

novego – E-Mental-Healthcare

Novego provides online programs for people who suffer from depression, anxieties or burnout. The programs are developed by psychologists and doctors and are based on cognitive behavioural therapy, systemic therapy and mindfulness training. After participating in the program for 4 to 12 weeks, the patient has the possibility to access the content for one more year so that a transfer of knowledge and prevention of relapses can be ensured. Telephone consultations are offered by psychologists as well.

Topics	Type of Best Practice	Country
• Depression • Anxiety • Burnout	• Counselling	• Germany

Description

Novego develops online programs for the supportive treatment of psychological suffering like depression or anxieties. The programs combine medical, therapeutic and pedagogic competences on the basis of scientifically proven methods of cognitive behavioural therapy and systemic therapy as well as mindfulness training. If possible, the multimedia contents are composed individually so that they comply with the load and life situation of the patient. The target group are people with light or moderate depression, with burnout syndrome or with anxieties in form of panics or phobias. The patients get support in coping with their symptoms autonomously over a period of 4 to 12 weeks. In the following year they have direct access to all contents in order to guarantee a transfer to daily life as well as to prevent relapses. If desired, the patient can hand in weekly tasks and/or personal concerns at the psychological department of Novego. Additionally there are offered telephone consultations with qualified psychologists. Help-ID is a 12-week program for people with depression and sub-programs for people who additionally suffer from postpartal depression, coronary heart diseases or chronic back pain. ExID is a 4-week program for people with depression and Conflid a 4-week program for people with panics and/or phobias. Furthermore the website delivers comprehensive information about online therapy in general, cognitive behavioural therapy, systemic therapy, self-help, mindfulness, stress management, heart, anxiety and depression, chronic pain and postpartal depression.

[Online-Programme](#)[Psychologische Beratung](#)[Erfahrungen](#)[Über Novego](#)[Gut zu Wissen](#)

Geben Sie hier Ihren
Teilnahmecode ein:

Sie erhalten den Teilnahmecode
z.B. von Ihrer Krankenversicherung

[Anmelden »](#)[Anmelden ohne Teilnahmecode»](#)[Unsere Partner](#)[Maßstäbe / neu definiert](#)[KKH Kaufmännische
Krankenkasse](#)[Spezialist für den Öffentlichen Dienst. IDBV](#)[Die Schwenninger
Krankenkasse](#)[Unsere Programme](#)

14 Tage
Rücktritts-
recht

Depression bewältigen

- Schnelle, **diskrete** Hilfe bei depressiven Symptomen
- Auf Ihre Situation abgestimmtes Programm
- Freie Zeiteinteilung

[Mehr erfahren »](#)

Original language

German

Country

Germany

Link

<https://www.novego.de/>

(access date: 07/04/2017)



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ILI. *novego - E-Mental-Healthcare*. Retrieved on Monday January 26, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TGP138/>



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

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