

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

FB01 Chemie	FB02 Design	FB03 Elektrotechnik Informatik	FB04 Maschinenbau Verfahrenstechnik
FB05 Oecotrophologie	FB06 Sozialwesen	FB07 Textil-/Bekleidungstechnik	FB08 Wirtschaftswissenschaften
FB09 Wirtschaftsingenieurwesen	FB10 Gesundheitswesen	Aktuelles FB01 Aktuelles FB02 Aktuelles FB03 Aktuelles FB04 Aktuelles FB05 Aktuelles FB06 Aktuelles FB07 Aktuelles FB08 Aktuelles FB09 Aktuelles FB10	FB Gesundheitswesen offiziell eingeführt Am 1. September hat der eigenständige Fach- bereich Gesundheits- wesen offiziell seine Arbeit aufgenommen.

Psycho-Social Counselling (PSB)

When might counselling be a sensible idea?

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.
- Integration (either as a student or foreigner)
- Mood swings

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How our service works

**Currently we only offer counselling by telephone.
Please make an initial appointment via e-mail.**

- You can telephone, 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 what is concerning you.
- 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 realising your own abilities and resources and how to (once again) profit from 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!
- There is no cost to you to use our service!

Psycho-Social Counselling (PSB)

Contact details and opening times

call or send an e-mail to:

psychosoziale.beratungsstelle@hs-niederrhein.de

Please note: Currently we can only be reached by e-mail and mobile phone.

Mönchengladbach

Rheydter Straße 232
41065 Mönchengladbach
Building Q, 3rd floor, room Q 311

Tel.: 01573 – 44 94 191 (mobile phone)

Office hours:

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

Krefeld

Reinarzstr.49
47805 Krefeld
Building B, 2nd floor, room B 205

Tel.: 01573 - 18 47 540 (mobile phone)

Office hours:

Monday and Wednesday: 9 a.m. - 6 p.m.

Thursday: 9 a.m - 12 a.m

Psycho-Social Counselling (PSB)

Team members

Krefeld



**Psychologin, M.Sc.
Roja Palma**

- Psychologische Psychotherapeutin i.A. (Verhaltenstherapie)

Mönchengladbach

**Psychologin, M.Sc.
N.N.**

- Psychologische Psychotherapeutin (Verhaltenstherapie)

Mönchengladbach



**Dipl.-Sozialpädagogin,
Ethnologin, M.A.
Ute Mewes**

- Klientenzentrierte Gesprächsführung
- Systemische Therapeutin

Leiter der Psychosozialen Beratungsstelle



**Prof. Dr. Dipl.-
Psychologe
Dieter Wälte**

- Klinische Psychologie
- Psychologischer Psychotherapeut, Dozent, Supervisor

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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!**