



Psychological Counseling

Counseling Offers

Individual Counseling

Quick Orientational appointment (after registration)

Next steps depending on the topic

- Individual appointments
- Group appointments, workshops
- Referral to another service outside the university

Groups

e.g.

procrastination, coping with stress for international PHDs

studying with ADHD/ Autism, HOPES

Further informationen under www.uni-hamburg.de/psychologischeberatung

Further Offers

Workshops and Coachings

- Various workshops: learning strategies, time management, skills development in exam situations, self-doubt etc.
- www.uni-hamburg.de/woc

for further information
and online registration

Open Counseling Hour

Always on Monday from 11 to 12 am
without appointment
Alsterterrasse 1 on the 4th floor

Crisis intervention

- Contact via the registration portal
- In case of an **acute** crisis: 112

Thank you for your attention!

We wish you a succesful start of your studies!