

BEST PRACTICES - GERMANY - VDEK



Mental health is fully integrated and covered in both the inpatient and outpatient system. In the outpatient system the Ersatzkassen pay for up to 300 hours of psychotherapy, depending on the approach. **Video calls** are possible to a certain amount and conducted under high data protection standards to ensure the privacy of the conversation.

Rehabilitation programmes for all kinds of mental disorders are available to help recovering after hospitalization. All of these offers are free for the patients and fully covered. In the area of **prevention**, the health insurances offer a variety of courses like stress reduction, mindfulness or yoga. Additionally, **digital programmes** like the TK-DepressionsCoach (TK), GET.ON (BARMER), Deprexis (DAK-Gesundheit) or MaiStep (KKH) are offered.

