

# Psychological support for Ukrainians living with HIV and representatives of key communities living in Germany



Get a free  
consultation —  
in Ukrainian.

# How to apply?

## 1. Sign up for psychotherapeutic support independently



**After filling out the form, our psychologist will contact you to schedule the first video session.**

- Video consultations with a psychologist/ psychotherapist via a secure platform
- Psychological support: help with adaptation, overcoming stress and emotional overload



## 2. If you need crisis support "here and now":



**Request  
a free call**

Click  
"Request a call",  
enter your number  
in international  
format without the  
plus sign and click  
"Call me"



### 3. Call directly

(calls charged according to your operator's rates)

 **+380 44 290 40 89**

— Direct number for international calls to the National HIV/AIDS Hotline

 **+380 93 023 82 43**

— additional number for convenience

**Open 24 hours**

**The hotline also provides advice on referral to medical and social services in Germany.**

Implemented as part of a joint project between Deutsche Aidshilfe, 100% LIFE Germany and the National HIV/AIDS Hotline, with support from the Elton John AIDS Foundation.