

Make an appointment

You can book an appointment with us via ILIAS (using the QR-code or the link beneath).

You can also write us an E-mail:
pbs@zfbk.uni-giessen.de



https://ilias.uni-giessen.de/ilias/goto.php?target=crs_289523&client_id=JLU

Our philosophy:

*Seeking support to get life back on track is not a sign of weakness, but a sign of **confidence** and **strength**.*

Contact us

Email: pbs@zfbk.uni-giessen.de

Homepage: www.uni-giessen.de/pbs



We all need help sometimes...

We offer professional and individual support in addressing your personal problems



Student Counselling Centre
Justus-Liebig-University Gießen



JUSTUS-LIEBIG-
UNIVERSITÄT
GIESSEN

Studying at university is a time full of new experiences and opportunities. It is also a time of great changes and new challenges, that are sometimes accompanied by academic or personal struggles. You may have a longstanding concern or simply have a sense that something isn't right.

Does that sound familiar? Then we can look at your situation together and work toward a solution.

What we offer We offer counselling sessions as soon as possible, where you have the opportunity to address uncertainties, difficulties or concerns. In addition, you can use various online moduls or assess your stress level. For current offers, have a look at our homepage!

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In our **initial counselling session**, we seek to clarify current challenges and consider what might help you most.

Sometimes a few counselling sessions are enough to better understand the current problem, to develop possible solutions and to open up new vistas for action.

Who are we?

Counselling Centre Staff are professionally trained psychologists and psychotherapists. We are available **for all students** of the JLU.

Here some common topics that students bring into counselling:

- study-related difficulties (e.g., concentration or exam preparation)
- procrastination and writer's block
- fear of exams, fear of failure
- lack of perspective, worries about the future
- excessive workload
- familial conflicts (e.g., with parents)
- low self-esteem
- relational conflicts (e.g., with partner)
- separation anxiety, fear of loss
- substance abuse or addictions
- Depression, anxiety, suicidal thoughts, self-harm, disordered eating, compulsions, etc.

We consider your individual background, your resources and competences and jointly develop an action plan for the next steps. There is no rush! You can book several appointments with us.

Psychotherapy

We can also advise you on whether further support, such as psychotherapy, might be helpful.

Counselling is **free of charge** and is not billable with your health insurance.

All counsellors are committed to maintaining **confidentiality**.