

Help in Personal Crisis Situations

Personalised advice

Studying often brings many changes – a new city, new friends, a new apartment, a new role as a student, and a new way of learning. All of these are wonderful challenges – but it is easy to feel overwhelmed. The Psychological Counseling Service is here to listen to your small and large concerns and to support you professionally and confidentially:

<https://www.stwno.de/en/counseling/psychological-counseling>

Caritas-psychosocial counselling centre for refugees and migrants aims to (re)discover resources and skills so that people can live a more self-determined life. To this end, we offer counselling, support and guidance on psychosocial issues. The goals are emotional relief and empowerment:

<https://www.caritas-regensburg.de/beratenundhelfen/migrantenundfluechtlinge/psychosoziale-hilfe/psychosoziale-hilfe>

Psychological counselling in English is possible here:

<https://www.diakonie-regensburg.de/beratungen-hilfe/sozialpsychiatrische-einrichtungen-und-dienste/sozialpsychiatrischer-dienst>

Telephone counselling day and night

You can call here in your native language:

<https://www.telefonseelsorge.de/internationale-hilfe/>

Psychological help is available in 120 languages:

<https://www.krisendienste.bayern/mental-health-support-in-over-120-languages/>

Acute psychiatric emergency

In an acute psychiatric emergency, you can contact this clinic at any time:

<https://www.medbo.de/kliniken-einrichtungen/notfall-krise>

Search for Psychotherapy in English

<https://www.116117.de/de/englisch.php>