



Stadt Köln

**Mental health services
for children and
young people**





Parents and teachers are often the first to notice when something is “wrong”. The signs that point to possible mental health issues in children and young people are very complex.

Max is constantly disrupting lessons and seems unable to control his own behaviour, and his actions are becoming increasingly aggressive!

Liane no longer wants to eat out of fear that she will become “fat”. Even her friends think that she is “as thin as a rake”!

Georg refuses to go to school and often complains of stomach aches and headaches! His doctor has been unable to find any physiological causes despite conducting several examinations.

Dimitri is becoming more and more withdrawn and seems so depressed! He has even told others that he does not want to live anymore!

Johanna frequently talks about her fears and concerns, but nobody seems to know why. After all, there doesn't seem to be anything wrong with her?!

We advise children, young people, parents, and pedagogical professionals (teachers, educators, social workers) on all aspects of child and adolescent mental health and psychotherapy.

Once individual concerns have been investigated, we are happy to provide further support as requested until we are able to find appropriate assistance.

Our multi-professional Mental Health Services for Children and Young People advisory team at the Gesundheitsamt is operated by specialist staff.

Consultations usually take place at the Gesundheitsamt. However, it may also be possible to conduct consultations at the child's/young person's school or home in special cases.

We are also able to provide consultations to young people without parental consent.

Our services are free at the point of use.

Your personal information will be kept in strictest confidence.



Consultations can be booked over the phone or by e-mail.

Gesundheitsamt Köln

KJP-Beratungsdienst

Neumarkt 15 – 21

50667 Köln

Phone: 0221 221-24705 or -25251

Fax: 0221 221-6569689

kjp-dienst@stadt-koeln.de

Telefonische Erreichbarkeit:

Monday to Thursday:

9am to 12pm and 1pm to 2pm

Friday: 9am to 12pm

Our other branch offices are located at
Bürgeramt Mülheim and Bürgeramt Kalk.

Scan the QR code to read
the flyer in other languages:





Stadt Köln

Die Oberbürgermeisterin

Gesundheitsamt

Amt für Presse- und Öffentlichkeitsarbeit

Gestaltung und Druck

Zentrale Dienste der Stadt Köln

Bildnachweis

Slavomir Pancevac/AdobeStock.com,

Ozgur Coskun/AdobeStock.com

13-Si/234-22/53/500/10.2022