Diakonie Flüchtlingsdienst

Bundesministerium
Soziales, Gesundheit, Pflege
und Konsumentenschutz

AMIKE-Telephone

Intercultural psychological emergency aid for refugees and migrants

The AMIKE-Helpline offers advice and help with mental stress. Anonymous, multilingual and for all of Austria.

Terrible experiences, worries about the family, illness, the death of a loved one - important decisions have to be made and the future is scary. Such living conditions are hardly to bear.

Crises create stress, they cost you energy, make you nervous, sleepless or even sick. Talking can help, but your friends are scared themselves. You don't want to burden them any more.

Give us a call!

01/343 0101

Our crisis-experienced psychotherapists, psychologists and social workers like to talk to you!

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09:00 bis 15:00 Uhr

The tape tells you when the desired language is available:

AMIKE in German/Engl.:	**01/343 0101 1**
AMIKE in Farsi/Dari:	**01/343 0101 2**
AMIKE in Arabic:	**01/343 0101 3**
AMIKE in Russian:	**01/343 0101 4**
AMIKE in Turkish:	**01/343 0101 6**
AMIKE in Ukrainian:	**01/343 0101 7**

The AMIKE hotline is aimed at people with refugee and migration background throughout Austria, independent of reason and length of stay,-status.

The consultation is free, by phone or Internet charges may apply, depending on the caller tariff. On request we can arrange a callback.

Attention!

In the event of acute danger to others or self-harm, call the Austrian emergency numbers 144 (ambulance) or 133 (police) immediately or contact a crisis center in your federal state.

Contact: amike-telefon@diakonie.at