

Student Psycho-Social Support and Counselling Service

(German: PSB – Psychosoziale Beratungsstelle)

Imagine this:

You have a problem...

...and somebody helps you!

Psycho-Social Counselling (PSB)

What can the PSB offer you?

- The Niederrhein University of Applied Sciences provides a counselling service for every student.
- We offer support in areas like:
 - Coaching
 - Crisis intervention
 - Dealing with conflict
 - Psychological counselling
 - Social counselling

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When might it make sense to seek advice?

You might encounter difficulties in areas such as:

- Your field of studies
- Problems or crisis in everyday life
- Personal development
- Needing to talk to somebody even though you don't know what is wrong

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Possible difficulties in the field of study

Examples:

- Test anxiety, exam stress
- Difficulties with learning and revision, concentration or performance
- Uncertainty related to the chosen degree subject
- Stress
- Organising and finishing the thesis
- Uncertainty in interacting with course mates
- Speaking in front of others
- Motivating oneself

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Possible problems and crisis in everyday life

Examples:

- Loneliness / isolation
- Financial difficulties
- Self esteem or feelings of guilt
- Uncertainty / conflict in romantic or familial relationships or other relationships
- Psychological complaints, such as anxiety, depression, psychosomatic disorders, addiction, eating disorders etc.
- Difficulties regarding social inclusion (either as a student or foreigner)
- Mood swings

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How our service works

- You can call, e-mail or come to our office personally, in order to make an initial appointment. During this appointment you can take the time you need to explain your concerns.
- Together we will then consider what you want to achieve and which part of our service could be most helpful.
- We will support you in recognizing your own skills and resources and how to (re)use them.
- The frequency and length of appointments will be agreed on an individual basis.

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Our guiding principles

- Our service is strictly confidential and tailored to you!
- We work unbureaucratically!
- We are bound to professional discretion!
- We help you to help yourself!
- Using our service is free of charge for you!

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Contact details and opening times

call or send an e-mail to:

psychosoziale.beratungsstelle@hs-niederrhein.de

To stay updated check our website:

<https://www.hs-niederrhein.de/psychosoziale-beratungsstelle/>

Mönchengladbach

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Tel.: 0160 5531735

Office hours:

Tuesday - Friday: 9 a.m. - 4 p.m.

Krefeld

Reinarzstr.49
47805 Krefeld

Building B, 2nd floor, Room B 205

Tel.: 0160 5532788

Office hours:

Monday and Tuesday: 9 a.m. - 4 p.m.
Wednesday: 9 a.m - 12 a.m

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Team members

Krefeld



**Psychologin, M.Sc.
Charlotte Zajac**

- Psychologische
Psychotherapeutin
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**Dipl.-Sozialpädagogin,
Ethnologin, M.A.
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- Klientenzentrierte
Gesprächsführung
- Systemische
Therapeutin

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Thank you for your attention!

Having difficulties is very common and it is a sign of inner strength to look for the appropriate support!

- **Take the first step!**
- **Contact us!**
- **Ask now!**