

Supplementary information

Young people's mental and social distress in times of international crises: Evidence from helpline calls, 2019-2022

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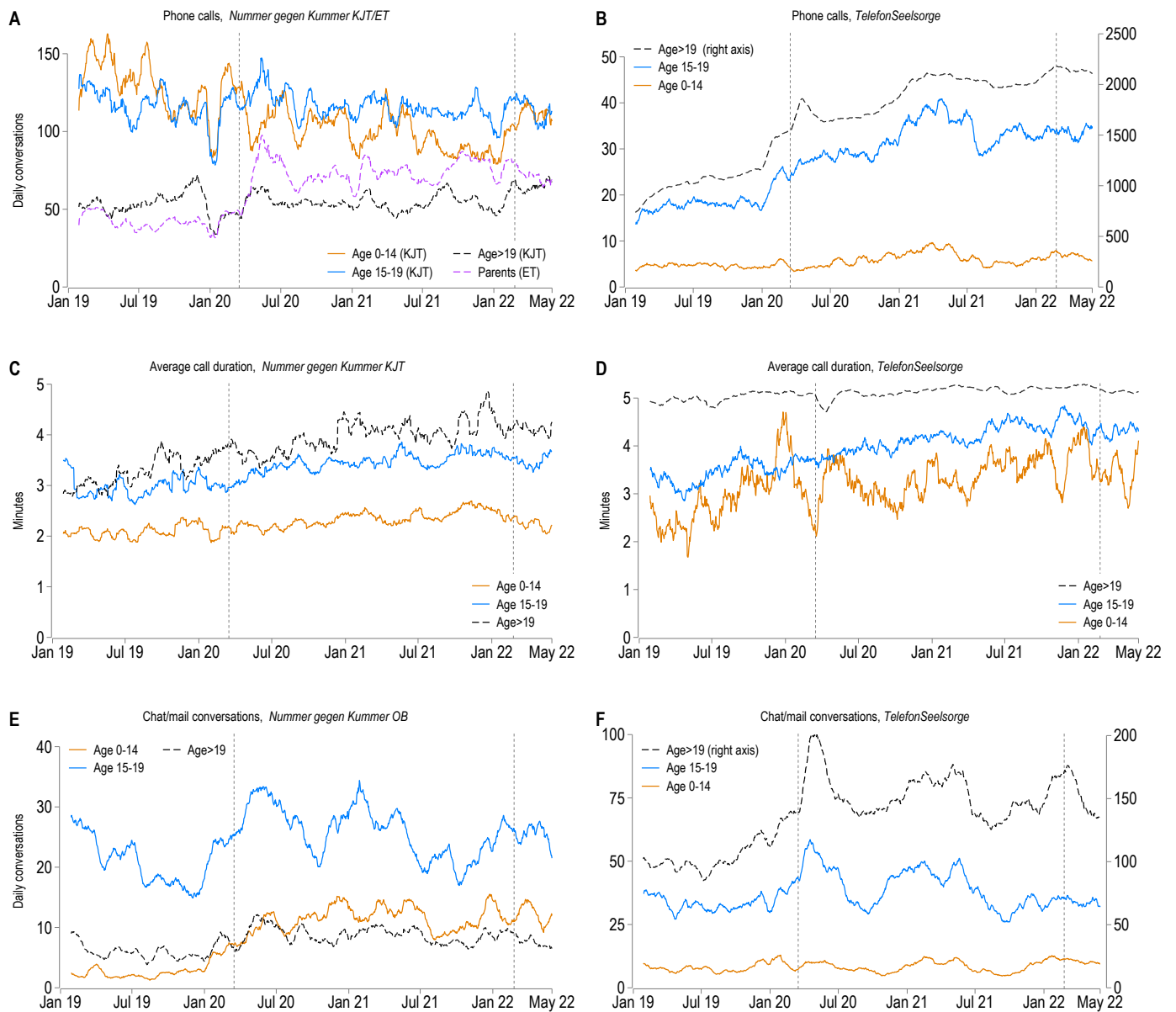
This PDF file includes:

- Supplementary Figures [S1–S9](#)
- Supplementary Tables [S1–S7](#)

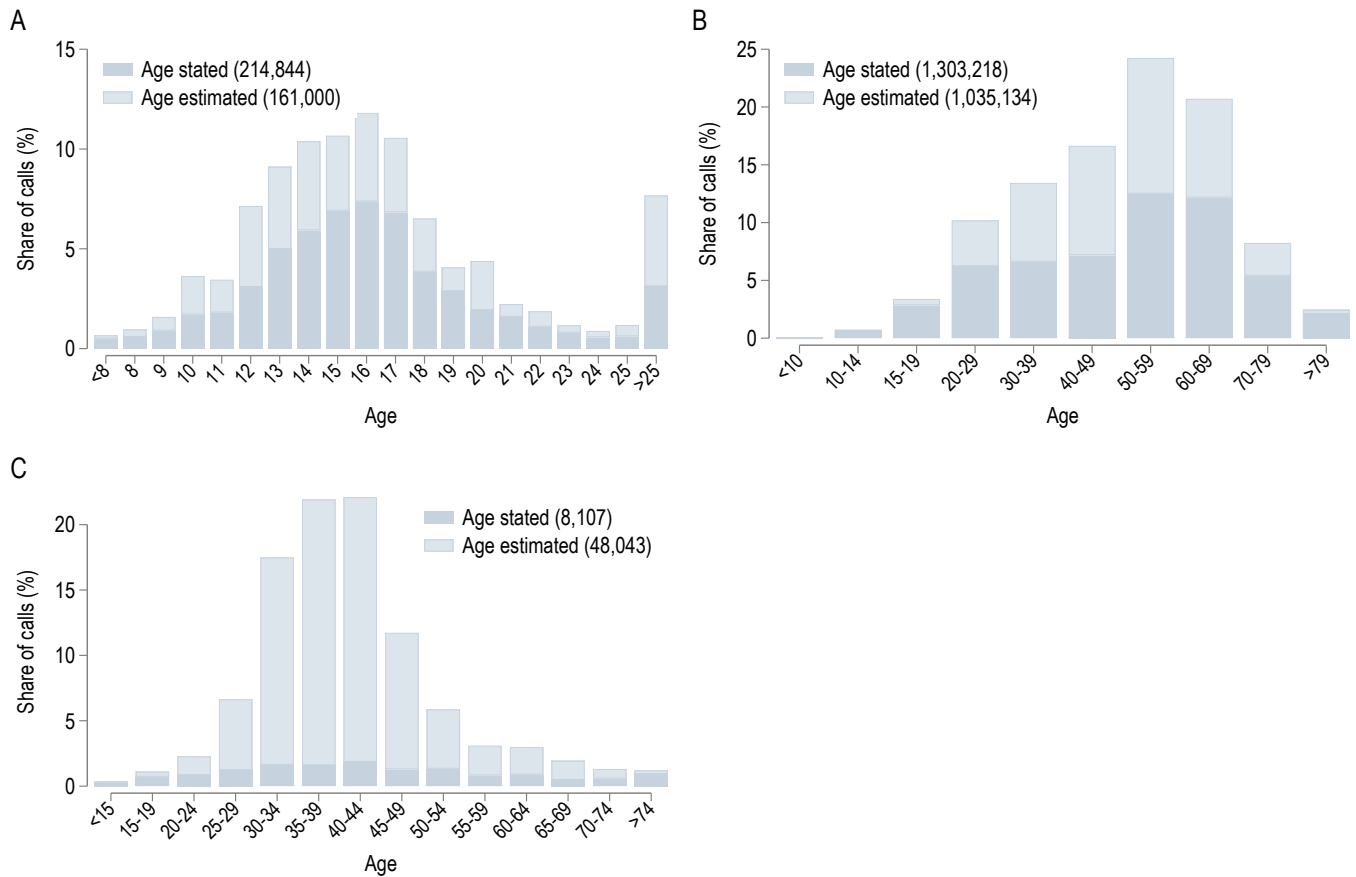
Other supporting materials for this manuscript include the following:

(Available online at <https://doi.org/10.5281/zenodo.7090520>)

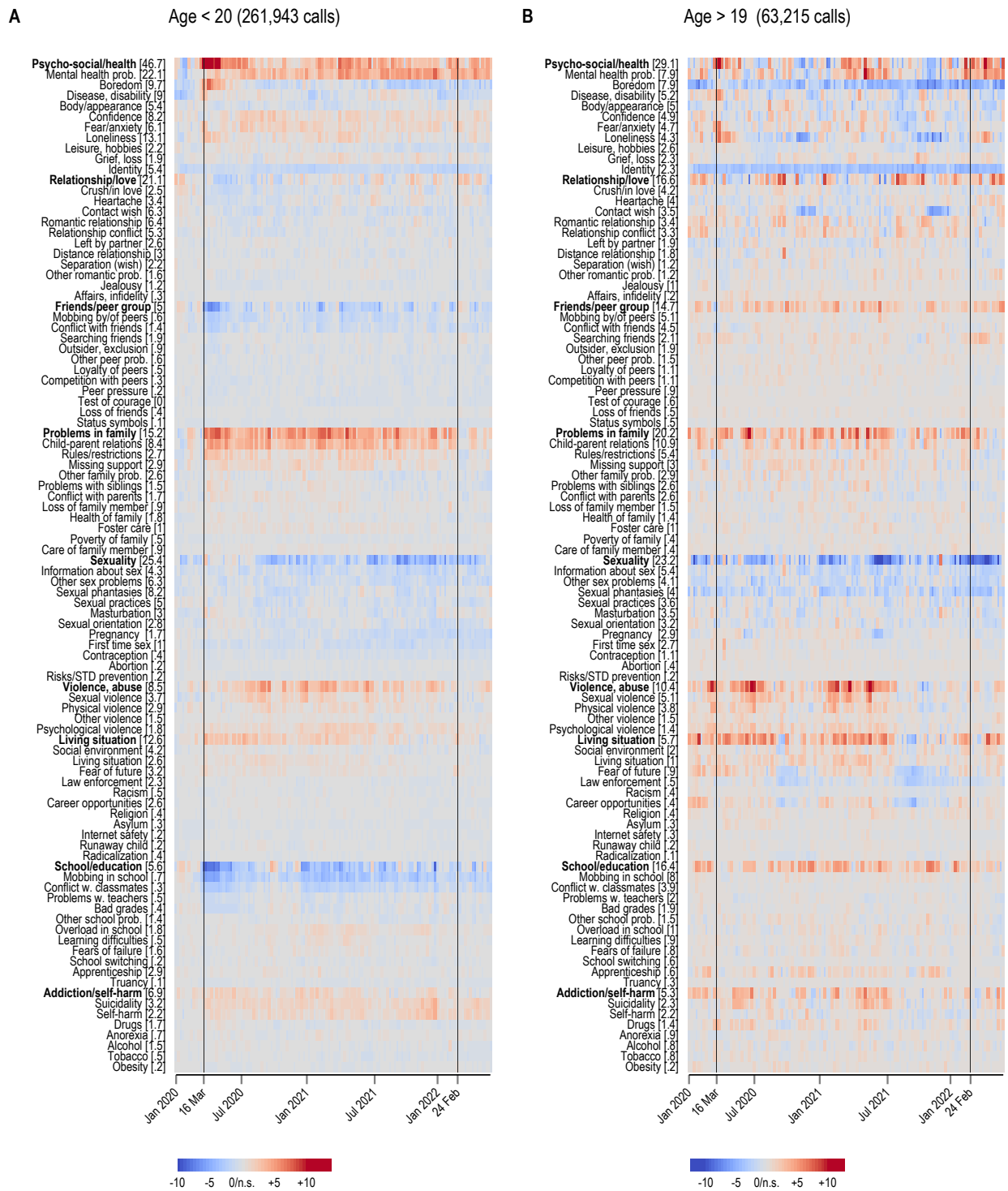
- SIData.xlsx: Figure source data, including numerical estimates underlying Figures [1–4](#) and Supplementary Figures [S3–S9](#)
- Stata Do-files



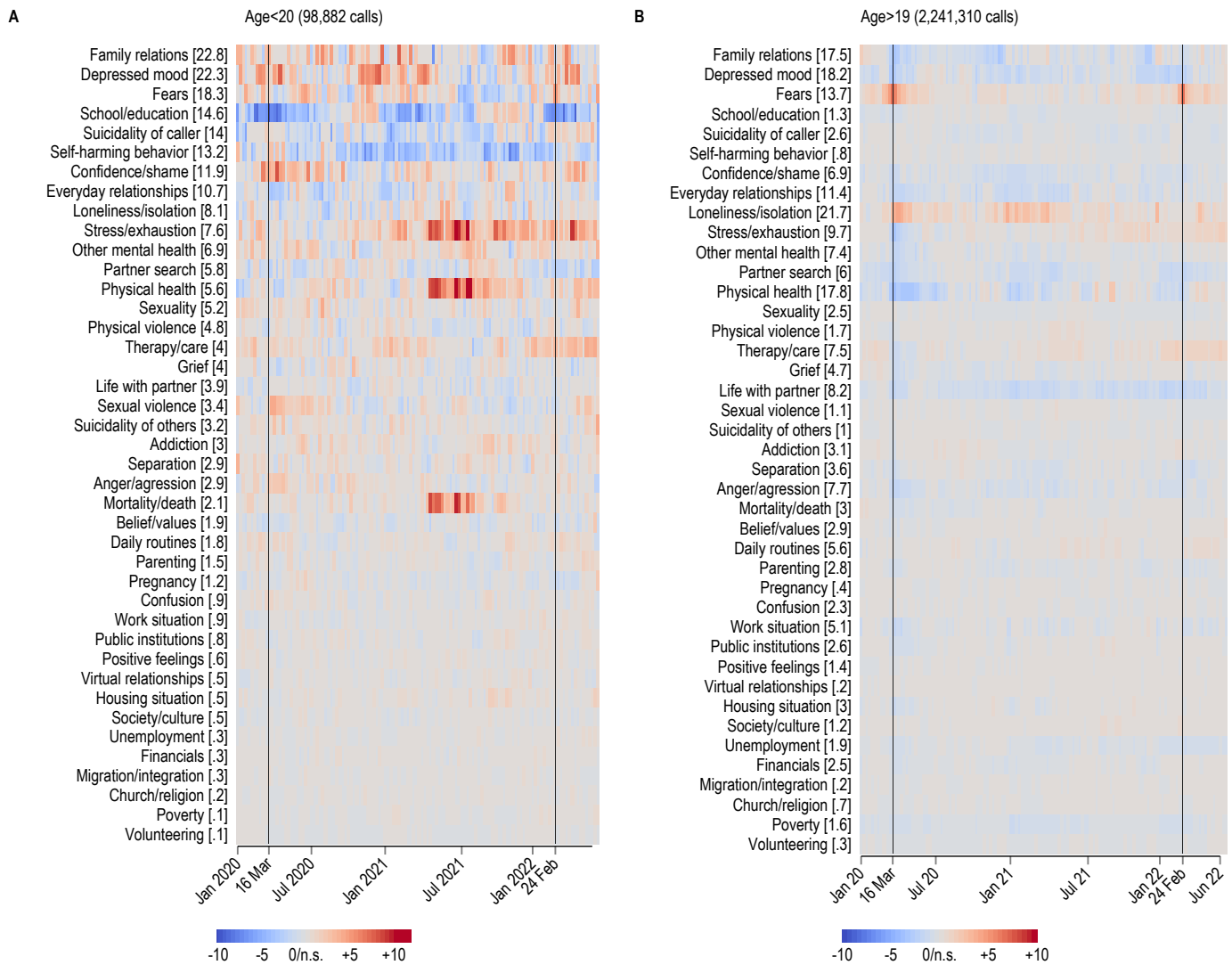
Supplementary Fig. S1: Call volumes across helpline services. The top panels show the development of phone calls per day by age group, separately for phone calls with **A**, the *Nummer gegen Kummer* child/youth helpline and the parent helpline, and **B**, the *TelefonSeelsorge* general-purpose helpline. The average duration of calls with the two helplines are shown in panels **C** and **D**. Panels **E** and **F** show the number of chat/mail contacts at the two services. All panels show 28-day moving averages. Vertical dashed lines mark, respectively, the introduction of lockdown measures following the COVID-19 pandemic outbreak on 16 March 2020 and the Russian invasion of Ukraine on 24 February 2022.



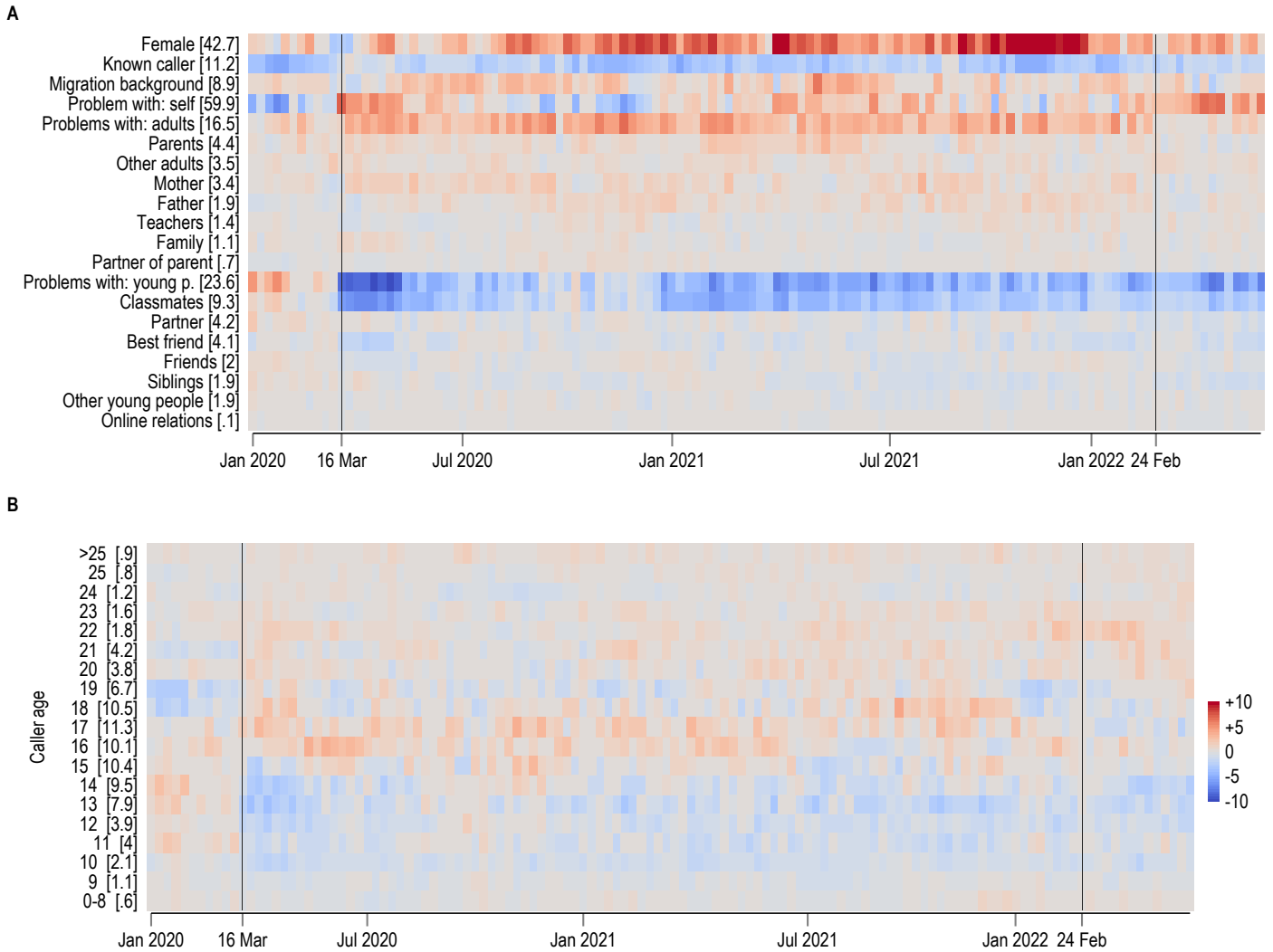
Supplementary Fig. S2: Age distribution of callers Share of contacts for different age groups across the three helplines: **A**, NgK child/youth helpline (KJT phone and OB chat/mail), **B**, TS (phone and chat/mail), **C**, NgK parent helpline. Dark shading indicates the share of calls for which callers explicitly stated their age during the conversation, light grey for contacts where caller age had to be inferred by counselors.



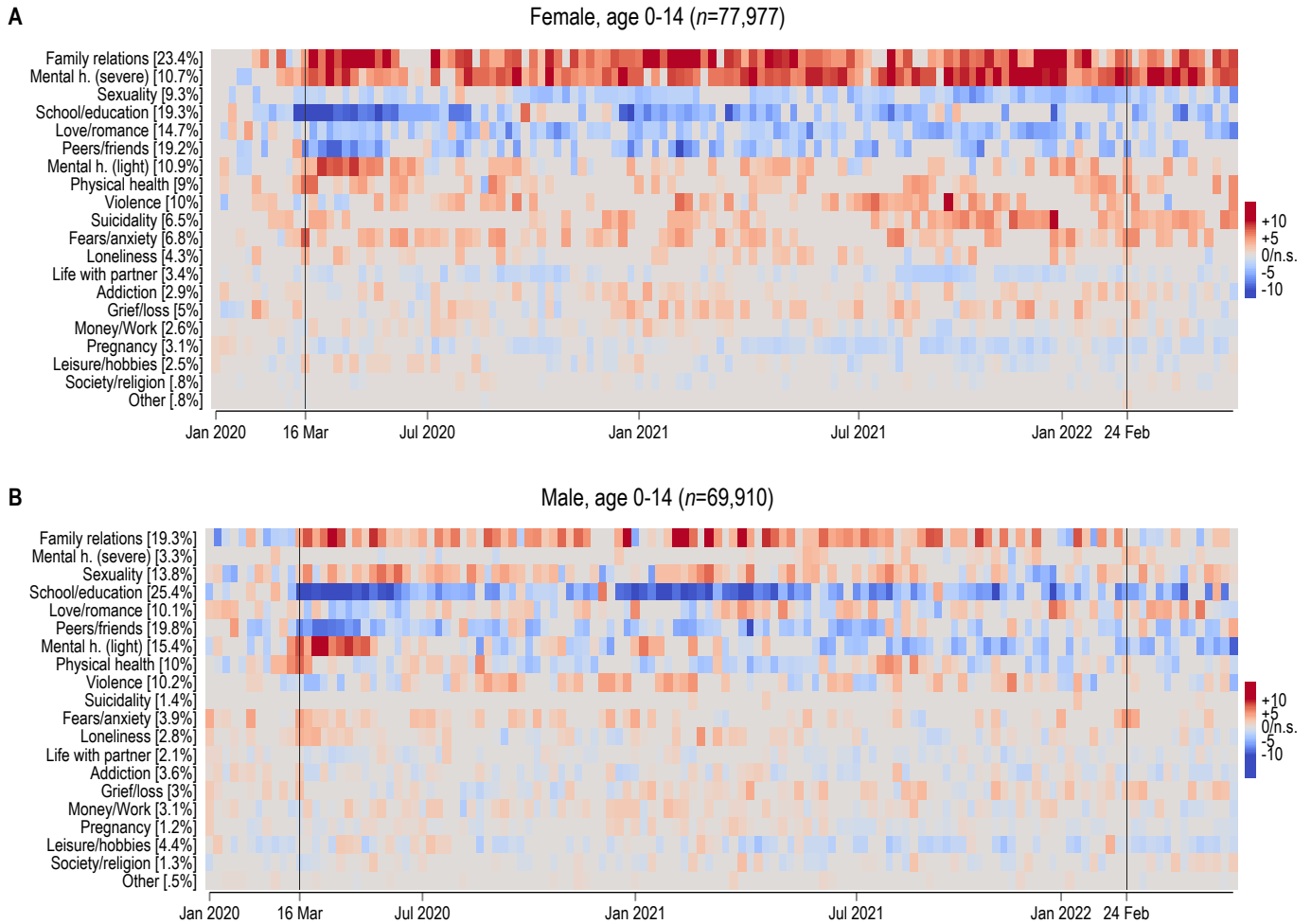
Supplementary Fig. S3: Conversation topics over time, NgK child/youth helpline. Deviation of relative topic prevalence from 2019 baseline in percentage points, calls with *Nummer gegen Kummer* child/youth helpline. Each row presents coefficient estimates for week indicators from a linear probability model where the dependent variable is set to one for calls related to a topic and zero otherwise; numbers in brackets report the share of calls in 2019 related to each topic in percent. Bold topics refer to broad categories, indicating calls that relate to at least one of the fine topics listed below respectively. See Methods, equation 2. Conversations with **A**, children and adolescents up to age 19, and **B**, adult callers of age 20 or older. Statistically significant (P -value<0.05) increases are shown in red, decreases in blue, insignificant coefficients as zero/in gray. Vertical black lines mark, respectively, the introduction of lockdown measures following the COVID-19 pandemic outbreak on 16 March 2020 and the Russian invasion of Ukraine on 24 February 2022.



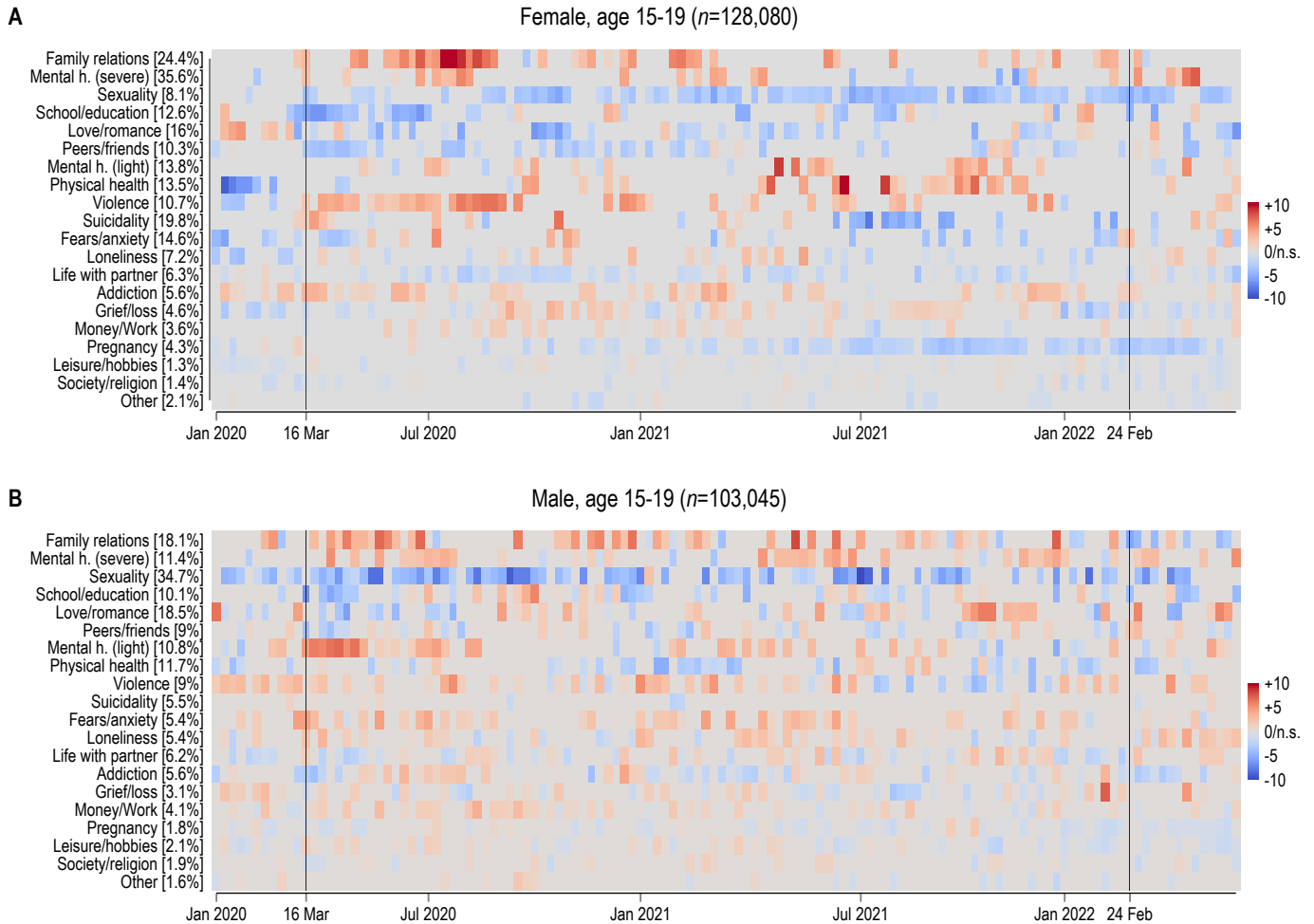
Supplementary Fig. S4: Conversation topics over time, TelefonSeelsorge. Deviation of relative topic prevalence from 2019 baseline in percentage points, calls with *TelefonSeelsorge* general-purpose helpline. Each row presents coefficient estimates for week indicators from a linear probability model where the dependent variable is set to one for calls related to a topic and zero otherwise; numbers in brackets report the share of calls in 2019 related to each topic in percent. See Methods, equation 2. Conversations with **A**, children and adolescents up to age 19, and **B**, adult callers aged 20 or older. Statistically significant (P -value<0.05) increases are shown in red, decreases in blue, insignificant coefficients as zero/in gray. Vertical black lines mark, respectively, the introduction of lockdown measures following the COVID-19 pandemic outbreak on 16 March 2020 and the Russian invasion of Ukraine on 24 February 2022.



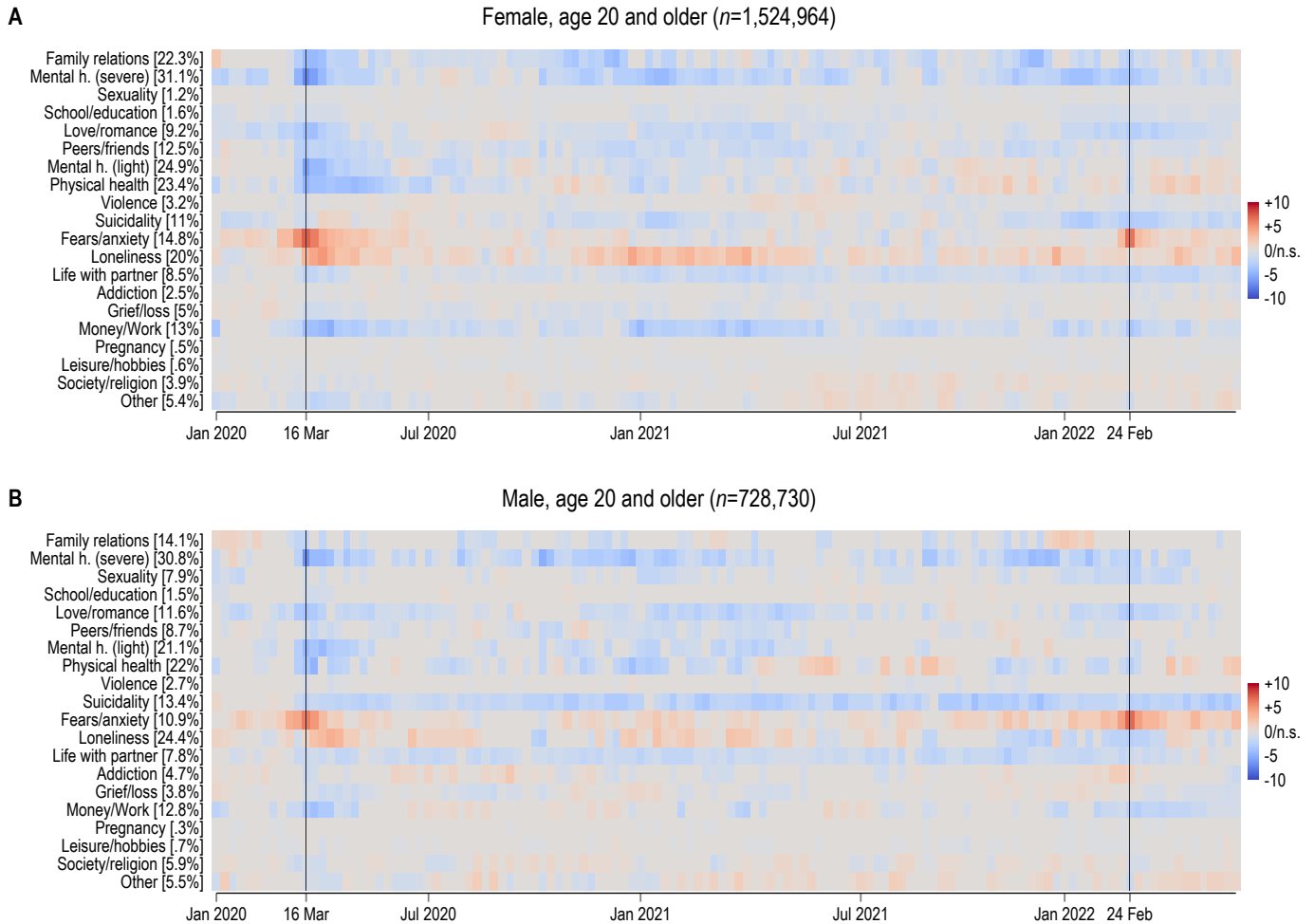
Supplementary Fig. S5: Caller characteristics over time, NgK child/youth helpline. Deviation of relative share from 2019 baseline in percentage points, calls with *Nummer gegen Kummer* children and youth helpline. Each row presents coefficient estimates for week indicators from a linear probability model where the dependent variable is set to one for calls related to a topic and zero otherwise; numbers in brackets report the share of calls in 2019 related to each topic in percent. See Methods, equation 2. Sample size varies depending on availability, see Table S2. Conversations with **A**, children and adolescents up to age 19, and, **B**, adult callers aged 20 or older. Statistically significant (P -value <0.05) increases are shown in red, decreases in blue, insignificant coefficients as zero/in gray. Vertical black lines mark, respectively, the introduction of lockdown measures following the COVID-19 pandemic outbreak on 16 March 2020 and the Russian invasion of Ukraine on 24 February 2022.



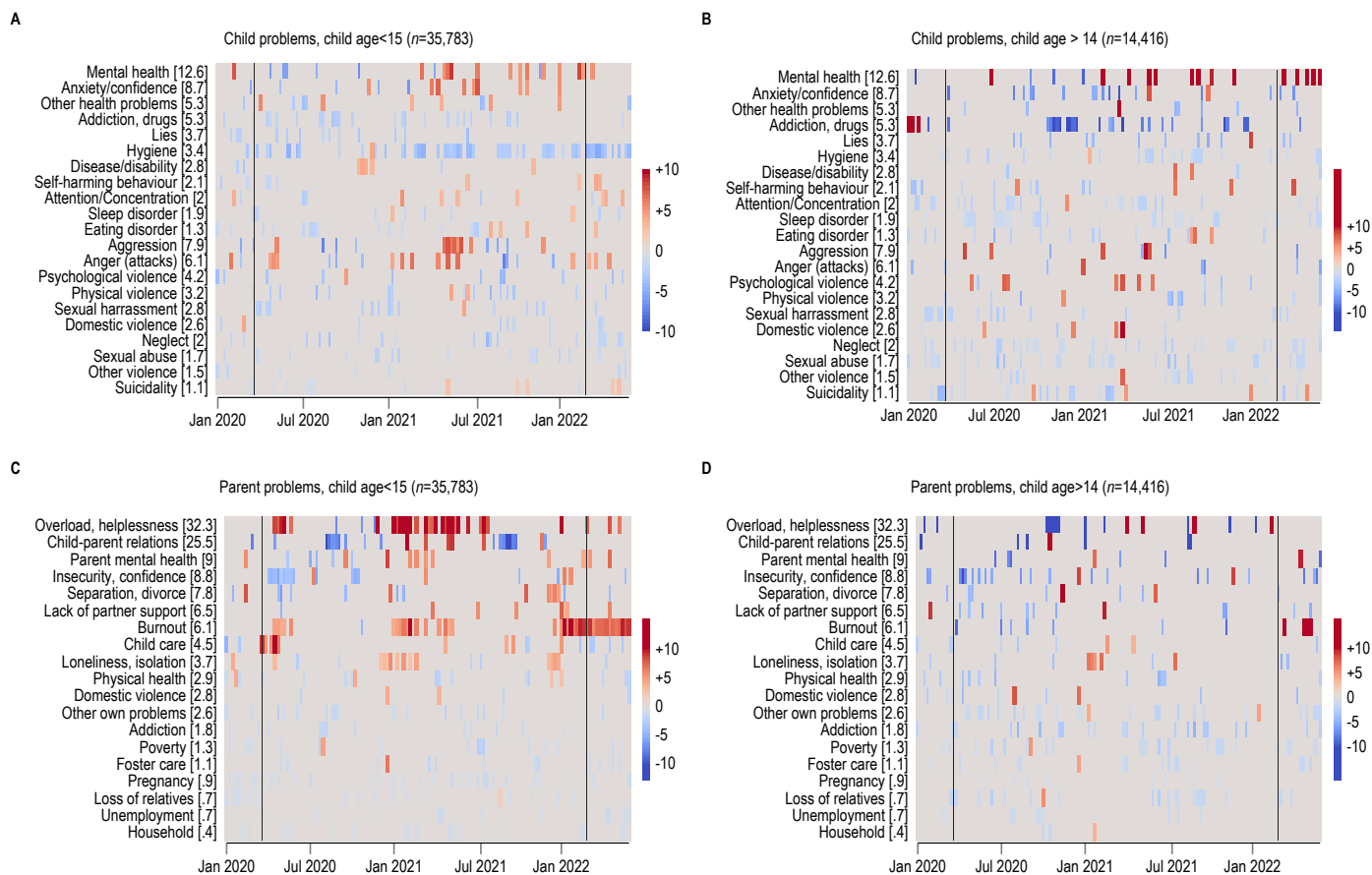
Supplementary Fig. S6: Conversation topics by caller sex: children. Deviation of relative topic prevalence from 2019 baseline in percentage points, calls with *Nummer gegen Kummer* child/youth helpline and *TelefonSeelsorge* general-purpose helpline. Each row presents coefficient estimates for week indicators from a linear probability model where the dependent variable is set to one for calls related to a topic and zero otherwise; numbers in brackets report the share of calls in 2019 related to each topic in percent. Separate models for, **A**, female and, **B**, male children up to age 14. See Methods, equation 2. Vertical black lines mark, respectively, the introduction of lockdown measures following the COVID-19 pandemic outbreak on 16 March 2020 and the Russian invasion of Ukraine on 24 February 2022.



Supplementary Fig. S7: Conversation topics by caller sex: adolescents. Deviation of relative topic prevalence from 2019 baseline in percentage points, calls with *Nummer gegen Kummer* child/youth helpline and *TelefonSeelsorge* general-purpose helpline. Each row presents coefficient estimates for week indicators from a linear probability model where the dependent variable is set to one for calls related to a topic and zero otherwise; numbers in brackets report the share of calls in 2019 related to each topic in percent. Separate models for, **A**, female and **B**, male adolescents aged 15–19. See Methods, equation 2. Vertical black lines mark, respectively, the introduction of lockdown measures following the COVID-19 pandemic outbreak on 16 March 2020 and the Russian invasion of Ukraine on 24 February 2022.



Supplementary Fig. S8: Conversation topics by caller sex: adults. Deviation of relative topic prevalence in percentage points, calls with *Nummer gegen Kummer* child/youth helpline and *TelefonSeelsorge*. Each row presents coefficient estimates for week indicators from a linear probability model where the dependent variable is set to one for calls related to a topic and zero otherwise; numbers in brackets report the share of calls in 2019 related to each topic in percent. Separate models for, **A**, female and, **B**, male callers aged 20 and older. See Methods, equation 2. Vertical black lines mark, respectively, the introduction of lockdown measures following the COVID-19 pandemic outbreak on 16 March 2020 and the Russian invasion of Ukraine on 24 February 2022.



Supplementary Fig. S9: Parent helpline, topics by child age. Deviation of relative topic prevalence from 2019 baseline in percentage points, calls with *Nummer gegen Kummer* parent helpline. See Methods, equation 2. The upper panels show trends for problems related to children, separately for, **A**, callers referring to children and, **B**, callers referring to adolescents. Note that calls can relate to both groups and the two samples are non-exclusive. The bottom panels show separate trends in other caller problems, again for, **C**, children and, **D**, adolescents. Statistically significant (P -value<0.05) increases are shown in red, decreases in blue, insignificant coefficients as zero/in gray. Vertical black lines mark, respectively, the introduction of lockdown measures following the COVID-19 pandemic outbreak on 16 March 2020 and the Russian invasion of Ukraine on 24 February 2022.

| A NgK children/youth line | Share | Sum | n |
|----------------------------------|-------|-----------|-----------|
| Female caller | 0.464 | 170,790 | 368,123 |
| Male caller | 0.527 | 193,888 | 368,123 |
| Phone | 0.865 | 325,158 | 375,798 |
| Chat | 0.107 | 40,258 | 375,798 |
| Mail | 0.028 | 10,382 | 375,798 |
| Caller age <15 | 0.370 | 138,869 | 375,638 |
| Caller age 15–19 | 0.436 | 163,894 | 375,638 |
| Caller age >19 | 0.194 | 72,875 | 375,638 |
| B TelefonSeelsorge | Share | Sum | n |
| Female caller | 0.684 | 1,700,302 | 2,484,971 |
| Male caller | 0.316 | 784,669 | 2,484,971 |
| Phone | 0.904 | 2,306,742 | 2,550,473 |
| Chat | 0.040 | 103,216 | 2,550,473 |
| Mail | 0.055 | 140,515 | 2,550,473 |
| Caller age <15 | 0.008 | 17,487 | 2,322,943 |
| Caller age 15–19 | 0.035 | 80,988 | 2,322,943 |
| Caller age >19 | 0.958 | 2,224,468 | 2,322,943 |
| C Combined dataset | Share | Sum | n |
| Female caller | 0.656 | 1,871,092 | 2,853,094 |
| Male caller | 0.343 | 978,557 | 2,853,094 |
| Phone | 0.899 | 2,631,900 | 2,926,271 |
| Chat | 0.049 | 143,474 | 2,926,271 |
| Mail | 0.052 | 150,897 | 2,926,271 |
| Caller age <15 | 0.058 | 156,356 | 2,698,581 |
| Caller age 15–19 | 0.091 | 244,882 | 2,698,581 |
| Caller age >19 | 0.851 | 2,297,343 | 2,698,581 |
| NgK children/youth line | 0.128 | 375,798 | 2,926,271 |
| TelefonSeelsorge | 0.872 | 2,550,473 | 2,926,271 |

Supplementary Table S1: Summary Statistics, combined dataset. Calls with, **A**, the NgK child/youth helpline, **B**, TelefonSeelsorge general-purpose helpline, and, **C**, the combined dataset used in the main analysis. Columns show the respective share and number of calls, along with the overall number of calls for which information is available.

| | Share | Sum | n |
|------------------------------|-------|---------|---------|
| Female | 0.464 | 170,830 | 368,169 |
| Male | 0.527 | 193,894 | 368,169 |
| Diverse | 0.021 | 7,433 | 362,251 |
| Phone call | 0.865 | 325,158 | 375,844 |
| Chat contact | 0.107 | 40,258 | 375,844 |
| Mail contact | 0.028 | 10,428 | 375,844 |
| Migration background | 0.100 | 21,284 | 213,646 |
| Known caller | 0.092 | 34,403 | 375,844 |
| Worried about another person | 0.068 | 22,656 | 335,586 |
| Problems with self | 0.605 | 196,840 | 325,158 |
| Problems with young people | 0.208 | 67,571 | 325,158 |
| siblings | 0.017 | 5,630 | 325,158 |
| best friend | 0.038 | 12,418 | 325,158 |
| friends | 0.019 | 6,269 | 325,158 |
| partner | 0.041 | 13,392 | 325,158 |
| classmates | 0.072 | 23,391 | 325,158 |
| online relations | 0.002 | 648 | 325,158 |
| other young people | 0.018 | 5,823 | 325,158 |
| Problems with adults | 0.187 | 60,747 | 325,158 |
| with parents | 0.049 | 16,012 | 325,158 |
| with father | 0.023 | 7,598 | 325,158 |
| with mother | 0.040 | 13,010 | 325,158 |
| with partner of parent | 0.008 | 2,645 | 325,158 |
| in family | 0.012 | 4,014 | 325,158 |
| with teachers | 0.015 | 4,913 | 325,158 |
| with other adults | 0.039 | 12,555 | 325,158 |

Supplementary Table S2: Summary Statistics, NgK child/youth helpline. Conversations with the NgK child/youth helpline. Columns show the respective share and number of calls, along with the overall number of conversations for which information is available.

| | Share | Sum | n |
|--------------------------|-------|-----------|-----------|
| Female | 0.687 | 1,576,477 | 2,294,819 |
| Male | 0.313 | 718,342 | 2,294,819 |
| Other gender | 0.003 | 6,769 | 2,301,588 |
| Phone contacts | 0.902 | 2,081,504 | 2,308,411 |
| Chat contacts | 0.040 | 92,619 | 2,308,411 |
| Mail contacts | 0.058 | 134,288 | 2,308,411 |
| Living alone | 0.658 | 1,384,270 | 2,103,129 |
| in institution | 0.049 | 103,102 | 2,103,129 |
| with family | 0.135 | 283,074 | 2,103,129 |
| with partner | 0.134 | 281,239 | 2,103,129 |
| in shared accom. | 0.024 | 51,444 | 2,103,129 |
| Working | 0.277 | 521,455 | 1,884,109 |
| In education | 0.083 | 155,643 | 1,884,109 |
| Unemployed, searching | 0.059 | 111,894 | 1,884,109 |
| Unempl., not searching | 0.060 | 113,923 | 1,884,109 |
| Retired | 0.254 | 478,544 | 1,884,109 |
| Disability | 0.267 | 502,650 | 1,884,109 |
| Known psychol. diagnosis | 0.345 | 797,147 | 2,308,409 |
| Suicidal thoughts | 0.082 | 188,983 | 2,308,405 |
| Suicide plans | 0.013 | 29,969 | 2,308,405 |
| Suicide attempt | 0.012 | 27,438 | 2,308,405 |
| Suicidality of others | 0.012 | 27,844 | 2,308,405 |

Supplementary Table S3: Summary Statistics, TelefonSeelsorge. Calls with TelefonSeelsorge general-purpose helpline. Columns show the respective share and number of calls, along with the overall number of calls for which information is available.

| | Share | Sum | n |
|---------------------------------|-------|--------|--------|
| Female caller | 0.749 | 41,782 | 55,787 |
| Male caller | 0.251 | 14,005 | 55,787 |
| First-time caller | 0.845 | 29,212 | 34,566 |
| Repeat caller | 0.155 | 5,354 | 34,566 |
| Habitual caller | 0.028 | 966 | 34,566 |
| Migration background | 0.120 | 5,713 | 47,515 |
| Financial problems | 0.258 | 6,645 | 25,751 |
| Married/partner | 0.554 | 25,070 | 45,252 |
| Single | 0.133 | 6,003 | 45,252 |
| Separated | 0.182 | 8,244 | 45,252 |
| Divorced | 0.105 | 4,736 | 45,252 |
| Widowed | 0.026 | 1,199 | 45,252 |
| Parents | 0.852 | 45,256 | 53,093 |
| Foster parents | 0.005 | 241 | 53,093 |
| Partners of parent | 0.032 | 1,711 | 53,093 |
| Grandparents | 0.046 | 2,452 | 53,093 |
| Other relatives | 0.027 | 1,446 | 53,093 |
| Friends | 0.020 | 1,074 | 53,093 |
| Neighbors | 0.010 | 536 | 53,093 |
| Teachers | 0.007 | 377 | 53,093 |
| Children living w. caller | 0.685 | 38,477 | 56,150 |
| Children not living w. caller | 0.260 | 14,585 | 56,150 |
| Unknown | 0.055 | 3,088 | 56,150 |
| Referring to children (age<15)) | 0.735 | 35,783 | 48,686 |
| adolescents (age>14) | 0.296 | 14,416 | 48,686 |
| male children/adolescents | 0.539 | 28,847 | 53,513 |
| female children/adolescents | 0.532 | 28,625 | 53,759 |

Supplementary Table S4: Summary Statistics, NgK parent helpline. Calls with the NgK parent helpline. Columns show the respective share and number of calls, along with the overall number of calls for which information is available.

| | Children, age<15 | | | | Adolescents, age 15–19 | | | |
|----------------|------------------|---------|-----------|---------|------------------------|--------|--------|--------|
| | 2019 | 2020 | 2021 | 2022 | 2019 | 2020 | 2021 | 2022 |
| Contacts | 47,796 | 47,228 | 41,724 | 19,760 | 64,937 | 75,718 | 74,010 | 30,975 |
| Duration (min) | 10.09 | 10.72 | 12.12 | 11.29 | 14.60 | 16.66 | 18.51 | 18.09 |
| Phone call (%) | 92.64 | 85.68 | 82.32 | 82.27 | 69.73 | 66.53 | 69.20 | 69.71 |
| Chat (%) | 2.02 | 2.91 | 3.15 | 3.34 | 6.82 | 9.22 | 8.50 | 8.96 |
| Mail (%) | 3.97 | 3.99 | 5.11 | 6.11 | 14.20 | 14.19 | 12.91 | 11.37 |
| Female (%) | 49.95 | 50.68 | 56.15 | 54.16 | 52.12 | 55.45 | 58.00 | 56.86 |
| Male (%) | 48.66 | 47.82 | 42.48 | 44.36 | 47.52 | 44.22 | 41.66 | 42.73 |
| | Adults. age>19 | | | | Age unknown | | | |
| | 2019 | 2020 | 2021 | 2022 | 2019 | 2020 | 2021 | 2022 |
| Contacts | 429,238 | 692,577 | 819,395 | 384,667 | 40,244 | 69,587 | 81,183 | 39,833 |
| Duration (min) | 24.64 | 25.15 | 25.88 | 25.66 | 12.19 | 12.73 | 13.66 | 13.80 |
| Phone call (%) | 90.84 | 91.50 | 92.92 | 93.14 | 92.12 | 92.20 | 93.97 | 94.38 |
| Chat (%) | 3.22 | 3.48 | 2.85 | 2.94 | 4.55 | 5.10 | 3.97 | 3.70 |
| Mail (%) | 5.49 | 4.60 | 3.87 | 3.63 | 3.32 | 2.49 | 2.07 | 1.92 |
| Female (%) | 66.80 | 67.62 | 68.20 | 67.24 | 63.93 | 64.55 | 65.38 | 65.26 |
| Male (%) | 33.18 | 32.37 | 31.78 | 32.75 | 36.07 | 35.45 | 34.62 | 34.74 |
| | Overall sample | | | | | | | |
| | 2019 | 2020 | 2021 | 2022 | | | | |
| Contacts | 582.215 | 885.110 | 1.016.312 | 475.235 | | | | |
| Duration (min) | 21,62 | 22,86 | 23,95 | 23,72 | | | | |
| Phone call (%) | 88,72 | 89,11 | 90,84 | 91,27 | | | | |
| Chat (%) | 3,57 | 4,01 | 3,32 | 3,37 | | | | |
| Mail (%) | 6,08 | 5,13 | 4,36 | 4,03 | | | | |
| Female (%) | 63,57 | 65,48 | 66,79 | 65,89 | | | | |
| Male (%) | 36,25 | 34,40 | 33,12 | 34,01 | | | | |

Supplementary Table S5: Call characteristics over time, combined dataset. Calls with the NgK child/youth helpline and TelefonSeelsorge general-purpose helpline, by age of caller and year.

| Topic | <i>Nummer gegen Kummer</i> child and youth helpline | <i>TelefonSeelsorge</i> |
|-------------------------|--|---|
| Family relations | Child-parent relations, Conflict between parents, Care of family member, Foster care, Missing support, Problems with siblings, Rules/restrictions, Runaway child, Other family problems | Family relations, Parenting |
| Mental health, severe | Self-harming behaviour, Mental health problems | Self-harming behavior, Depressed mood, Other mental health problems |
| Sexuality | Contraception, First time sex, Sexual orientation, Masturbation, Sexual practices, Risks/STD prevention, Sexual phantasies, Information about sex, Identity, Other sex problems | Sexuality |
| School/education | Mobbing in school, Truancy, School switching, Learning difficulties, Fears of failure, Apprenticeship, Overload, Bad grades, Problems w. teachers, Conflict w. classmates, Other school problems | School, education |
| Love/romance | Affairs/infidelity, Jealousy, Heartache, Crush/in love, Romantic relationship, Contact wish, Separation, Left by partner, Other romantic problems | Partner search, Separation/divorce |
| Peers/friends | Status symbols, Loss of friends, Test of courage, Peer pressure, Competition with peers, Loyalty of peers, Outsider, exclusion, Searching friends, Conflict with friends, Mobbing by/of peers, Social environment, Other peer problems | Everyday relationships |
| Mental health, moderate | Boredom, Confidence | Stress/emotional exhaustion, Confusion, Confidence/shame, Anger, aggression |
| Physical health | Disease/disability, Obesity, Anorexia, Health of family member, Body/appearance | Physical health, Therapy/care |
| Violence | Physical violence; Sexual violence; Psychological violence; Other violence | Physical violence, Sexual violence |
| Suicidality | Suicide | Suicidality of caller, Suicidality of others |
| Fear/anxiety | Fear/anxiety, Fear of future | Fears |
| Loneliness/isolation | Loneliness | Loneliness/isolation |
| Life with partner | Relationship conflict, Distance relationship | Life with partner |
| Addiction | Tobacco, Alcohol/drugs | Addiction |
| Grief/loss | Grief/loss, Loss of family member | Grief, Mortality/death |
| Money/Work | Career opportunities, Living situation, Poverty in family | Unemployment, Financials, Work situation, Poverty, Housing situation |
| Pregnancy | Pregnancy, Abortion | Pregnancy |
| Leisure/hobbies | Leisure/hobbies, Internet safety | Volunteering, Virtual relationships |
| Society/religion | Religion, Asylum, Racism, Radicalization | Society/culture, Belief/values, Church/religion, Migration/integration |
| Other | Law enforcement | Daily routines, Positive feelings, Public institutions |

Supplementary Table S6: Consolidation of conversation topics. Classification of conversation topics from helpline-specific (NgK child/youth helpline and TS general-purpose helpline) categories into 20 consolidated topics.

| Topic | <i>Nummer gegen Kummer children and youth helpline</i> | <i>TelefonSeelsorge</i> |
|-------------------------|---|--|
| Family relations | Verbote, Regeln, Meinungen Konflikte der Eltern, Scheidung; Geschwisterproblematik; Benachteiligung, fehlende Unterstützung; Pflege, Unterstützung Angehöriger; Fremdunterbringung; Ausreißer, Straßenkinder | Familiäre Beziehungen; Elternschaft, Erziehung |
| Mental health; severe | Psychische Probleme; Selbstverletzung | Depressive Stimmung; Selbstverletzendes Verhalten; Sonstiges seelisches Befindenden |
| Sexuality | Verhütung; "das erste Mal"; Infos zu Körper, Entwicklung, Sexualität; Selbstbefriedigung; sexuelle Praktiken; sex. Phantasien; sexuelle Orientierung (z.B. Homosexualität); Risiken (AIDS, Krankheiten, Prävention); Identität (Transgender) | Sexualität |
| School/education | Schwänzen, Schulverweigerung Lernschwierigkeiten; Schulwechsel; Versagensängste; Probleme in Ausbildung, Beruf; Überforderung, Leistungsdruck; schlechte Noten, Zeugnis; Probleme mit Lehrern; Streit, ärger mit Mitschülern; Spott, Ausgrenzung, Mobbing | Schule, Ausbildung |
| Love/romance | Kontaktwunsch; Schwärmen, Verliebtheit; Gestaltung einer Partnerschaft; Liebeskummer; Eifersucht; Untreue; Trennung (-wunsch); ist verlassen worden | Partnersuche, Partnerwahl; Trennung |
| Peers/friends | Spott, Ausgrenzung durch Gleichaltrige; Streit, ärger Freundeskreis; Wunsch nach Freund(en); Außenseiter; Loyalitätsprobleme; Verlust Freundeskreis (Umzug etc.); Gruppendruck; Statussymbole; Konkurrenz, Eifersucht; Mutprobe | Alltagsbeziehungen, Nachbarn, Freunde |
| Mental health; moderate | Selbstvertrauen; Langeweile | Stress, emotionale Erschöpfung; Verwirrheitszustände; Selbstbild, Selbstwert, Scham; Ärger; Aggression |
| Physical health | Krankheit, Behinderung; Körper, Aussehen; Sucht, psychische Probleme der Eltern, körp. Erkrankungen Angehörige | Körperl. Befinden, Beschwerden; Betreuung, Pflege, Therapie, Behandlung |
| Violence | körperliche Gewalt; Sexueller Missbrauch; sexuelle Übergriffe; psychische Gewalt; Vernachlässigung; Gewaltandrohung; Erpressung; Sexuelle Grenzverletzung; Zeuge häuslicher Gewalt; Opfer häuslicher Gewalt | Körperliche Gewalt, seelische Gewalt; Sexualisierte Gewalt |
| Suicidality | Suizidgedanken, -versuch | Suizidalität des Ratsuchenden; Suizidalität Anderer; Suizidgedanken; Suizidabsichten; Suizidversuch |
| Fears/anxiety | Furcht, Angst; Zukunftsängste | Ängste |
| Loneliness | Einsamkeit, Isolation | Einsamkeit; Isolation |
| Life with partner | Beziehungskonflikte; Fern-, Urlaubsbeziehung | Leben in Partnerschaft |
| Addiction | Drogen, Drogensucht; speziell Tabak; speziell Alkohol | Sucht |
| Grief/loss | Trauer, Verlust, Tod; Trauer, Verlust in Familie | Trauer; Sterben, Tod |
| Money/Work | Finanzfragen, Erbschaft, Unterhalt; Armutsproblematik; Bildungs- und Arbeitsmöglichkeiten; Wohnung, Wohnumfeld; Wohnverhältnisse, Wohnumfeld | Arbeitslosigkeit, Arbeitssuche; Arbeitssituation; Armut |
| Pregnancy | Schwangerschaft; Schwangerschaftsabbruch | Schwangerschaft; Kinderwunsch |
| Leisure, hobbies | Freizeit(-gestaltung), Hobby; Sicherheit im Internet | Ehrenamtl. Tätigkeit; Virtuelle Beziehungen |
| Society/religion | Religion; Asyl- und Flüchtlingsthematik; Rassismus, Fremdenfeindlichkeit; Radikalismus, Extremismus | Gesellschaft und Kultur; Kirchen, Glaubensgemeinschaft; Sinn, Glaube, Werte; Migration, Integration |
| Other | Konflikte mit Gesetz, Behörden | Alltagsgestaltung; Positives Befinden, Freude, Dank; Kontakt mit öffentl. Einrichtungen |

Supplementary Table S7: Consolidation of topics, German original. Classification of conversation topics from helpline-specific (NgK child/youth helpline and TS general-purpose helpline) categories into 20 consolidated topics. German titles as stated in reporting software used by operators and helpline statistics.