

Welcome Week FAU

Psychological and Social Counseling Center
Student Services Erlangen-Nuremberg

Presenter: Rüdiger Görlitz and Stephanie Gruber



Psychological Counseling Center



Psychosoziale Beratung

General information

About us:

We are a multi-professional team of psychotherapists, psychologists and mental health counselors.

Where can you find us?

Psychological Counseling in Erlangen and Nuremberg

Other locations: Eichstätt, Ingolstadt, Ansbach and Triesdorf



Our range of services

- Psychological counseling for individuals, couples, and families, as well as groups focusing on specific issues e.g., overcoming exam anxiety
- For all students enrolled at a university in the area served by the Erlangen-Nuremberg Student Services Organization
- We offer counseling in German and English
- A small fee of 10 € is charged for individual sessions and 15 € for couple and family counseling sessions, which can be fully waived for students in difficult financial circumstances
- Our counselors are required to adhere to strict standards of confidentiality.



The concerns of those seeking counseling are wide-ranging

- Exam anxiety
- Social anxiety
- Learning difficulties
- Motivational problems and procrastination
- Stress management
- Anger and impulse control problems
- Loneliness, depression, guilt, anxiety, suicidal thoughts
- Coping with daily life as a student with a chronic illness or disability
- Relationship, partnership and family problems
- Sexual or gender orientation problems
- Homesickness and separation from parents and place of origin
- Difficulties integrating into German university and society



Contact Information

Opening hours and other up-to-date information can be found on our homepage:

www.werkswelt.de/ppb

Information, registration, appointments:

Contact our secretary's office of the Psychological Counseling Center in Erlangen:

Ms. Claudia Göbel and Ms. Carmen Schmidl

Hofmannstraße 27, 91052 Erlangen

Tel 09131/8002 750 Mon., Wed., Thurs., Fri.: 8:30 am-12:00 pm

Thurs. additionally: 1:00 pm-4:00 pm

Drop-in consultation hours in Erlangen: every Thursday from 11:30 am-3:00 pm

Please arrive by 2:30 pm to allow enough time for a session to take place



Website of the psychological services



Social Counseling Center



Psychosoziale Beratung

Examples of topics:

- Financing your studies
- Accommodation
- Health insurance
- Residence permit
- Studying with a child
- Studying with a disability or chronic illness
- Questions about studying



➤ Individual counselling

We take time for your personal concerns and work with you to develop customised solution strategies

➤ Support with social law issues

We help you to understand your rights and obligations and show you your options for action

➤ Referral to offers of help:

We connect you with other support services and institutions that can help you in your specific situation



The social counselling service

- ✓ is open to all FAU students
- ✓ is 100% confidential and maintains discretion
- ✓ is free of charge
- ✓ offers appointments for telephone, video and face-to-face counselling
- ✓ offers a weekly drop-in hour without appointments
- ✓ can also be anonymous, without naming names



Contact Information

Drop-in hours

Every Friday, 10 – 12 am, Hofmannstr. 27, ER

For individual appointments:

international@werkswelt.de

09131/8002 750

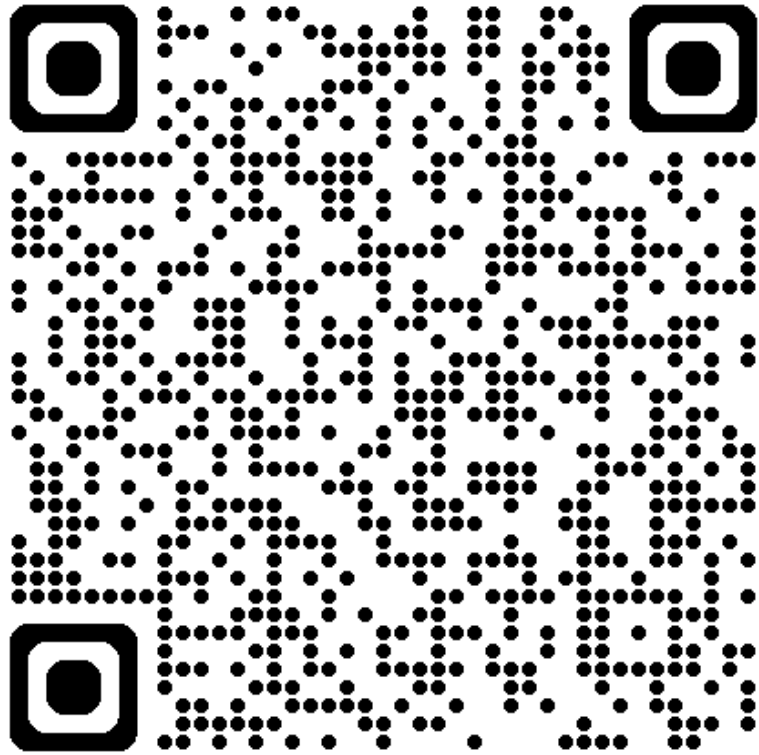


Special Projects in the student accommodations of Studierendenwerk

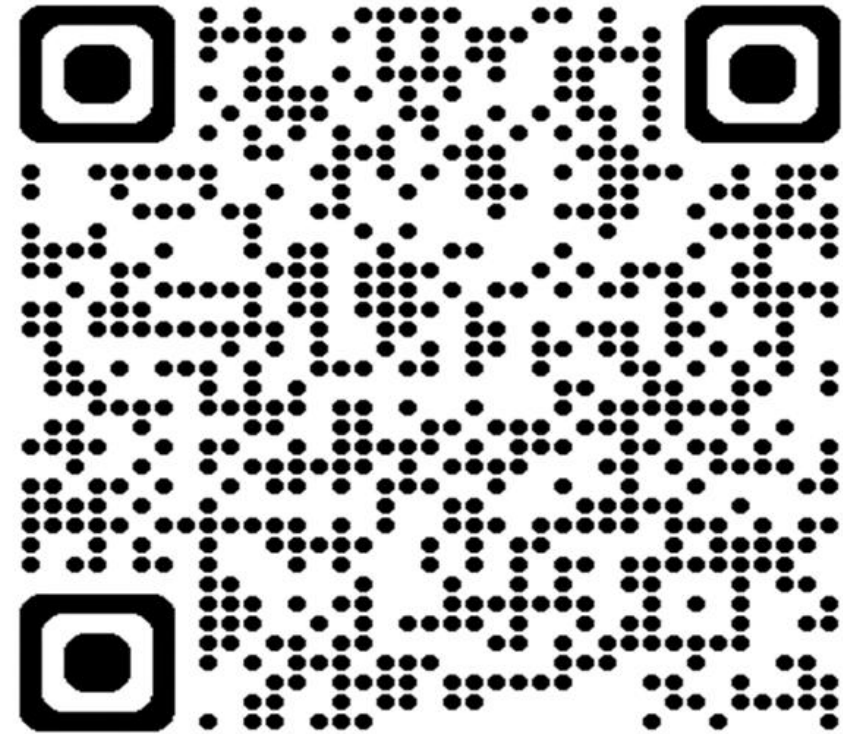
- Initial answering questions about your concerns directly at the place you live
- Leisure activities in collaboration with the tutors



For further information



Special Projects



Social Counseling

