



gesund

aus der krise

Support for
children, teens
and young adults

www.gesundausderkrise.at



Berufsverband Österreichischer
PsychologInnen | BÖP



Österreichischer Bundesverband
für Psychotherapie

Fully funded by
= Bundesministerium
Soziales, Gesundheit, Pflege
und Konsumentenschutz

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An Austrian-wide offer

Since the beginning of the COVID-19 pandemic, psychological symptoms (including sleeping disorders, anxiety, difficulties with concentrating...) have been significantly increasing especially with young people. "Gesund aus der Krise" is an Austrian-wide offer for free psychosocial care.

Registration for treatment/consultation

For children/teens/young adults up to the age of 21 there are 15 free psychological treatments or psychotherapy sessions individually or in a group setting.

Quick and easy registration via gesundausderkrise.at or via the service number: **0800 800 122**

Three steps to starting therapy



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