

COUNSELING AND PSYCHOTHERAPY AFFILIATED WITH THE UNIVERSITY OF BONN

Psychological Counseling Center (PBS) ^{EN} Studierendenwerk Bonn

Lennéstraße 24 | 53113 Bonn

Phone: +49 228 73-7106

pbs@studierendenwerk-bonn.de

🔗 [www.studierendenwerk-bonn.de/soziales/
psychologische-beratung](http://www.studierendenwerk-bonn.de/soziales/psychologische-beratung)

Psychosocial Counseling Center of the AStA (PSB) ^{EN}

Nassestraße 11 | room 15 | 53113 Bonn

Phone: +49 228 73-7034

psb@asta.uni-bonn.de

🔗 www.asta-bonn.de/Psychosoziale_Beratung

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

Psychotherapeutic Outpatient Clinic of the University of Bonn

Therapy sessions (fee applies, state insurance may cover the costs) are offered by the Psychotherapeutic Outpatient Clinic.

Department of Psychology of the University of Bonn
Dietkirchenstraße 28 | 53111 Bonn

Phone: +49 228 73-4079

psychotherapie@uni-bonn.de

🔗 www.psychologie.uni-bonn.de/ambulanz

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 in some cases 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 30 209 166 330

pid@psychologenakademie.de

🔗 www.psychotherapiesuche.de

Association of Statutory Health Insurance Physicians North Rhine

Hotline for appointments

Phone: +49 211 59 70-89 90

🔗 www.kvno.de

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.



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Psychosocial Counseling



Editor:

Central Study Advisory and Counseling Service (Dep. 9.2)

Poppelsdorfer Allee 49 | 53115 Bonn

Phone: +49 228 73-7080

zsb@uni-bonn.de

Psychosocial Counseling

Everyone may experience difficult situations at times. Entering university life and pursuing a degree, for example, can be accompanied by challenges that may feel overwhelming. If you find yourself in a troubling situation, do not hesitate to talk to a professional counselor. This leaflet gives you an overview of relevant counseling services that provide a safe space and confidentiality. Appointments usually require prior arrangement. Further information can be found on the respective websites. Please take into account that the counseling services listed in this leaflet only represent a selection of the available counseling services in Bonn.

Please note that many student and counseling services are only offered in German. If you need help leading a conversation in German, please make sure to bring someone with you to translate.

SERVICES AT THE UNIVERSITY OF BONN

Psychological Counseling of the Central Study Advisory and Counseling Service (ZSB) ^{EN}

The Central Study Advisory and Counseling Service provides independent psychological counseling to all students enrolled at the University of Bonn. In private sessions, our counselors offer neutral advice concerning difficulties that affect your academic success and quality of life.

Central Study Advisory and Counseling Service (ZSB)

Poppelsdorfer Allee 49 | 53115 Bonn

Laura Neufeldt, MSc in Psychology

Phone: +49 228 73-7080 (appointments)

pb-zsb@uni-bonn.de

🔗 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 and chronic illnesses** for relevant advice:

Marion Becker

Phone: +49 228 73-7306

studierenmithandicap@uni-bonn.de

🔗 www.studierenmithandicap.uni-bonn.de

COUNSELING AND ADVICE FROM CHURCH INSTITUTIONS

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

Protestant Students' Community Bonn (ESG) ^{EN|FR}

Venusbergweg 4 | 53115 Bonn

Michael Pues, Student Pastor

Phone: +49 228 911-9912

pues@esg-bonn.de

www.esg-bonn.de

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

Haus der Evangelischen Kirche
Adenauerallee 37 | 53113 Bonn

Phone: +49 228 6880-150

info@beratungsstelle-bonn.de

www.beratungsstelle-bonn.de

Catholic Students' Community Bonn (KHG) ^{EN|FR}

Brüdergasse 8 | 53111 Bonn

Phone: +49 228 914450

info@khgbonn.de

www.khgbonn.de

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

Catholic Counseling Center for Marriage, Family, and Life Concerns ^{EN}

Gerhard-von-Are-Straße 8 | 53111 Bonn

Phone: +49 228 63-0455

info@efl-bonn.de

Email and chat counseling are offered.

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, psychoses, 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

Phone: +49 228 287-15732

www.psychiatrie.uni-bonn.de

Early Detection Centre (FEP) for Psychoses Bonn

Clinic Area Venusberg, Zone South

Building No. 82

Phone: +49 228 287-19740

info@esprit-ukb.com

www.psychose-frueherkennung.de

Clinic and Polyclinic for Psychosomatic Medicine and Psychotherapy

Clinic Area Venusberg, Zone South

Building No. 80

Phone: +49 228 287-16299

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 28, which focuses on the treatment of eating disorders, anxiety disorders, and depression.

www.psychosomatik-bonn.de

LVR CLINIC BONN

Kaiser-Karl-Ring 20 | 53111 Bonn

Phone: +49 228 551-1

linik-bonn@lvr.de

www.klinik-bonn.lvr.de

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** ^{AR|KU|RU}, a **Transcultural Outpatient Clinic for Addiction** ^{PL|RU|TR} and an **Outpatient Clinic for Psychological Trauma** ^{EN}.

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

ADDICTION COUNSELING

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

PAUKE Bonn gGmbH ^{EN|ES|FR|IT}

Endenicher Straße 18 | 53115 Bonn

Phone: +49 228 604-7516

ambulante-beratung@pauke-life.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

When looking for a support group, please contact

Support Group Contact Bonn

Lotharstraße 95 | 53115 Bonn

Phone: +49 228 94933317

selbsthilfe-bonn@paritaet-nrw.org

www.selbsthilfe-bonn.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

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

Foreign-language counseling is available on demand.

Crisis Hotline

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

Email and chat counseling are offered.

www.telefonseelsorge.de

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

Phone: +49 30 443509821

Counseling in other foreign languages is available on demand.

www.mutes.de/home.html

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

Michael Franke-Stiftung

Quantiusstraße 8 | 53115 Bonn

Phone: +49 228 696939

gregorie@ts-bonn-rhein-sieg.de

www.michael-franke-stiftung.de

Bonn Association for Community-Based Psychiatry

Pfaffenweg 27 | 53227 Bonn

Phone: +49 228 9653901 (crisis hotline)

www.bonner-verein.de

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.

Help for people with mental disorders Bonn/Rhein-Sieg

Association for people with mental disorders and their relatives.

Kaiserstraße 79 | 53113 Bonn

Phone: + 49 228 289 1491

info@hfpk.de

www.hfpk.de