



**Let's
talk about
(mental) health!**



Psychotherapeutic Counselling on campus (Seezeit)

Counselling topics:

- Performance pressure, test anxiety
- Feelings of being overwhelmed, fear of failure
- Work and concentration disorders
- Motivation problems, Procrastination
- Depressive moods
- Fears, restlessness
- Self-esteem problems
- Relationship and partnership conflicts
- Identity crisis
- Conflicts with parents, separation problems
- Contact problems
- Physical (psychosomatic) complaints
- Addictive behavior
- Sexual difficulties
- Sexual orientation, Gender identity

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How to book an appointment:

- Register in-person or by telephone: Monday, Wednesday, Friday, 11-12am
- Online-registration is now also possible!
- Building K, Level K3 (underneath the mensa), rooms K313-315
- Telephone: +49 7531 9782 230
- Send an email: pbs@seezeit.com

- Please note: Waiting times for your appointment are currently **approx. 4-6 weeks** due to the very high demand.
- Interval between sessions on average once / month
- Don't miss your appointment once scheduled!



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What can not be covered?

- Severe crisis, heavy mental disorders
- Acute depressions or illness

→ **PBS is not a doctors office!**

- Psychotherapy in Germany: It's tricky...
- Very long waiting lists
- Normally you need a „Rezept“ from your „Hausarzt“ for therapy to have it covered

What else can you do?

- **Psychotherapeutic ambulance**
(Hochschulambulanz)

Ask for an appointment online or via phone call (website currently only in German), therapists from Department of Psychology work and contribute to research at the same time

- **Tamly App:** Browse for psychotherapists in Baden-Württemberg, support on how to book a appointment



Other emergency services available

- **Nightline:** Call to talk to someone when not feeling well, reduced availability during semester breaks
- **Telefonseelsorge:** Available via telephone or online chat
- **116 117:** The phone number for medical emergencies, you will be forwarded to a doctor operating when offices are closed (during nighttime or weekends)
- **Emergency room Klinikum Konstanz:** Prepare for long waiting times...
- **ZfP Reichenau:** Local mental health clinic



How to keep your balance: Strategies against stress and anxiety

- **Go outside regularly:** For a walk, running, read a book by the lakeside, take your coffee-to-go outdoors, take a walk to campus instead of the bus...
- **Do sports, move:** Our Hochschulsport offers great courses!
- **Meet up:** Ask your classmates to study together, get to know them outside of the classroom, join campus groups, approach people actively
- **Talk about your feelings:** It's normal to not always be ok!
- **Keep in touch with your family and friends at home,** but... not too much, as this might increase homesickness.

Any questions?

Please feel free to reach out to the Incoming Team of the International Office with your concerns. We treat every case confidentially.

International.incoming@uni-konstanz.de

International Office | Incoming Team