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
asb@uni-bonn.de
www.asb.uni-bonn.de

Psychosocial Counseling
Information and help with addiction is provided by the outpatient consultation of:
PAULI Outpatient Addiction Aid Bonn
Endenicher Straße 18 | 53115 Bonn
Phone: +49 228 604 75-16
ambulante-beratung@pauke-bonn.de
www.pauke-bonn.de

Outpatient Addiction Aid Bonn
The Outpatient Addiction Aid, in cooperation with the Cantus 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 the Support Group Contact Bonn.
Lotharstraße 95 | 53115 Bonn
Phone: +49 228 949 333 17
sebsthilfe-bonn@sebsthilfe-bonn.de

HELP LINES
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://nachtliniekoln.wakeln.de

Crisis Hotline
Phone: +49 800 111-0111 and +49 800 111-0222
Email and chat counseling are offered.
https://helfelsonseelsorge.de

Muslim Crisis Hotline (MaSe/Se) Berlin
Phone: +49 30 4415 0826
Counseling in other foreign languages is available on demand.
www.maese.de

ADDICTION COUNSELING
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
Kurfürstenallee 2–3 | 53117 Bonn
Phone: +49 228 71-456
psychologische.beratungslie.de@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: +49 228 949 3901 (appointments)
gregorieti@bonn-rhein-sieg.de
www.telefonseelsorge.de

Gemeindepsychiatrie Bonn-Rhein-Sieg (g³)
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.
Maifennweg 27 | 53227 Bonn
Phone: +49 228 965 3901 (crisis hotline)
www.gemeindepsychiatrie.de

HELP LINES
Help for people with mental disorders Bonn/Rhein-Sieg
Association for people with mental disorders and their relatives.
Pfaffenweg 27 | 53227 Bonn
Phone: +49 228 965 3901 (crisis hotline)
www.gemeindepsychiatrie.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
Kurfürstenallee 2–3 | 53117 Bonn
Phone: +49 228 71-456
psychologische.beratungslie.de@bonn.de

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TelefonSeelsorge Bonn-Rhein-Sieg e. V.
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Pfaffenweg 27 | 53227 Bonn
Phone: +49 228 965 3901 (crisis hotline)
www.gemeindepsychiatrie.de

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.wegz-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)
https://bptk.de/service/therapeutensuche.html
Psychotherapy Information Service (PID)
www.pid.info/service/therapeutensuche.html
Psychotherapiewies.de
www.psychotherapiewies.de

„Appointment service point of the Association of Statutory Health Insurance Physicians North Rhine
Appointments for psychotherapists: consultation hours: 116 117
https://patienten.kvno.de/service/hsx
Tips for searching for a psychotherapist:
https://patienten.kvno.de/po/suche
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.
COUNSELING AND PSYCHOTHERAPY AFFILIATED WITH THE UNIVERSITY OF BONN

Psychological Counseling Centre (ZSB)
Adresseallee 63 | 53113 Bonn
Phone: +49 228 73-71-06
psb@studierendenwerk-bonn.de
[www.studierendenwerk-bonn.de/psychologische-beratung]

Writing assistance offered by the Studierendenwerk Bonn
[www.studierendenwerk-bonn.de/beratung-soziales/ schreibberatung]

Psychosocial Counseling Center of the ASA (PSB)
Students experiencing psychological or social difficulties may turn to the PSB for information and guidance.
Nassaustraße 12 | room 15 | 53113 Bonn
Phone: +49 228 73-70-04
psb@sta.uni-bonn.de
[www.sta.uni-bonn.de/psychologische-beratung]

Counseling and Advice from Church Institutions
In counseling centers run by church institutions, counseling is independent of the denomination.

Protestant Students’ Community Bonn (EFS)
Michael Fries, Student Pastor
Verwandtes Land gGmbH | 53113 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
Adresseallee 37 | 53113 Bonn
Phone: +49 228 6810-150
beratungstelle@fep-evangelisch.de
[www.beratungstelle-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.
Bridgestraße 8 | 53113 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 | 53113 Bonn
Phone: +49 228 63-0455
info@hell-bonn.de
[www.hell-bonn.de]

Examination Anxiety
Quality of life
Depression
Social withdrawal
Self-Worth
Addiction

DEPRESSION

Mood swings
Trouble sleeping
Feelings of worthlessness

SUPPORT

Social withdrawal

SELF-WORTH

Anxiety

Support

DAILY STRUCTURE

Load

PERSPECTIVES

STRESS

Loneliness

THRESHOLDS

EXAMINATION ANXIETY

Resources

PERSPECTIVES

Foreign-language counseling services
- Arabic
- English
- Spanish
- French
- Italian
- Kurdish
- Dutch
- Polish
- Russian
- Turkish

Counseling and Psychotherapy for Psychosomatic Medicine and Psychotherapy
In addition to an outpatient clinic, e.g. for anxiety and eating disorders, there is a psychosomatic 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. 81
Phone: +49 228 287-102-99
[www.psychotherapie-bonn.de]

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 burn-out syndrome are treated on an outpatient and inpatient basis.
In addition to psychotherapy, pharmacotherapy and psychosocial therapy, the clinic offers a variety of additional therapies as well as 24/7 emergency care.

AMBULANCE OF THE CLINIC AND POLYCLINIC FOR PSYCHIATRY AND PSYCHOLOGY
Clinic Area Venusberg, Zone South
Building No. 81
Outpatient Clinic
Phone: +49 228 287-157-32
psychotherapie@uni-bonn.de
[www.psychotherapie-bonn.de]

Early Detection Centre (FEP) for Psychosis Bonn
Clinic Area Venusberg, Zone South
Building No. 82
Phone: +49 228 287-107-40
info@esp-ubs.com
WhatsApp: +49 170 3750756
[www.psychosis-frueherkennung.de]

AFFILIATED WITH THE UNIVERSITY OF BONN

Psychological Counseling at the ZSB is a contact point for students of all faculties seeking advice on problems that impact their academic success and quality of life.
Quantiusstraße 1 | 53115 Bonn
Phone: +49 228 73-70-80
Laura Neufeldt, MSc in Psychology
[www.psychose-frueherkennung.de]

The Gender Equality Office offers advice and support in cases related to equal opportunity and gender equality.
Marion Becker
with disabilities or chronic illnesses
Students affected by chronic physical and/or mental disabilities may contact the

Students experiencing psychological or social difficulties may turn to the PSB of the AStA for information and guidance.
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 International Outpatient Clinic (IOP) / a Transcultural Outpatient Clinic for Addiction and an Outpatient Clinic for Psychological Trauma.

In individual cases, interpreters may be available for consolidati- tion and treatment in other foreign languages.
Kaiser-Karl-Ring 1-5 | 53111 Bonn
Phone: +49 228 551-1
klinik-bonN@lkr.de
[www.klinik-bonN.lkr.de]

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

SERVICES AT THE UNIVERSITY OF BONN

Psychological Counseling at the Central Study Advisory and Counseling Service (ZSB)
Psychological Counseling at the ZSB of the AStA
Studieren mit handicap@uni-bonn.de
Marion Becker
Students affected by chronic physical and/or mental disabilities may contact the

Students of all faculties seeking advice on problems that impact their academic success and quality of life.
Quantiusstraße 1 | 2nd floor | 53115 Bonn
Phone: +49 228 73-70-80
Laura Neufeldt, MSc in Psychology
[www.psychose-frueherkennung.de]

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psychotherapie@uni-bonn.de
[www.psychotherapie-bonn.de]

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info@esp-ubs.com
WhatsApp: +49 170 3750756
[www.psychosis-frueherkennung.de]