

Beratung auf Englisch/ Counselling in English

We offer expert counselling in English. To this end, there are several options to choose from:

1. Face-to-face Counselling

For everybody who is affected by anorexia, bulimia, compulsive overeating or any other eating disorder. This offer is open for both children/teenagers and adults – Girls/women, boys/men as well as their relatives, friends, colleagues, superiors or anyone else who is in need of counselling related to eating disorders.

You receive a free-of-charge first counselling to clarify what we can do for you. This takes about one hour and there is always the option of making follow-up appointments. Fees occur starting with third session (20 EUR / 10 EUR concession rate).

Counselling for relatives costs 30 EUR and takes 1.5 hours.

The counselling sessions are held by Dipl. Psych Stefanie Hildebrand at our premises at Gaßnerstraße 17 in Munich.

To make an appointment, please call 089 / 502 12 12 (Monday through Thursday) or send us an e-mail at info@cinderella-beratung.de.

2. Phone Counselling

If you've got questions about eating disorders, if you're looking for ways to overcome your condition or if you are just looking for someone who can listen and give you some advice, then please call us for phone counselling in English.

Whether you are suffering from an eating disorder or whether you are calling about your child, your partner, a friend, a colleague or someone you are responsible for – please call us at 089 / 502 12 12 (Monday through Thursday).

3. E-mail Counselling

Have you got questions about eating disorders or do you need more information about other counselling services, therapists or clinics? Or perhaps you just want to get in touch with us to get someone else's opinion?

If so, please send us an e-mail at info@cinderella-beratung.de – we will reply to you personally and without bureaucratic hassle.

If you need information we will give it to you directly. If you explain your situation to us, we will do whatever we can to try and help you. Maybe with one e-mail we will have answered all your questions or maybe you will want to write back to start an ongoing e-mail exchange – we are here for you as long as you need us!