



Immediate Help Document

MHAW - 2019
PhDnet



If you are reading this document, it is most likely because you or a friend of yours finds yourselves/themselves in a difficult situation.

First steps

The German health care system together with services offered by the MPS and the different universities compile an important support network but this can be difficult to understand at the beginning. Depending on the severeness and the preference of the involved person, different strategies might prove beneficial. Here, we try to give a summary of the services available. However, this is by no means exhaustive. Also, special circumstances require special measures – so try something new and approach everything with openness.

- Crisis Hotlines
 - EMAP offered by the MPS through the Fürstenberg Institut
 - Call 0800/387 78 36 or from abroad: 00800/38 77 83 62
 - The service is free of charge (German and English, if required Spanish, French, Dutch, Russian and Turkish).
 - Services offered through the university you are enrolled in (see next page)
 - Services offered from public and private organizations. Find some emergency numbers on <http://www.depressionen-depression.net/notfaelle/notfallnummern.htm> (probably mostly in German)
- Get an appointment with a psychologist
 - You do not need a referral (“Überweisung”) you can make an appointment straight away with a certified psychologist (see next page for what is covered by health insurance). Be aware that in most big cities, getting a therapy might require multiple phone-calls and a waiting list, using an appointment service (see Table 1) can be helpful. Finding a therapist that fits you is an important factor in therapy success, so do not be afraid to change after your first few sessions.
- Get an appointment with a psychiatrist
 - In contrast to a psychologist a psychiatrist has a medical degree and is hence allowed to prescribe drugs for psychological disorders if required.
- Get an appointment with a clinic (for psychosomatic medicine and psychotherapy)
 - If you feel you need more urgent and intensive help, most hospitals with a “Klinik für psychosomatische Medizin/Psychotherapie” in their name offer on-site, multi-day crisis interventions as well as longer, planned stays. For these, you will generally need a referral from a GP or psychotherapist.
- Have a look at our self-help document and see if there is anything else you could do in addition. Sometimes you need to wait for an initial appointment so it is best to try two strategies at the same time.
- Sick leave: if you really cannot keep going anymore with work, go on sick leave. However, for sick leaves longer than 3 consecutive days an attestation by a medical doctor is required. You can get this from your general practitioner (GP = “Hausarzt”).

Health insurance coverage and how to get an appointment

Health insurance in Germany pays only for certain diagnosis, certain therapies, certified psychologists and depending on how you are insured there might be differences. Have a look at the following point

- Certified psychologists:
 - Search for a psychologist with your health insurance and see only the approved ones. Here e.g. TK and AOK.
<https://www.tk-aerzefuehrer.de/TK/richtlinienverfahren-suche.htm>
<https://weisse-liste.arzt-versichertenbefragung.aok-arztnavi.de/>
 - Search for a psychologist with the “Kassenärztliche Vereinigung” of each state. Find the direct link for each state to the extended search in Table 1.
 - Appointment Service: Get a first appointment organized. They will organize you an initial consultation session and few appointments after this if you were diagnosed as an “urgent” case. Find the direct link in Table 1.
 - Ask your GP for a psychologist or alternatively if you have not yet found a GP you can also get in contact with the institute doctor (“Betriebsarzt”) in case your institute has one.
- Certified therapies
 1. Behavioral Therapy (“Verhaltenstherapie”)
 2. Analytical Psychotherapy (“Analytische Psychotherapie”)
 3. Psychoanalytic psychotherapy (“Tiefenpsychologisch fundierte Psychotherapie”)
- Statutory health insurance pays as follows
 1. First consultation session (“Sprechstunde”): first diagnosis and recommendation
 2. about 3 consultation sessions (“Probatorik”)
 3. 2 x 12 h short term sessions. You and your psychologist apply for them after the initial consultation sessions. You also need to be examined by a GP at this point to exclude any other causes.
 4. Long term therapy (hours depend on type of therapy 60 to 160 h). You and your psychologist apply for this.
- Private Health Insurance: contact your health insurance and double check with them.
- German health insurance covers “traditional” diagnosis such as: depression, eating disorders, personality disorders, anxiety, behavioral disorders and addictions. However, it does not cover life coaching or couples therapy.
- Many psychotherapists also offer privately paid sessions at around 100€/h. Paying yourself will usually shorten your time on waiting lists and will not show up in your medical record. If you pay yourself, make sure that your psychotherapist is certified (see above).

Table 1: Links to the appointment service as well as the search tool for medical doctors, psychologists etc. Most webpages are only available in German but the search tool lets you enter a foreign language (“Fremdsprache”) the psychologist should speak.

Bundesland = State	First link is to the appointment service Second link is to the search for doctors. In most extended searches you can enter a preferred “Fremdsprache” = Foreign languages or “Sprache” = Language at some point
Baden-Württemberg	https://www.kvbawue.de/buerger/patiententelefon-medcall/terminservice/ https://www.arztsuche-bw.de/index.php?suchen=0&expertensuche=1
Bayern	https://www.kvb.de/service/patienten/terminservicestelle-bayern/ https://dienste.kvb.de/arztsuche/app/erweiterteSuche.htm
Berlin	https://www.kvberlin.de/30patienten/22terminservice/index.html https://www.kvberlin.de/60arztsuche/detailsuchep.html
Brandenburg	https://www.kvbb.de/patienten/terminservicestelle/ https://arztsuche.kvbb.de/ases-kvbb/ases.jsf?t=psychotherapeut (once you type something more selection arguments will appear on the bottom of the page)
Bremen	https://www.kvhb.de/patienteninfo-terminservicestelle https://www.kvhb.de/dsearch/psychotherapeuten
Hamburg	http://www.kvhh.net/kvhh/pages/index/p/1013 http://www.kvhh.net/kvhh/arztsuche/index/p/274
Hessen	https://www.kvhessen.de/terminservicestelle/ https://arztsuchehessen.de/arztsuche/arztsuche.php?page=erweiterteSuche&message=102
Mecklenburg - Vorpommern	https://www.kvmv.de/patienten/arzt-finden/ https://www.kvmv.de/service/arztsuche/ (Not possible to search for languages)
Niedersachs e	https://www.kvn.de/Patienten/Terminservicestelle.html https://www.arztauskunft-niedersachsen.de/ases-kvn/
Nordrhein- Westfalen	Two separate parts Nordrhein and Westfalen-Lippe https://www.kvno.de/20patienten/17tss/index.html https://www.kvwl.de/patient/terminservice/index.htm https://www.kvno.de/20patienten/10arztsuche/index.html https://www.kvwl.de/earzt/
Rheinland- Pfalz	https://www.kv-rlp.de/patienten/terminservicestelle/ https://www.kv-rlp.de/patienten/arztfinder/erweiterte-suche/
Saarland	https://www.kvsaarland.de/terminservicestelle http://arztsuche.kvsaarland.de/
Sachsen	https://www.kvs-sachsen.de/buerger/terminservicestelle/terminservicestelle/ https://asu.kvs-sachsen.de/arztsuche/ https://www.psychotherapiesuche.de/ https://psz-sachsen.de/de/index

Sachsen-Anhalt	https://www.kvsa.de/patienten/terminservicestelle.html https://www.kvsa.de/service/arzt_und_therapeutensuche_in_sachsen_anhalt.html?tx_medsearchkva_frontend%5Baction%5D=search&tx_medsearchkva_frontend%5Bcontroller%5D=Medsearch&cHash=474a0e70aec394fa92c1c04424c59402
Schleswig-Holstein	https://www.kvsh.de/index.php?StoryID=553 https://arztsuche.kvsh.de/
Thüringen	https://patienten.kvt.de/ https://www.kv-thueringen.de/arztsuche/ (Not possible to search for languages)

Table 2: Services provided by the universities at the main site of MPIs as well as services provided by individual MPIs.

Bundesland = State	City	
Baden-Württemberg	Freiburg	<p>Studierendenwerk Freiburg A. d. ö. R. Psychotherapeutische Beratung Basler Straße 2 79100 Freiburg Telefon: +49 (761) 2101-200 Telefax: +49 (761) 2101-303 E-Mail: info(at)swfr.de https://www.swfr.de/beratung-soziales/psychotherapeutische-beratung/ Direkter Kontakt: Rosa Meyer 0761 2101-269 r.meyer(at)swfr.de</p>
	Heidelberg	<p>Psychosocial Counseling Service Studierendenwerk Heidelberg Psychosoziale Beratung für Studierende Gartenstraße 2 69115 Heidelberg E-Mail: pbs@stw.uni-heidelberg.de Tel.: 06221 54-3750 Fax: 06221 54-3760 https://www.studierendenwerk.uni-heidelberg.de/de/pbs_neu</p>
	Stuttgart	<p>Studierendenwerk Stuttgart Rosenbergstraße 68 70174 Stuttgart Tel.: 0711-9574480</p> <p>Psychologische Notdienste Krisen und Notfalldienst Furtbachstraße 6 70178 Stuttgart Tel.: 01805110444</p>
	Tübingen	<p>Studentenwerk Tübingen/Hohenheim Psychotherapeutic counseling service for students and PhD students enrolled at the University of Tübingen Gartenstraße 26 72074 Tübingen Tel.: 07071/253960 https://en.my-stuwe.de/advice/psychotherapeutic-counselling/</p> <p>Universitätsklinikum Tübingen - Psychiatrie und Psychotherapie Appointments: 07071/2982302 Emergencies: 07071/2982684 or 07071/2982311</p>

		<p>https://www.medizin.uni-tuebingen.de/de/Presse_Aktuell/Einrichtungen+A+bis+Z/Kliniken/Psychiatrie+und+Psychotherapie/Allgemeine+Psychiatrie/Patienten/Ambulante+Behandlung.html</p> <p>Psychotherapeutic Outpatient Clinic of the Department of Psychology Diagnosis and treatment of mental disorders Tel.: 07071/2978357 https://uni-tuebingen.de/en/faculties/faculty-of-science/departments/psychology/research-groups/clinical-psychology-and-psychotherapy/outpatient-clinic/</p>
Bayern	München	<p>Studenten Werk München https://www.studentenwerk-muenchen.de/en/our-advisory-network/psychosocial-and-psychotherapeutic-advice-service/ The Psychosocial and Psychotherapeutic Advice Service is located in the Advice Center in Oberwiesenfeld: Helene-Mayer-Ring 9 80809 München U2 Olympiazentrum email: psycho-beratung@stwm.de Tel. +49 89 357 135 40</p>
	Seewiesen	<p>University Konstanz Psychotherapeutic Councelling</p> <p>Our advisors are Reinhard Mack, Christine Klaschik, Dr. Britta Balliel and Kathrin Benz. Appointments are available every weekday. Register in person or by telephone: Mon, Wed, Fri 11.00 - 12.00 Building K, Level K3, Room K 313 - 315 Universitätsstraße 10, 78464 Konstanz Tel +49 7531 - 88 7310 Register by E-Mail: pbs[at]seezeit.com https://www.seezeit.com/en/advice/psychotherapeutic-counselling/</p>
	Erlangen	<p>University Councelling service Dieter Hack Phone: +49 9131 8501003 or +49 160 95749716 E-mail: d-hack@web.de https://www.fau.eu/intranet/gesundheit-und-sicherheit/university-counselling-service/</p>
Berlin	Berlin	<p>Counseling Services (studierendenWERK BERLIN) Overview of counseling services sorted by university Website: https://www.stw.berlin/en/counselling.html</p> <p>Berliner Krisendienst Citywide emergency service Große Hamburger Straße 5</p>

		<p>10115 Berlin Tel.: 030 390 63 – 10 https://www.berliner-krisendienst.de/en/</p> <p>Psychological Counseling Service of Freie Universität Berlin Center for Academic Advising and Psychological Counseling Iltisstr. 4 14195 Berlin E-Mail: sekretariat@studienberatung.fu-berlin.de Tel.: 030 838 52247 https://www.fu-berlin.de/en/sites/studienberatung/psychologische_beratung/kontakt/index.html</p> <p>Psychological Counseling Service of Technical University of Berlin Main building, Room 0059/60/61 Straße des 17. Juni 135 E-Mail: psychologische-beratung@tu-berlin.de Tel.: 030 314-24875, 030 314-25235, 030 314-25382 https://www.studienberatung.tu-berlin.de/menu/advising/psychological_counseling/parameter/en/</p> <p>Counseling Service of Humboldt University of Berlin Mitte Campus Main building, Student Service Center Unter den Linden 6 10117 Berlin</p> <p>Adlershof Campus Johann von Neumann Building, No. 2, room 2'227 Rudower Chaussee 25 12489 Berlin Tel.: 030 2093-70270 E-Mail: https://www.hu-berlin.de/studium/beratung/formular Website: https://www.hu-berlin.de/en/studies/counselling/wir1-eng</p>
Brandenburg	Potsdam	<p>Universität Potsdam Psychologist M.A. Wega Fackeldey Dipl.-Psych. Birgit Klöhn Dipl.-Psych. Maia Kober Central Student Advisory Service Mental Health Counseling Campus Am Neuen Palais Am Neuen Palais 10 House 08, Rooms 0.82-0.84 14469 Potsdam Email: psychologische-beratung@uni-potsdam.de</p> <p>Max Planck Institute of Colloids and Interfaces Am Mühlenberg 1 14476 Potsdam</p>

		<p>Conflict Counselling team: Antje Völkel (Colloid Chemistry) Clemens Schmitt (Biomaterials, member of the works council) Rumiana Dimova (Theory and Biosystems) Information on Conflict Counselling on the Intranet-page: https://intranet.mpikg.mpg.de/br/25</p>
Bremen	Bremen	<p>Studierendenwerk Bremen AöR Psychological Counselling Centre Bibliothekstr. 7 (Zentralbereich Campuspark) 28359 Bremen Phone: +49 (0) 421 22 01 - 1 13 10 Fax: +49 (0) 421 22 01 - 2 13 90 pbs@stw-bremen.de https://www.stw-bremen.de/de/beratung-soziales/psychologische-beratung</p>
Hamburg	Hamburg	<p>Center for Academic Advising and Psychological Counseling (ZSPB) Head of Psychological Counseling Alsterterrasse 1 20354 Hamburg Tel: +49 40 42838-3646 Fax: +49 40 42838-4883 https://www.uni-hamburg.de/en/campuscenter/beratung/beratungsangebote/psychologische-beratung.html</p> <p>Studierendenwerk Hamburg https://www.studierendenwerk-hamburg.de/studierendenwerk/en/downloads/sozialberatung/Flyer_BeSI_E_2019_03.pdf</p> <p>Chamber of psychologists http://www.ptk-hamburg.de/patienten/index.html</p> <p>Hamburg medical emergency service +49 40 228022</p>
Hessen	Frankfurt Bad Nauheim	<p>Psychoanalysis counseling service/ Psychoanalytische Hochschulambulanz Department of Psychoanalysis, Department of Psychology Building PEG, room 5.G002 Goethe-Universität Frankfurt Theodor-W.-Adorno-Platz 6 Frankfurt am Main E-mail contact: Psychoanalytical. Hochschulambulanz@psych.uni-frankfurt.de Telephone: 069-798-35299 or 01520 5136181 Personally, you can contact us by calling 01520 5136181. http://www.psychologie.uni-</p>

		<p>frankfurt.de/57191659/60_Psychoanalytische-Hochschulambulanz</p> <p>Coaching for dealing with problems during your PhD is offered through GRADE: http://www.goethe-university-frankfurt.de/54292910/Individual_support___coaching?</p> <p>Call-a-CAB (Come Along Buddy) is a free-of-charge Buddy-Program. It is a service by students, who assist students under special circumstances. The aim of the program is to support students in difficult situations with personal and sensitive help in their everyday student life. Building PEG, room 5.064 Goethe-Universität Frankfurt Theodor-W.-Adorno-Platz 6 Frankfurt am Main Phone: 069 798 35316 Monday, Tuesday and Thursday between 8 – 16 o'clock Email: anfragecallacab@uni-frankfurt.de</p>
	Bad Neuheim	<p>University Giessen Stress management from/for Students stress@psychol.uni-giessen.de Your contact person: <u>Dr. Christine Koddebusch</u> Justus-Liebig-University Giessen Department of Clinical Psychology and Psychotherapy</p>
	Marburg	<p>Psychotherapeutic Counselling Centre for Students (PBS) Thomas Schneyer, Telefon: +49 6421 2865240 schneyer@med.uni-marburg.de</p>
Mecklenburg-Vorpommern	Rostock	<p>Rostock/Wismar Studierendenwerk for psychological counseling: https://www.stw-rw.de/de/soziale-dienste/beratung/soziale-beratung.html (only in German) Mrs. Nitsche organizes meetings (9am to noon) Tel.: 0381- 4592 642; Mail: d.nitsche@stw-rw.de St.-Georg-Straße 104-107 18055 Rostock info@stw-rw.de</p>
Niedersachsen	Hannover	<p>Psychological counseling for students: https://www.ptb.uni-hannover.de/ptbs.html?&L=1</p> <p>Psychiatrische Notfalldienste Hannover: Telefon: +49 511 30033470 https://www.ptb.uni-hannover.de/296.html?&L=1</p> <p>Sozialpsychiatrische Beratungsstellen Hannover: https://www.ptb.uni-hannover.de/296.html?&L=1 Telefonseelsorge: https://www.telefonseelsorge.de/</p>

		<p>Opfernotruf: https://www.ptb.uni-hannover.de/296.html?&L=1</p>
	Göttingen	<p>Psychosocial counselling Goßlerstraße 23 37073 Göttingen Tel.: 0551 - 39 35 071 https://www.studentenwerk-goettingen.de/beratung-soziales/psychosoziale-beratung-psb.html</p> <p>Psychotherapeutic outpatient clinic for students of the University of Göttingen Humboldtallee 38 37073 Göttingen Telefon: 0551 / 39-4596 Fax: -4597 pas@uni-goettingen.de</p> <p>In addition there are a couple of crisis contacts that can be called if none of the two above contacts are reachable:</p> <p>Uniklinik - Psychiatrische Klinik (psychiatric clinic) Von-Siebold-Straße 5 Tel.: 0551 - 39 66 610 (24h/Tag)</p> <p>Asklepios Fachklinikum Göttingen (Asklepios clinic: counselling & trauma therapy) Rosdorfer Weg 70 37081 Göttingen Tel.: 0551 - 40 2-0</p> <p>Frauenhaus (women's shelter) Groner Straße 32/33 37073 Göttingen Tel.: 0551 - 52 11 800</p> <p>Telefonseelsorge Göttingen e.V. (telephone crisis line) Tel.: 0800 - 11 10 111</p>
Nordrhein-Westfalen	Mülheim Bochum Duisburg	<p>University of Bochum Student Advice Centre/ Student Counselling SSC, Level 1, Room 105, Tel +49 234/32 33435 https://www.ruhr-uni-bochum.de/zsb/index_en.html</p> <p>University of Duisburg-Essen Campussegen http://campussegen.de/</p> <p>Akademisches Beratungs-Zentrum</p>

		<p>https://www.uni-due.de/abz/studierende/psychologische-beratung.php</p> <p>Studierendenwerk Essen-Duisburg https://www.stw-edu.de/beratung/psychologische-beratung/</p>
	Köln	<p>Kölner Studierenden Werk Counselling & Social Offers Psychologische Beratung Luxemburger Straße 181 – 183 50939 Köln Tel. 0221 16 88 15-0 Fax 0221 16 88 15-13 Opening hours: Mo-Thu 9-13, 14-16:30, Fr 8:30-14:00 Online Counselling: https://koelner-studierendenwerk.beranet.info/</p> <p>University of Cologne Psychological Counselling Tamara Ehmer-Hahn Dipl.-Psychologist Studierenden-Service-Center (Building 102) Universitätsstr. 22a 50937 Köln Room 0.323 Tel. 0221 470-8822 (Tue-Thu)</p> <p>Psychiatric Ambulance/ Drop-in Clinic Cologne Tel. 0221 47887291</p>
	Bonn	<p>Psychological Counseling Department 9.2 Central Study Advisory and Counseling Service Poppelsdorfer Allee 49 53115 Bonn zsb@uni-bonn.de Tel.: +49 2 28 / 73-70 80 pb-zsb@uni-bonn.de https://www.uni-bonn.de/studium/vor-dem-studium/orientierung-beratung/zentrale-studienberatung-en/psychologische-beratung-en</p>
	Düsseldorf Bochum Duisburg	<p>University of Bochum Student Advice Centre/ Student Counselling SSC, Level 1, Room 105, Tel +49 234/32 33435 https://www.ruhr-uni-bochum.de/zsb/index_en.html</p> <p>University of Duisburg-Essen Campusseggen http://campusseggen.de/</p> <p>Akademisches Beratungs-Zentrum</p>

		<p>https://www.uni-due.de/abz/studierende/psychologische-beratung.php</p> <p>Studierendenwerk Essen-Duisburg https://www.stw-edu.de/beratung/psychologische-beratung/</p>
	Dortmund	<p>Uni Bochum and Uni Duisburg see above TU Dortmund</p> <p>http://www.aaa.tu-dortmund.de/cms/en/International_Students/Everyday_Life/Counselling/index.html</p>
	Münster	<p>Student Advice and Counselling Centre (ZSB) Schlossplatz 5 48149 Münster zsb@uni-muenster.de</p> <p>https://www.uni-muenster.de/ZSB/en/psychologische-beratung/psych.html</p>
Rheinland-Pfalz	Mainz	<p>Mental Health Services for Students Johannes Gutenberg University Mainz Hegelstraße 61, fifth floor (HDI-House) 55122 Mainz Tel.: 06131-39 22 312 Fax: 06131-39 20 693 E-Mail: pbs@uni-mainz.de https://www.pcc.uni-mainz.de/</p>
Saarland	Saarbrücken	<p>Psychosocial Counseling Service Studentenwerk Saarbruecken Psychosoziale Beratung fuer Studierende Universitaetscampus Gebaeude B6.2 66123 Saarbruecken E-Mail: ppb@studentenwerk-saarland.de Tel.: 0681 302-2515 Fax: 0681 302-2537 https://www.studentenwerk-saarland.de/beratung</p> <p>Psychosocial Counseling Service MPI Company Doctor Dr. Tanja Pahl Mecklenburgring 1 66121 Saarbruecken Tel.: 0681 - 812247 Fax: 0681 - 811963 E-Mail: info@schwall-pahl.de https://www.schwall-pahl.de/Startseite</p>
Sachsen	Leipzig	<p>Studentenwerk Leipzig Psychosocial Counseling +49 341 9718-848 studierendenberatung@studentenwerk-leipzig.de</p>

	Dresden	<p>Psychological Consultation of the Occupational Health Services (for employees) https://tu-dresden.de/tu-dresden/organisation/zentrale-universitaetsverwaltung/dezernat-4-liegenschaften-technik-und-sicherheit/sg-4-7-betriebsaerztlicher-dienst/angebote/psychologische-sprechstunde</p> <p>Test anxiety / Speech anxiety (Online-training / App to cope with) https://tu-dresden.de/mn/psychologie/ikpp/behavioralpsy/die-professur/opta</p> <p>Clinic for prevention of mental disorders - Early recognition and intervention centre - (for employees and students between 18 and 35 years) http://www.ddfruehdran.de/english.html</p> <p>Stopping smoking (for employees and students) http://www.raucherambulanz.tu-dresden.de/index.php?seite=start</p> <p>Central Student Information and Counselling Services: https://tu-dresden.de/studium/im-studium/beratung-und-service/zentrale-studienberatung</p> <p>Psycho-Social Counselling Office of <i>Studentenwerk</i> Dresden https://www.studentenwerk-dresden.de/english/soziales/psychosoziale-beratung.html https://docs.studentenwerk-dresden.de/soziales/psb_faltblatt_web_en.pdf?date=20170822</p> <p>HOPES https://hopes-dresden.jimdo.com/</p> <p>Nightline Dresden https://nightline-dresden.de/</p>
Sachsen-Anhalt	Magdeburg	<p>Psychosoziale Studierendenberatung Gebäude 18 (Südflügel), 2. Etage, Raum 206 Dr. Evelin Ackermann Universitätsplatz 2 39106 Magdeburg E-Mail: psb@ovgu.de Tel: 0391 6751-582 https://www.ovgu.de/psb.html</p>
	Halle	<p>Psychosocial Counselling https://studentenwerk-halle.de/beratung-soziales/psychosoziale-beratung/beratungsangebote/</p>

		<p>PSYCHOSOZIALES ZENTRUM FÜR MIGRANTINNEN UND MIGRANTEN IN SACHSEN-ANHALT http://www.stejh.de/arbeitsfelder/migrationsarbeit/psychosoziales-zentrum-fuer-migrantinnen-und-migranten-in-sachsen-anhalt</p> <p>Intercultural health Guide http://wcms.itz.uni-halle.de/download.php?down=25696&elem=2599011</p> <p>Psychosoziales Zentrum für Migrantinnen und Migranten https://www.psz-sachsen-anhalt.de/</p>
Schleswig-Holstein	Plön	<p>https://ploen.bruecke-sh.de/index.php?idm=134.3033</p> <p>University of Kiel Allgemeiner Studierendenausschuss Emergency Contact Niemannsweg 147, 24105 Kiel Mo. bis Fr. 08:00-16:30 Uhr Telefon: 0431 / 99 00 81 15 https://www.asta.uni-kiel.de/beratung/weitere-beratung/psychosoziale-beratungsangebote/</p>
Thüringen	Jena	<p>Conflict and psychosocial counselling for employees of MPI-CE, MPI-BGC and MPI-SHH: Dr Renate Ellinger 03641571606, ellinger@ice.mpg.de</p> <p>Psychosocial Counseling Service (only for students enrolled at Friedrich Schiller University Jena): 03641930690 psb-jena@stw-thueringen.de</p>
Netherlands	Nijmegen	<p>The Max Planck for Psycholinguistics Nijmegen Occupational Health & Safety Service AMD (Arbodienst) of Radboud University and Radboudumc Philips van Leydenlaan 25, route 351 6525 EX NIJMEGEN +31 24 361 54 00 helpdeskamd@radboudumc.nl</p> <p>We can use this service to make an appointment with our company doctor or a social worker. The service is independent, and there is a choice of personal advice, group guidance and also e-coaching.</p> <p>There is also a specific coaching service for PhD students (focussing mostly on work-related issues), which can be accessed here:</p>

		secretary of the Staff Development Team at the Human Resources Department. +31 24 3611915 loopbaan@dpo.ru.nl
--	--	--