Language

Several platforms offer a search function to help you find general practitioners, psychiatrists and therapists in your area. Some of them will help you find a doctor who speaks English or even your native language. You may need a translator to get to the detailed search, as the main websites of the medical practices are mostly in German.

Health Insurance Services

In Germany, there is a general obligation to have a health insurance. Health insurance covers most doctor's appointments, psychiatric consultations, therapy, emergency room visits, ambulance rides, inpatient and outpatient psychiatric care, and hospitalization. When you pick up your doctor's prescription at the pharmacy, you only have to pay a small portion of the cost, as the rest is covered by your health insurance.

Comprehension of Illness

Both physical and mental illnesses are included in the concept of illness in Germany. If you notice that you have physical or mental disorders, do not hesitate to consult a doctor. The doctor's practice will provide you with professional help as urgently as possible. All medical practices are committed to confidentiality and you can speak openly about your concerns.

Medical System

If you are experiencing any physical or mental health problems, it is important that you seek medical attention immediately.

It is recommended, that you consult a GP first instead of going to the emergency room of the nearest hospital.

After the examination, a decision whether you need to see a specialist for further treatment. If this is the case, your GP will give you a referral which you can use to make an appointment with a specialist.

Depending on your condition, you may also be given a prescription for medication that you can pick up at the pharmacy.

Visits to the general practitioner and specialists as well as medication (with a possible small co-payment) are services covered by your health insurance. Exceptions to this are private doctors. Their services are not covered by your health insurance. When making an appointment, always ask, if the practice is open to people with public health insurance.

Important information: Doctors are not allowed to share any information about you with anyone without your permission – including government agencies, your employer, university or family member.

You should only call an ambulance on 112 or go to the emergency room of the nearest hospital if your situation is life-threatening or there is a risk of permanent injury.

Mental Health Care

The German healthcare system covers mental healthcare, including consultation with a psychiatrist, therapy, emergency services, and medication.

Your GP can refer you to a psychiatrist or psychotherapist or to a psychiatric clinic. Your health insurance will cover the costs.

Psychiatrists are specialized in the diagnosis and medical treatment of mental illnesses such as anxiety disorder, depression, burnout symptoms, bipolar disorder and so on. They can also prescribe medication.

Psychotherapists treat patients with a broad spectrum of mental health problems through cognitive behavioral therapy or psychoanalysis. There are usually long waiting lists for this type of therapy. Psychotherapists cannot prescribe medication.

The General Student Counseling at HSHL offers support for mild psychosocial problems. They also help you to find a service that meets your needs and circumstances if your mental health problem is more severe or if you are looking for specific support groups.