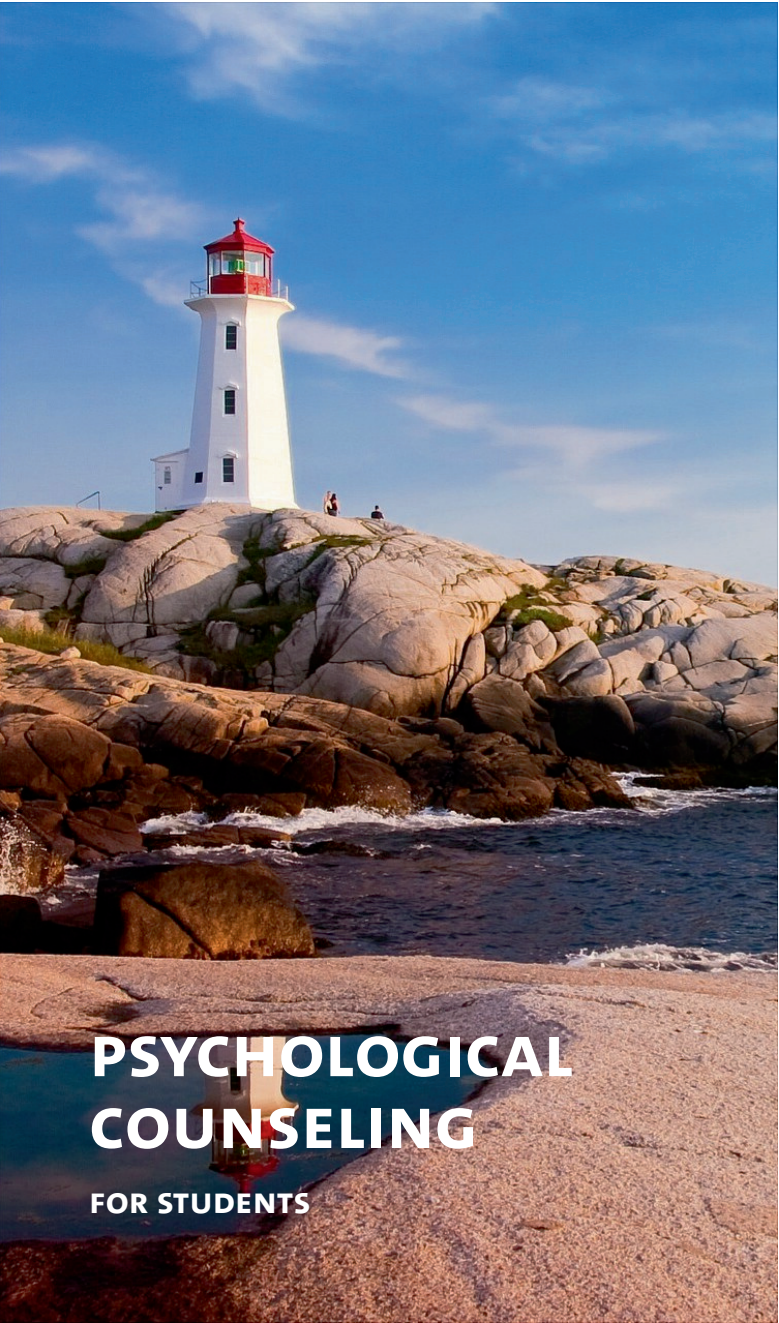




Universität Hamburg

DER FORSCHUNG | DER LEHRE | DER BILDUNG



# PSYCHOLOGICAL COUNSELING

FOR STUDENTS



<https://www.psychologische-beratung.uni-hamburg.de/en/startseite-english/>

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"Just thinking about the next exam makes my head spin."

"Sometimes I feel so stressed out with everything."

"I often feel lonely, it's hard for me to get in touch with others."

"Studying with chronic mental health problems feels like a huge challenge."

In these and many other challenging situations psychological counseling can be helpful. With our individual and group offers, we provide orientation and support in seeking solutions. Our services can be used by students of Universität Hamburg, HafenCity Universität (HCU), Hochschule für Musik und Theater (HfMT), Hochschule für Bildende Künste (HfBK), and Studienkolleg Hamburg.

**Telephone consultation:**

Mondays between 11 and 12 o'clock, Tel: 040 42838 8916

**Registration online via:**

<https://www.psychologische-beratung.uni-hamburg.de/en/startseite-english/>

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