

## UHH-Based Counselling Services

### Psychological Counselling for Students

<https://www.uni-hamburg.de/en/campuscenter/beratung/beratungsangebote/psychologische-beratung.html>

Dipl.-Psych. Franziska Wallburg: [franziska.wallburg@uni-hamburg.de](mailto:franziska.wallburg@uni-hamburg.de); +49 (0)40 42838 2543; Alsterterrasse 1, Rm. 413

Dipl.-Psych. Fabian Sengebusch: [HOPES@uni-hamburg.de](mailto:HOPES@uni-hamburg.de); +49 (0)40 42838 8943; Alsterterrasse 1, Rm. 401

For:

- individual sessions (Arabic / English / French / German / Spanish), to make an appointment: <https://www.uni-hamburg.de/en/campuscenter/beratung/beratungsangebote/psychologische-beratung/anmeldung.html>
- group sessions focused on specific issues (e.g.,: procrastination, stress management for doctoral students, ADHD, Compassionate Mind Training)
- help finding a therapist in Hamburg
- workshops
- short counselling sessions (10-15 mins) in person on Mondays 11 am – 12 pm (by appointment only: <https://www.uni-hamburg.de/en/campuscenter/beratung/terminvergabe-psychologische-beratung.html>)
- short counselling sessions (10-15 mins) by phone (+49 (0)40 42838 8916) on Mondays 11 am – 12 pm (no appointment needed)
- individual and group counselling for students with mental illness (HOPES Programme: <https://www.uni-hamburg.de/en/campuscenter/beratung/beratungsangebote/psychologische-beratung/hopes.html>)

### Psychological Counselling for Employees

[sozialberatung@uni-hamburg.de](mailto:sozialberatung@uni-hamburg.de)

Angelina Baster: [angelina.baster@uni-hamburg.de](mailto:angelina.baster@uni-hamburg.de); +49 (0)40 42838 5300 / +49 (0)151 58332361; Welckerstraße 8, 5. Stock, Rm. 5.17 (by appointment only)

Anna Schildt: [anna.madeleine.schildt@uni-hamburg.de](mailto:anna.madeleine.schildt@uni-hamburg.de); +49 (0)40 42838-2302 / +49 (0)151 26825818; Welckerstraße 8

Ronald Hoffmann: [ronald.hoffmann@uni-hamburg.de](mailto:ronald.hoffmann@uni-hamburg.de); +49 (0)40 42838 3646 (for help with students needing psychological support)

Annette Juchems-Brohl: [Annette.juchems-brohl@uni-hamburg.de](mailto:Annette.juchems-brohl@uni-hamburg.de); +49 (0)40 42838 3303 (for help with students needing psychological support)

See also: <https://www.kus.uni-hamburg.de/en/themen/gesundheit-familie-soziales-gleichstellung/soziale-beratungsangebote/bem.html> (for employees returning to work after long-term or severe illness)

## **UHH Conflict Prevention and Resolution**

<https://www.kus.uni-hamburg.de/en/themen/gesundheitsfamilie-soziales-gleichstellung/soziale-beratungsangebote/konfliktpraevention-beratung.html>

Sonja Nielbock: [sonja.nielbock@uni-hamburg.de](mailto:sonja.nielbock@uni-hamburg.de); +49 (0)40 42838 9780; Welckerstraße 8, Room 5.14

Eike Mordhorst: [eike.karen.mordhost@uni-hamburg.de](mailto:eike.karen.mordhost@uni-hamburg.de); +49 (0)40 42838-9548 / +49 (0)151 29803266; Welckerstraße 8, Room 5.17

## **Other Counselling Services**

### **Studierendenwerk Hamburg: Counselling and Orientation for International Students**

<https://www.stwhh.de/en/counselling/counselling-centre-for-social-international-affairs-besi>

Grindelallee 9, 3<sup>rd</sup> Floor; +49 (0)40 41902155

### **AStA UHH: Counselling for Students by Students**

<https://www.asta-uhh.de/2-beratung/05-psychologische-unterstuetzung.html> (scroll down for English)

[psych-beratung@asta.uni-hamburg.de](mailto:psych-beratung@asta.uni-hamburg.de)

- psychological counselling every Friday 2 – 6 pm (on Zoom: <https://uni-hamburg.zoom.us/j/93565713650>; passcode: 85400567; no appointment needed)
- Safe Space and Open Gathering every 1<sup>st</sup> Thursday of the month at 7:30 pm
- Service provided by psychology students – not psychotherapy, but self-clarification and orientation

### **Magnus Hirschfeld Centrum: Counselling for LGBTQI\* Individuals**

<https://www.mhc-hh.de/beratungsstelle/>

### **Verikom gGmbH: Intercultural counselling (focus on women and domestic violence)**

<https://www.verikom.de/en/gewaltschutz-eng/ibera-beratungsangebot-eng/>

Norderreihe 61; +49 (0)40 350 177226

### **Self-Help Groups**

<https://www.kiss-hh.de/> (in German): +49 (0)40 395767