

You get advice and support here

Social psychiatric service

Hamburger Str. 30, 23795 Bad Segeberg

☎ 04551/ 951-493

Telephone opening hours:

Monday till Friday 8.30h to 12.00h

Tuesday and Thursday 14.00h to 16.00h

Psychiatrists/ Neurologists (Specialist doctors)

- **Mr. Dr. Bannert**, ☎ 04551/ 969660
Oldesloer Str. 9, 23795 Bad Segeberg
- **Mrs. Dr. Blum**, ☎ 04551/ 967980
Seminarweg 2a, 23795 Bad Segeberg
- **Mr. Dr. Freidel**, ☎ 04191/ 8486
Brauerstr. 1-3, 24568 Kaltenkirchen
- **Mr. Dr. Katzenstein**, ☎ 040/ 52876000
Garstedter Feldstr. 10, 22850 Norderstedt
- **Mr. Dr. Pramschiefer & Mr. Dr. Korowin**, ☎ 04193/ 4031
Rathausplatz 3, 24558 Henstedt-Ulzburg
- **Mrs. Dr. Stahl, & Mrs. Dr. Zimmermann**, ☎ 040/ 35969800
Rathausallee 7, 22846 Norderstedt
- **Mrs. Dr. Timme & Mr. Grefen**, ☎ 04551/ 1733
Kirchstr. 31, 23795 Bad Segeberg

Psychiatric day clinics/ ambulances:

- **Day Clinic Bad Segeberg with ambulance**
Schillerstr. 13a, 23795 Bad Segeberg
☎ 04551/ 96973-0
- **Day clinic Norderstedt with ambulance**
Beim Umspannwerk 6-8, 22844 Norderstedt
☎ 040/ 357719-400
- **Day clinic Kaltenkirchen with ambulance**
Flottkamp 15, 24568 Kaltenkirchen
☎ 04191/ 9996-0
- **Psychiatric ambulance Rickling**
Daldorfer Str. 2, 24635 Rickling
☎ 04328/ 18-725

For the treatment in these places you need a prescription of an established doctor.

Important telephone numbers

Police

☎ 110

Rescue coordination center

☎ 112

Emergency service of family doctors

out of office hours of medical offices

☎ 116117

Social psychiatric service

Monday till Thursday 8.00 – 16.00h

Friday 8.00 – 13.00h

☎ Crises line 04551/ 951-777

Psychiatric hospital Rickling Emergency room

Daldorfer Straße 2, 24635 Rickling

☎ 04328/ 18-0

You can find also in english the actual flyer of „social psychiatric service“ of the district Segeberg as pdf-file under

www.kreis-segeberg.de

Choose the search term of „Ratgeber und Wegweiser“.

Guide for the psychiatric emergency



District of Segeberg

**Health department
Social psychiatric service**

The psychiatric emergency

In case of psychic crisis relatives and affected persons often feel left alone. They need support and special help to be able to treat, assist and care properly for a person in such state.

This flyer is meant to inform you about the actual possibilities of support in case of emergency in the district of Segeberg. It includes places of first contact, addresses and phone numbers as well as recommendations how to behave in case of crises, that can be helpful for relatives and affected persons.

For example a psychic crisis is considered

- massive anxiety- and panic attacks
- strong states of excitation and confusion
- acute hallucinations and delusions
- deep despair and resignation possibly connected to suicidal tendencies
- danger for oneself and others in connection with a mental illness
- acute and severe drug and alcohol abuse

Recommendations of behavior in situation of crisis

In contact with persons in a psychic crisis we recommend the following behavior

- stay calm and keep a clear head
- do not react with reproaches
- try to accept the affected person in all his anxieties, desperation and despair
- do not try to talk a person out of hallucinations or delusions
- be brave and look for help and support, even so the affected person does not realise the need and denies any help at all.

Treatment

For treatment please ask the **family doctor or specialist doctor** (psychiatrist/ neurologist).

Outside of office hours you can reach the **Emergency service of family doctors**

☎ 116 117

In case of acute threat you can turn to **Psychiatric Emergency Ambulance. Psychiatric Hospital Rickling**
Daldorfer Str. 2, 24635 Rickling

☎ 04328/ 180

Self-endangerment and danger for other persons

Generally you have to alert the police in case of any self-endangerment and danger for other persons.

☎ 110

Will the case of self-endangerment and danger for others while the action of police prove to be caused by mental illness, the social psychiatric service of the district of Segeberg has to be consulted.

According to the applicable law (PsychKG) persons with mental illness can be taken into hospital against their own free will or without their will, when and as long as they are a danger for their own lives, their health and the legal interests of others that is caused by their illness and the anger can not be averted in other ways.

Application and realization of the temporary accomodation is the task of the social psychiatric service. For **children and young people (under 18)** you have to call the Youth welfare office.

For the lodging request a report of a doctor is necessary (according to the decree of state of PsychKG). A following accomodation will be decided by the Inferior Court later.

Social psychiatric service

Monday till Thursday: 8.00 to 16:00 h

Friday: 8:00 to 13:00 h

Crises line: ☎ 04551/ 951-777

Outside of office hours:

At weekends and public holidays

☎ 110 (police) or 112 (rescue coordination center)

If required the police can contact the public health officer as well as the psychiatric hospital.

Youth welfare office

District of Segeberg ☎ 04551-951-438

Norderstedt ☎ 040-53595-401