

Psychosocial Counseling

Ending up in a difficult situation is something that can happen to anybody. At the beginning of university life and further along, students may face challenges that can be both rewarding and troubling.

If you would like to talk about this or any other issue troubling you, please do not hesitate to seek professional support. The institutions listed in this flyer will provide confidential advice.

Please note that our list is a selection of counseling opportunities available in Bonn. Appointments must usually be made in advance. You will find additional information on the respective websites.

Central Study Advisory and Counseling Service (Ed.)

Poppelsdorfer Allee 49 | 53115 Bonn, Germany

Phone: +49 228 73-7080
zsb@uni-bonn.de

www.zsb.uni-bonn.de

ADDICTION COUNSELING

Information and help with addiction is provided by the outpatient consultation of

PAUKE Bonn-Rhein-Sieg gGmbH ^{EN|ES|FR|IT}

Endenicher Straße 18 | 53115 Bonn

Phone: +49 228 60475-16
ambulante-beratung@pauke-bonn.de

www.pauke-bonn.de

Outpatient Addiction Aid Bonn

The Outpatient Addiction Aid, in cooperation with the Caritas Association and the Diakonisches Werk, offers a comprehensive range of treatments as well as online counseling.

www.suchthilfe-bonn.de

SUPPORT GROUPS

If you are looking for or want to start a support group, you can contact

Support Group Contact Bonn

Lotharstraße 95 | 53115 Bonn

Phone: +49 228 94933317
selbsthilfe-bonn@paritaet-nrw.org

www.selbsthilfe-bonn.de

HELPLINES

Nightline Köln

Support and info line run by students for students

Phone: +49 800 470 35 00 (free of charge) or +49 221 470 35 00

Current operating hours and further information at:

<https://nightlinekoelnweb.wordpress.com>

Crisis Hotline

Phone: +49 800 111-0111 und +49 800 111-0222

Email and chat counseling are offered.

<https://telefonseelsorge.de>

Muslim Crisis Hotline (MuTeS)/Berlin ^{TR}

Phone: +49 30 443509821

Counseling in other foreign languages is available on demand.

www.mutes.de

OTHER COUNSELING AND SUPPORT OPTIONS

The Psychological Counseling Service of the City of Bonn offers help for people 21 years or younger and their parents.

Psychological Counseling Service of the City of Bonn ^{EN|FR|IT|NL}

Kurfürstenallee 2–3 | 53177 Bonn

Phone: +49 228 77-4562
psychologische.beratungsstelle@bonn.de

Counseling in other foreign languages is available on demand.

Counseling for young adults and their relatives in crisis (up to age 27)

TelefonSeelsorge Bonn/Rhein-Sieg e. V.

Counseling via telephone, online or face-to-face.

Phone: +49 228 696939 (appointments)
gregorie@ts-bonn-rhein-sieg.de

www.ts-bonn-rhein-sieg.de

Gemeindepsychiatrie Bonn-Rhein-Sieg gGmbH

The association offers numerous services, e.g. a crisis hotline for Bonn residents in psychosocial emergencies as well as assistance for people with mental disabilities and their relatives.

Pfaffenweg 27 | 53227 Bonn

Phone: +49 228 965 3901 (crisis hotline)

www.gemeindepsychiatrie.de

Help for people with mental disorders Bonn/Rhein-Sieg

Association for people with mental disorders and their relatives.

Kaiserstraße 79 | 53113 Bonn

Phone: + 49 228 2891491
info@hfpk.de

www.hfpk.de

PSYCHOTHERAPY SEARCH

If you feel you might benefit from psychotherapy but aren't sure about a certain aspect of the process, e.g. which therapeutic approach to go with, please refer to the following web portal for information and guidance:

www.wege-zur-psychotherapie.org

The following websites offer a direct search for psychotherapists. The websites are in German, however it is possible to look for foreign language therapists in the data bases.

Federal Chamber of Psychotherapists (BPTK)

www.bptk.de/service/therapeutensuche.html

Psychotherapy Information Service (PID)

Phone: +49 30 209166330
pid@psychologenakademie.de

www.psychotherapiesuche.de

„Appointment service point of the Association of Statutory Health Insurance Physicians North Rhine

Appointments for psychotherapeutic consultation hours:

Phone: 116117

<https://patienten.kvno.de/service/tss>

Tips for searching for a psychotherapist:

<https://patienten.kvno.de/praxissuche>

German Association for Youth and Marriage Counseling e. V. (DAJEB)

The website offers the possibility to search for counseling services in your area.

www.dajeb.de/beratungsfuehrer-online

Please note:

In case you have **non-German health insurance**, please make sure it covers psychotherapeutic services.

Psychosocial Counseling



Central Study Advisory and Counseling Service



SERVICES AT THE UNIVERSITY OF BONN

Psychological Counseling at the Central Study Advisory and Counseling Service (ZSB)

Psychological Counseling at the ZSB is a contact point for students of all faculties seeking advice on problems that impair their academic success and quality of life.

Quantiusstraße 1 | 2nd floor | 53115 Bonn

Laura Neufeldt, MSc in Psychology

Phone: +49 228 73-7080
pb-zsb@uni-bonn.de (appointments)

www.zsb.uni-bonn.de/psychologische-beratung

Studying with disabilities

Students affected by chronic physical and/or mental disabilities may contact the **representative for students with disabilities or chronic illnesses** for relevant advice:

Marion Becker

Phone: +49 228 73-7306
studierenmithandicap@uni-bonn.de

www.studierenmithandicap.uni-bonn.de

Gender Equality Office

The Gender Equality Office offers advice and support in cases related to equal opportunity and gender equality, e.g. sexual harassment or discrimination.

www.gleichstellung.uni-bonn.de

COUNSELING AND PSYCHOTHERAPY
AFFILIATED WITH THE UNIVERSITY OF BONN

Psychological Counselling Centre(PBS)

Adenauerallee 63 | 53113 Bonn
Phone: +49 228 73-7106
pbs@studierendenwerk-bonn.de

www.studierendenwerk-bonn.de/soziales/psychologische-beratung

Writing assistance offered by the Studierendenwerk Bonn

www.studierendenwerk-bonn.de/beratung-soziales/schreibberatung/

Psychosocial Counseling Center of the AStA (PSB)

Students experiencing psychological or social difficulties may turn to the PSB of the AStA for information and guidance.

Nassestraße 11 | room 15 | 53113 Bonn

Phone: +49 228 73-7034
psb@asta.uni-bonn.de

www.asta-bonn.de/Psychosoziale_Beratung

University Psychotherapy Outpatient Clinic

The University Psychotherapy Outpatient Clinic offers therapy against a charge, which can be settled through statutory or private health insurance.

Institute of Psychology, University of Bonn
Dietkirchenstraße 28 | 53111 Bonn

Phone: +49 228 73-4079
psychotherapie@uni-bonn.de

www.psychologie.uni-bonn.de/ambulanz

THERAPY



COUNSELING AND ADVICE FROM
CHURCH INSTITUTIONS

In counseling centers run by church institutions, counseling is independent of the denomination.

Protestant Students’ Community Bonn (ESG)

Michael Pues, Student Pastor
Venusbergweg 4 | 53115 Bonn

Phone: +49 228 911-9912
pues@esg-bonn.de

www.esg-bonn.de

Protestant Counseling Center for Parental, Adolescent, Marriage, and Life Concerns

House of the Protestant Church
Adenauerallee 37 | 53113 Bonn

Phone: +49 228 6880-150
beratungsstelle@bonn-evangelisch.de

www.beratungsstelle-bonn.de

Catholic Students’ Community Bonn (KHG)

The KHG offers counseling and advice especially for international students / doctoral students and students with children facing personal, legal or financial difficulties.

Brüdergasse 8 | 53111 Bonn

Phone: +49 228 914450
info@khgbonn.de

www.khgbonn.de

Catholic Counseling Center for Marriage, Family, and Life Concerns

Gerhard-von-Are-Straße 8 | 53111 Bonn
Phone: +49 228 63-0455
info@efl-bonn.de

www.efl-bonn.de

CLINICS AND EMERGENCY CENTERS

The listed clinics have different focus areas. Please refer to the respective websites for information on individual procedures.

UNIVERSITY HOSPITAL BONN (UKB)

Venusberg-Campus 1 | 53127 Bonn

Clinic and Polyclinic for Psychiatry and Psychotherapy

In the clinic, mental illnesses such as depressions, bipolar disorders, obsessive-compulsive disorders, anxiety disorders, psychosis, addictive disorders, crises of meaning and life and burn-out syndrome are treated on an outpatient and inpatient basis.

In addition to psychotherapy, pharmacotherapy and sociotherapy, the clinic offers a variety of additional therapies as well as 24/7 emergency care.

Ambulance of the Clinic and Polyclinic for Psychiatry and Psychotherapy

Clinic Area Venusberg, Zone South
Building No. 82

Outpatient Clinic

Phone: +49 228 287-15732

Psychiatric emergencies and Emergency Center

Phone: +49 228 287-12000

www.psychiatrie-bonn.de

Early Detection Centre (FEP) for Psychosis Bonn

Clinic Area Venusberg, Zone South
Building No. 82

Phone: +49 228 287-19740
info@esprit-ukb.com

WhatsApp: + 49 170 3750756

www.psychose-frueherkennung.de

Foreign-language counseling services

AR Arabic | EN English | ES Spanish | FR French | IT Italian
KU Kurdish | NL Dutch | PL Polish | RU Russian | TR Turkish

Clinic and Polyclinic for Psychosomatic Medicine and Psychotherapy

In addition to an outpatient clinic, e.g. for anxiety and eating disorders, there is a psychosomatic day clinic for young adults between the ages of 17 and 24, which focuses on the treatment of eating disorders, anxiety disorders, and depression.

Clinic Area Venusberg, Zone South

Building No. 80

Phone: +49 228 287-16299

www.psychosomatik-bonn.de

LVR CLINIC BONN

In case of a psychiatric emergency, please call the LVR Clinic which will refer you to the doctor on duty. Please note that the email address is not a contact for emergency counseling or medical inquiries.

There is an **Intercultural Outpatient Clinic**, a **Transcultural Outpatient Clinic for Addiction** and an **Outpatient Clinic for Psychological Trauma**.

In individual cases, interpreters may be available for consultation and treatment in other foreign languages.

Kaiser-Karl-Ring 20 | 53111 Bonn

Phone: +49 228 551-1
klinik-bonn@lvr.de

www.klinik-bonn.lvr.de

