

Help for people with psychiatric problems in Social Psychiatric Centres



People with psychiatric problems, for example with fears, depressions, voice hearing, delusion, mental crises and other problems, find advice and help in the Social Psychiatric Centres.

You can come to our contact- and advice centres if you

- are in a mental crisis and need help
- want to talk to someone about your situation and your problems
- do not know what support options or next steps there are for you
- seek contact with other people in a protected environment

You are also welcome to contact us if relatives, friends or neighbours are affected, or if you help an affected person on a voluntary basis.

In addition to German, we also speak English in many cases, sometimes other languages. If you do not speak German well, we can provide a translation by language and integration mediators. In this case, please inform us a few days in advance.

There are ten contact- and advice centres in Cologne, in Leverkusen and Bergisch-Gladbach there is one contact- and advice centre each - one is certainly in your area!

SPZ Lindenthal

Luxenburger Wall 12
50674 Köln

0221-445210
spz.fb3@drk-koeln.de

SPZ Kalk

Olpener Str. 114
51103 Köln

0221-9918250
kob-kalk@stadt-koeln.de

SPZ Porz

Wilhelmstraße 7
51143 Köln

02203-899020
spz-porz@caritas-koeln.de

SPZ Nippes

Niehler Str. 83
50733 Köln

0221-888213-14
spz-nippes-
kob@netcologne.de

SPZ Chorweiler

Neißestraße 2
50765 Köln

0221-570580
spz-
chorweiler@netcologne.de

SPZ Mülheim

Regentenstr. 48
51063 Köln

0221-9655910
sozialpsychiatrischerdienst-
muelheim@stadt-koeln.de

SPZ Ehrenfeld

Philippstr. 72-74
50823 Köln

0221-96567-0
info-
spz@koelnerverein.de

SPZ Innenstadt

Loreleystraße 7
50670 Köln

0221-37663-0
spz-innenstadt@caritas-
koeln.de

SPZ Rodenkirchen

Brückenstr. 47
50996 Köln

02203-3691 139-40
spz.rodenkirchen@alexianer.
de

SPKoM Köln

Schaafenstr. 7
50676 Köln

0221-420398-0
spkom-koeln@paritaet-
nrw.org

SPZ Leverkusen

Kölner Str. 95
51379 Leverkusen

0214-8333-22
spa@spzleverkusen.de

SPZ Innenstadt

Große Telegraphenstr. 31
50676 Köln

0221-2074 -0
spz@skm-koeln.de

SPZ Bergisch Glad- bach

Paffrather Str. 70
51465 Bergisch Glad-
bach

02201 – 2561-0

with the friendly support of the



Qualität für Menschen